Central Missouri
Central Missouri Regional Arthritis Center
University of Missouri-School of Health Professions
1507 East Broadway, Hillcrest Hall
Stephens College Campus
Columbia, Missouri 65215
Contact: Amber Phelps
Phone: (573) 882-8097
Fax: (573) 884-5509
E-Mail: phelpsam@missouri.edu
Web: www.marrtc.org/community/regional.html

Northwest Missouri
Northwest Missouri Regional Arthritis Center
Heartland Health – Plaza I
802 N. Riverside, Suite 225
St. Joseph, Missouri 64507
Contact: Debbie Braby
Phone: (816) 271-7064 or 1-800-443-8858
Fax: (816) 271-7409
E-Mail: Debbie.braby@heartland-health.com
Web: www.marrtc.org/community/regional.html
Data Support: Tammy Westbrook 660-626-2430

Kansas City Area
KC Area Regional Arthritis Center
Saint Luke’s Hospital
4401 Wornall Road
Kansas City, Missouri 64111-3238
Contact: Orvie Prewitt
Phone: (816) 932-2351
Cell Phone: (816) 305-4009
Fax: (816) 932-6211
Email: oprewitt@saintlukes.org
Web: www.marrtc.org/community/regional.html

Southeast Missouri
Southeast Missouri Regional Arthritis Center
Saint Francis Medical Center
150 S. Mount Auburn Road
Cape Girardeau, Missouri 63703
Contact: Marilyn Duncan
Phone: (573) 331-5880 or 888-216-3293
Fax: (573) 331-5028
E-Mail: semorac@sfmc.net
Web: www.marrtc.org/community/regional.html

Eastern Missouri
Eastern Missouri Regional Arthritis Center
Arthritis Foundation, Eastern Missouri
9433 Olive Blvd., Suite 100
St. Louis, Missouri 63132
Contact: Karen Shoulders
Phone: (314) 991-9333 or 800-406-2491
Fax: (314) 991-4020
E-Mail: kshouldersarthritiss.org
Web: www.arthritis.org

Southwest Missouri
Southwest Missouri Regional Arthritis Center
St. John’s Health Systems
1235 East Cherokee Street
Springfield, Missouri 65804-2263
Contact: Margaret Lindsey
Phone: (417) 820-3446 or 1-800-835-5197
Fax: (417) 820-7785
E-Mail: margaret.lindsey@mercy.net
Web: www.marrtc.org/community/regional.html
Program Coordinator: Heather Scott
heather.scott@mercy.net

Northeast Missouri
Northeast Missouri Regional Arthritis Center
A.T. Still University
800 West Jefferson Street
Kirkville, Missouri 63501-1497
Contact: Doris Fountain
Phone: (660) 626-2049 or 1-866-626-2878 ext. 2049
Fax: (660) 626-2928
E-Mail: dfountain@atsu.edu
Web: www.marrtc.org/community/regional.html
Cell: (660) 341-0874
Data Support: Tammy Westbrook 660-626-2430

STATE CONTACT
Missouri Arthritis & Osteoporosis Program
University of Missouri-School of Health Professions
1507 East Broadway, Hillcrest Hall
Columbia, Missouri 65215
Contact: Beth Richards
Phone: (573) 884-1220
Fax: (573) 884-5509
E-Mail: richardsjo@missouri.edu
Web Sites: www.dhss.mo.gov/Arthritis; /Lupus; /Osteo
**ARTHRITIS: KNOW THE FACTS!**

1. Nationally, arthritis is the leading cause of disability.
2. Arthritis constitutes the most widespread disabling condition in Missouri.
3. 1 in 3 adult Missourians report activity limitations due to arthritis or joint symptoms.
4. Almost ½ of Missouri adults report pain, aching, or stiffness, in and around a joint.
5. 658,000 Missouri adults report activity limitations due to arthritis or joint symptoms.
6. Only 9% have ever taken an educational course to teach them how to manage problems related to their arthritis or joint symptoms.
7. Over 4,000 Missouri children are affected by arthritis or related conditions.

**The Missouri Arthritis & Osteoporosis Program**

The Missouri Department of Health and Senior Service’s Arthritis and Osteoporosis Program (MAOP) promotes optimal quality of life for all Missourians affected by rheumatic disease through early intervention, education, service, and collaboration.

The MAOP has a statewide network of Regional Arthritis Centers that provide information and support for persons and families affected by arthritis. This includes organizing community support groups, arthritis and chronic disease self-help courses and land and aquatic exercise classes.

In addition, the RACs organize regional arthritis advisory boards, partner with regional area physicians in recruitment of clients to evidence-based courses, and provide lending libraries of rheumatic condition related information.

**NEED MORE HELP?**
Contact your local RAC.

See other side for complete listing.
Hearing-impaired citizens’ telephone 1-800-735-2966.

EEO/AAP services provided on a non-discriminatory basis.