



# MISSOURI REGIONAL ARTHRITIS CENTERS

Missouri Arthritis & Osteoporosis Program  
University of Missouri - Columbia  
Missouri Department of Health & Senior Services

## 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](mailto:phelpsam@missouri.edu)  
Web: [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)

## 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@saint-lukes.org](mailto:oprewitt@saint-lukes.org)  
Web: [www.marrtc.org/community/regional.html](http://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: [kshouldersarthritis.org](mailto:kshouldersarthritis.org)  
Web: [www.arthritis.org](http://www.arthritis.org)

## Northeast Missouri

Northeast Missouri Regional Arthritis Center  
A.T. Still University  
800 West Jefferson Street  
Kirksville, 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](mailto:dfountain@atsu.edu)  
Web: [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)  
Cell: (660) 341-0874  
Data Support: Tammy Westbrook 660-626-2430

## 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](mailto:Debbie.braby@heartland-health.com)  
Web: [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)  
Data Support:

## 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](mailto:semorac@sfmc.net)  
Web: [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)

## 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](mailto:margaret.lindsey@mercy.net)  
Web: [www.marrtc.org/community/regional.html](http://www.marrtc.org/community/regional.html)  
Program Coordinator: Heather Scott  
[heather.scott@mercy.net](mailto:heather.scott@mercy.net)

## STATE CONTACT

Missouri Arthritis & Osteoporosis Program  
University of Missouri-School of Health Professions  
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Contact: **Beth Richards**  
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E-Mail: [richardsjo@missouri.edu](mailto:richardsjo@missouri.edu)  
Web Sites: [www.dhss.mo.gov/Arthritis](http://www.dhss.mo.gov/Arthritis); [/Lupus](#); [/Osteo](#)

## ARTHRITIS: KNOW THE FACTS!

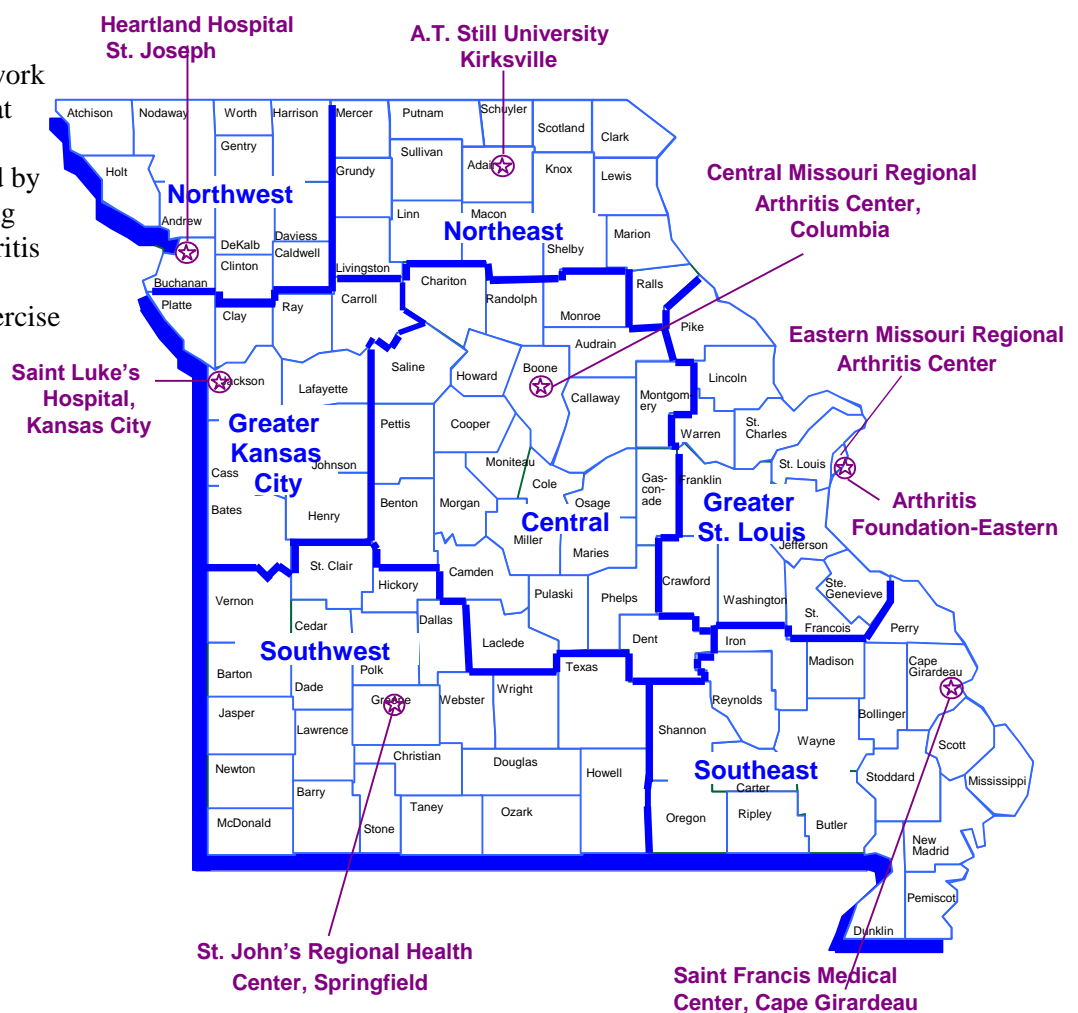
1. Nationally, arthritis is the leading cause of disability.
2. Arthritis constitutes **the most widespread disabling condition in Missouri.**
3. **1 in 3** adult Missourians report activity limitations due to arthritis or joint symptoms.
4. Almost ½ of Missouri adults report pain, aching, or stiffness, 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.