



## MISSOURI REGIONAL ARTHRITIS CENTERS

Missouri Arthritis & Osteoporosis Program  
University of Missouri - Columbia  
Missouri Department of Health & Senior Services  
[www.moarthritis.org](http://www.moarthritis.org)

### Central Missouri

Central Missouri Regional Arthritis Center  
University of Missouri-School of Health Professions  
1205 University Place; Suite 1100  
Columbia, MO 65211

Contact: **Beth Richards (interim)**  
Phone: (573) 884-1220  
Fax: (573) 884-5768  
E-Mail: [richardsjo@missouri.edu](mailto:richardsjo@missouri.edu)

### Kansas City Area

KC Area Regional Arthritis Center  
Saint Luke's Hospital  
4401 Wornall Road M4  
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)

### Eastern Missouri

Eastern Missouri Regional Arthritis Center  
Washington University School of Medicine  
4444 Forest Park Ave.  
Campus Box 8505  
St. Louis, Missouri 63108

Program of Occupational Therapy  
Contact: **Duana Russell-Thomas**  
Phone: (314) 286-1625  
Fax: (314) 286-1601  
E-Mail: [duanacrussell@wustl.edu](mailto:duanacrussell@wustl.edu)

### Northeast Missouri

Northeast Missouri Regional Arthritis Center  
A.T. Still University  
800 West Jefferson Street  
Kirksville, Missouri 63501-1497

Contact: **DeEtta Jones**  
Phone: (660) 626-2049 or  
1-866-626-2878 ext. 2049  
Fax: (660) 626-2928  
E-Mail: [dajones01@atsu.edu](mailto:dajones01@atsu.edu)

### Northwest Missouri

Northwest Missouri Regional Arthritis Center  
(Arthritis Community Services)  
Mosaic Life Care – Plaza I  
802 N. Riverside, Suite 160  
St. Joseph, Missouri 64507

Contact: **Debbie Braby**  
Phone: (816) 271-7057 or 1-800-443-8858  
Fax: (816) 271-7409  
E-Mail: [Debbie.braby@mymhc.com](mailto:Debbie.braby@mymhc.com)

### Southeast Missouri

Southeast Missouri Regional Arthritis Center  
Mississippi County Health Department  
1200 East Marshall  
Charleston, MO 63834

Contact: **Anita Blissett**  
Phone: (573) 683-2191  
Fax:  
E-Mail: [ablissett@misscohealth.com](mailto:ablissett@misscohealth.com)

### Southwest Missouri

Southwest Missouri Regional Arthritis Center  
Mercy Clinic – SCG  
Arthritis Center  
3231 S. National, Suite 400  
Springfield, Missouri 65807

Contact: **Heather Scott**  
Phone: (417) 888-6787  
Fax: (417) 888-6786  
E-Mail: [Heather.Scott2@Mercy.Net](mailto:Heather.Scott2@Mercy.Net)

### STATE-WIDE PROGRAM CONTACT

Missouri Arthritis & Osteoporosis Program  
University of Missouri-School of Health Professions  
1205 University Avenue; Suite 1100  
Columbia, Missouri 65211

Contact: **Beth Richards, Director**  
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Toll Free Line: 888-702-8818  
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E-Mail: [richardsjo@missouri.edu](mailto:richardsjo@missouri.edu)

## ARTHRITIS: KNOW THE FACTS!

1. Nationally, arthritis is the leading cause of **disability**.
1. Arthritis constitutes **the most widespread disabling condition in Missouri, effecting 1.3 million**.
3. **48%** of 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. **622,000** Missouri adults report activity limitations due to arthritis or joint symptoms.
6. **54%** of Missouri adults with **diabetes** also have arthritis.
7. **38%** of Missouri adults with arthritis are **inactive**.

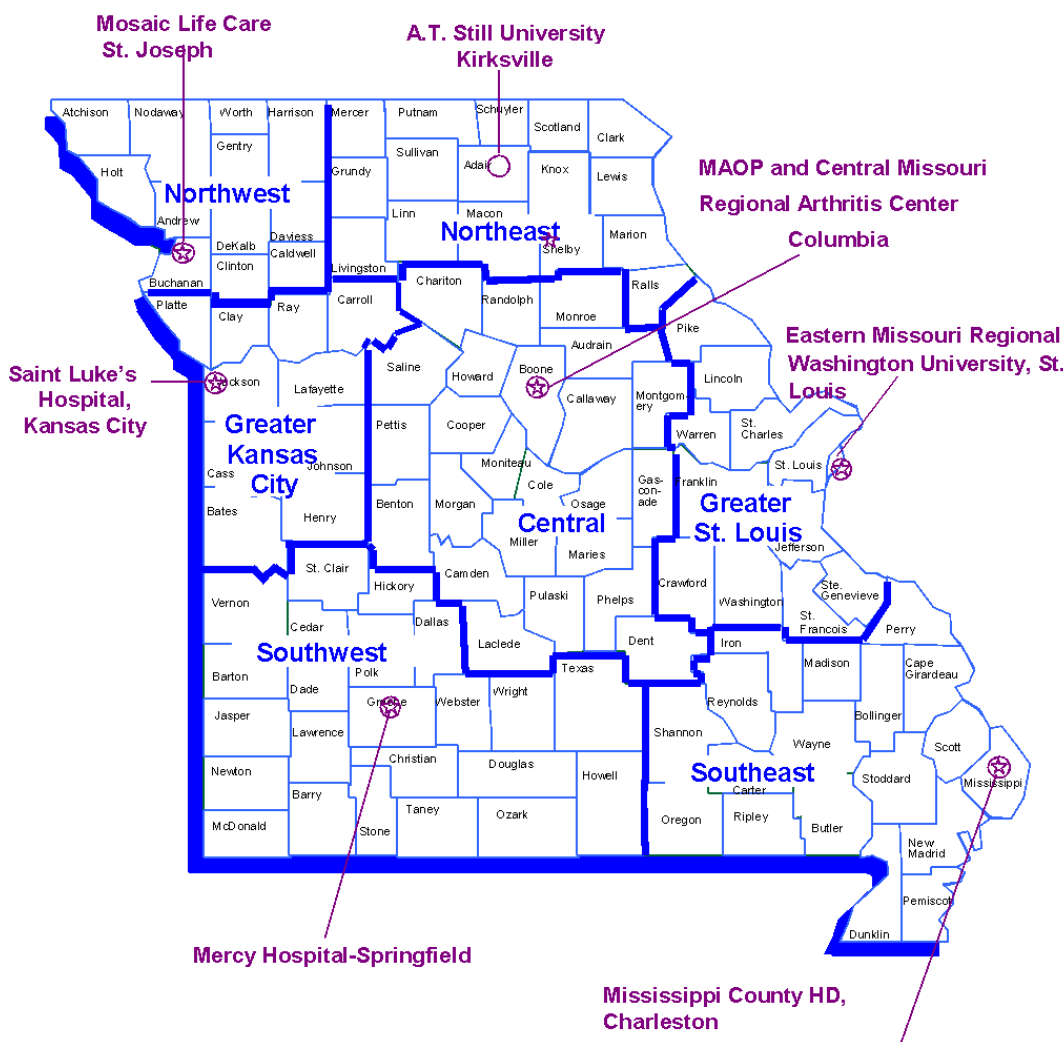
### The Missouri Arthritis & Osteoporosis Program

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 managing regional partnerships and organizing arthritis and chronic disease self-management courses and exercise programs.

In addition, the RACs organize regional arthritis advisory boards, partner with 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.