

Description

1185 Arthritis

Arthritis is a nonspecific term meaning inflammation of one or more joints. There are over 100 kinds of arthritis, many of them associated with illnesses of other body systems, such as the skin, gut, or liver. Most cases of arthritis are chronic and involve multiple joints. The three most common are rheumatoid arthritis (RA), osteoarthritis (OA), sometimes called degenerative joint disease, and gouty arthritis, or gout. Juvenile Rheumatoid Arthritis (JRA) affects children.

Rheumatoid arthritis may strike either sex at any age, but typically affects women in the early adult years. It is caused by the immune system attacking components of the joints and is marked by considerable joint inflammation, commonly of the hands and feet. RA may also involve the knee, elbow, shoulder, ankle and neck, as well as other body systems in addition to the joints. Osteoarthritis tends to occur later in life, and results from repeated wear and tear most commonly on weight-bearing joints, such as the hip and knee. Osteoarthritis often occurs earlier in people who have injured their joints in sports. Gout, which typically affects men in midlife, reflects a disorder in the body's metabolism of uric acid. Its most common feature is excruciating pain in the big toe.

Joints affected by arthritis are typically painful, stiff, and swollen. Nonspecific treatment may be used for arthritis of any sort. This includes the nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, ibuprofen, or naproxen. Steroids can be injected into the knee in OA or into joints afflicted by gouty arthritis. Oral corticosteroids are indicated for RA or gout. Severe cases of rheumatoid arthritis are generally treated with more specific drugs that attempt to downregulate the body's immune system. Gouty arthritis responds to drugs that alter the production and metabolism of uric acid, such as allopurinol or febuxostat, which inhibit the synthesis of uric acid, or medications like probenecid and lesinurad that increase uric acid excretion by the kidney. Gout is also treated with and oral anti-inflammatory drug called colchicine. For any kind of arthritis, local application of heat and cold, as well as physical therapy, are often helpful. In certain cases, joint surgery is recommended.

National Agencies & Associations

- 1186 American Chronic Pain Association**
 PO Box 850
 Rocklin, CA 95677
 800-533-3231
 ACPA@theacpa.org
 www.theacpa.org
- The ACPA facilitates peer support and education for individuals with chronic pain in its many forms, in order to increase quality of life. Also raises awareness among the healthcare community, and with policy makers.
Penney Cowan, Founder & CEO
Daniel Galia, Director, Global Support

- 1187 American Juvenile Arthritis Organization**
 Arthritis Foundation
 1355 Peachtree Street NE
 Atlanta, GA 30309
 404-872-7100
 800-283-7800
 Fax: 404-872-9559
 help@arthritis.org
 www.arthritis.org
- A council established by the Arthritis Foundation which serves the special needs of the 300,000 young people with arthritis and their families. Provides information, inspiration and advocacy by identifying the needs of children with arthritis and speaks out on their behalf.
Ann M. Palmer, President & CEO
Guy S. Eakin, PhD, Sr Vice President, Scientific Strategy

- 1188 Arthritis & Autoimmunity Research Centre**
 Canadian Blood Services Building
 67 College Street
 Toronto, Ontario, M5G-2M1
 416-340-3843
 Fax: 416-340-3453
 tlockett@uhnres.utoronto.ca
 www-old.uhnresearch.ca
- The AARC is dedicated to researching the 100 chronic illnesses associated with arthritis and other autoimmune diseases.
Theresa Lockett, Contact

- 1189 Arthritis Society**
 393 University Avenue
 Toronto Ontario, M5G-1E6
 416-979-7228
 800-321-1433
 Fax: 416-979-8366
 info@arthritis.ca
 www.arthritis.ca
- Promotes, evaluates, and funds research in the areas of causes, prevention, treatment, and cures of arthritis.
Janet Yale, President & CEO
Sian Bevan, PhD, Chief Science Officer

- 1190 Myositis Association of America**
 1940 Duke Street
 Alexandria, VA 22314
 703-553-2632
 800-821-7356
 tma@myositis.org
 www.myositis.org
- The MMA seeks to improve the lives of individuals affected by myositis, an inflammation of the muscles, through funding research and increasing public awareness.
Mary McGowan, Executive Director
Tricha Shivas, MBe, Director, Development & Partnerships

- 1191 National Institute of Arthritis & Musculoskeletal & Skin Diseases**
 National Institutes of Health
 Bethesda, MD 20892-3675
 301-495-4484
 877-226-4267
 Fax: 301-718-6366
 TTY: 301-565-2966
 NIAMSinfo@mail.nih.gov
 www.niams.nih.gov
- Supports research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out this research, and the dissemination of information on research programs.
Robert H. Carter, MD, Director
Gahan Breithaupt, Assoc. Director, Management & Operations

State Agencies & Associations

Alabama

- 1192 Alabama Chapter of the Arthritis Foundation**
 2700 Hwy 280 E
 Birmingham, AL 35223-3775
 205-979-5700
 800-879-7896
 Fax: 205-979-4172
 info.al@arthritis.org
 www.arthritis.org
- Founded in 1948 this chapter affects thousands of lives through programs services information and referrals public and professional education and more for residents of Alabama. Research is a great priority of the chapter which supports the advancement
Kristin Whitehurst, Regional VP
Lisa Hemphill, Regional Development Director

Arthritis / State Agencies & Associations

Arizona

- 1193 Arthritis Foundation: Central Arizona Chapter**
 1313 E. Osborn Road
 Phoenix, AZ 85014
 602-264-7679
 800-477-7679
 Fax: 602-264-0563
 info.caz@arthritis.org
 www.arthritis.org
- A nonprofit health agency serving the needs of Arizona residents with arthritis. This chapter provides arthritis self-help courses, aquatic programs, foundation clubs, a juvenile arthritis parent group, exercise programs and informational brochures.
Warren Rizzo, Chair
Robert Leslie, Vice Chair

Arkansas

- 1194 Arthritis Foundation: Arkansas Chapter**
 6213 Father Tribou Street
 Little Rock, AR 72205-3002
 501-664-7242
 800-482-8858
 Fax: 501-664-6588
 info.ar@arthritis.org
 www.arthritis.org
- Carla Davis, Secretary*
Diane Denham, VP Finance/Administration

California

- 1195 Arthritis Foundation: Northern California Chapter**
 657 Mission Street
 San Francisco, CA 94105-4120
 415-356-1230
 800-464-6240
 Fax: 415-356-1240
 info.nca@arthritis.org
 www.arthritis.org
- Offers research into the causes of arthritis and more effective treatments; serves people in California with arthritis through information and referral services, exercise programs, self-help courses, education and other activities.
PJ Handelhand, President
Deborah Jackson, Senior VP
- 1196 Arthritis Foundation: San Diego Area Chapter**
 9089 Clairemont Mesa Boulevard
 San Diego, CA 92123-1288
 858-492-1090
 800-422-8885
 Fax: 858-492-9248
 info.sd@arthritis.org
 www.arthritis.org
- Offers various programs and services including professional seminars, a speakers bureau, public forums, exercise classes, patient and family support groups, arthritis self-help courses and medical research to the residents of the San Diego area living with arthritis.
Veronica Braun, President
Sandra Hayhurst, Director Health Promotion
- 1197 Arthritis Foundation: Southern California Chapter**
 800 W 6th Street
 Los Angeles, CA 90017-3775
 323-954-5750
 800-954-2873
 Fax: 323-954-5790
 info.sac@arthritis.org
 www.arthritis.org
- Cynthia Callihan, Administrative Assistant*
Christeen Amloian, Assistant Controller

Colorado

- 1198 Arthritis Foundation: Rocky Mountain Chapter**
 2280 S Albion Street
 Denver, CO 80222-4906
 303-756-8622
 800-475-6447
 Fax: 303-759-4349
 info.rm@arthritis.org
 www.arthritis.org
- Serves Colorado, Montana, and Wyoming and is dedicated to finding solutions to over 100 forms of arthritis which affect 43 millions of people nationwide.
Kristie Archer, Programs Coordinator
Laura Rosseisen, President

Connecticut

- 1199 Arthritis Foundation: Southern New England Chapter**
 35 Cold Spring Road
 Rocky Hill, CT 06067
 860-563-1177
 800-541-8350
 Fax: 860-563-6018
 info.sne@arthritis.org
 www.arthritis.org
- A resource center for persons in Southern New England, Connecticut, Maine and Vermont with arthritis. Offers self-help courses, exercise programs, aquatic programs, Dial-A-Doctor help line, and physician referrals.
Stephen Evangelista, CEO
Gail Campbell, CFO

District of Columbia

- 1200 Arthritis Foundation: Metropolitan Washington Chapter**
 2011 Pennsylvania Avenue NW
 Washington, DC 20006
 202-537-6800
 Fax: 202-537-6859
 info.mwa@arthritis.org
 www.arthritis.org
- The mission of the Arthritis Foundation is to improve lives through leadership in the prevention control and cure of arthritis and related conditions.
Calaneet Balas, President/CEO
Jacquelyn Hair, Director of Operations

Florida

- 1201 Arthritis Foundation: Florida Chapter, Gulf Coast Branch**
 3816 W Linebaugh Avenue
 Tampa, FL 33618
 813-968-7000
 800-850-9455
 Fax: 941-795-0348
 info.fl.b4@arthritis.org
 www.arthritis.org
- Dedicated to improving the quality of life for those in the seven county area of Pinellas, Pasco, Citrus, Levy, Hillsborough, Hernando and Polk, who have one or more of over 100 conditions that comprise the disease known as arthritis. Provides patient education and referral services.
Alexa Simpkins, Events Coordinator
Alvi McConahay, Regional Executive Director

Georgia

- 1202 Arthritis Foundation: Georgia Chapter**
 2790 Peachtree Road
 Atlanta, GA 30305
 404-237-8771
 800-933-7023
 Fax: 404-237-8153
 info.ga@arthritis.org
 www.arthritis.org
- A statewide health organization dedicated to reducing the devastating effects of arthritis by offering programs for people with arthritis and their families, information and educational services for people with arthritis, medical professionals and the general public.
Andrea Collins, Vice President Mission Delivery
Christina Lennon, VP Resource Development

Illinois

- 1203 Arthritis Foundation: Greater Chicago Chapter**
 35 E Wacker Drive
 Chicago, IL 60601
 312-372-2080
 800-795-0096
 Fax: 312-372-2081
 info.gc@arthritis.org
 www.arthritis.org
- Offers self-help courses, wellness workshops, educational seminars, aquatic programs, brochures and publications for persons with arthritis in the state of Illinois.
Roxanne Bartol, Information Systems Coordinator
Tom Fite, President
- 1204 Arthritis Foundation: Greater Illinois Chapter**
 2621 N Knoxville Avenue
 Peoria, IL 61604-3623
 309-682-6600
 Fax: 309-682-6732
 greaterillinois@arthritis.org
 www.arthritis.org
- Craig Rogers, Area Director*

Indiana

- 1205 Arthritis Foundation: Indiana Chapter**
 615 N Alabama
 Indianapolis, IN 46204
 317-879-0321
 800-783-2342
 Fax: 317-876-5608
 info.in@arthritis.org
 www.arthritis.org
- Offers programs and services for the arthritis community of Indiana.
Jenny Conder, Area Vice President
BJ Farrell, Director of Development

Iowa

- 1206 Arthritis Foundation: Iowa Chapter**
 2600 72nd Street
 Des Moines, IA 50322-4724
 515-278-0636
 866-378-0636
 Fax: 515-278-2603
 info.ia@arthritis.org
 www.arthritis.org
- Julie Dalrymple, Program Coordinator*
Doyle Monsma CFRE, President/CEO

Kansas

- 1207 Arthritis Foundation: Kansas Chapter**
 1999 N Amidon Avenue
 Wichita, KS 67203-2122
 316-263-0116
 800-362-1108
 Fax: 316-263-3260
 info.ks@arthritis.org
 www.arthritis.org
- Serves 103 counties and is governed by the Volunteer Board of Directors elected from throughout the state. Services offered include water exercise classes, arthritis support groups, children's summer camp, loan closet of hospital equipment and self-help programs.
Dennis Bender, Area VP
Valerie Fairchild, Program Director

Kentucky

- 1208 Arthritis Foundation: Kentucky Chapter**
 2908 Brownsboro Road
 Louisville, KY 40206
 502-585-1866
 800-633-5335
 Fax: 502-585-1657
 myoung@arthritis.org
 www.arthritis.org
- Serves residents of 117 counties in Kentucky and the counties of Floyd and Clark in Indiana. This chapter is a resource center for funding research education programs for health professionals, community education and support services for people with arthritis.
Barbara Perez, President/CEO
Annette Beach, Annual Giving Coordinator

Maryland

- 1209 Arthritis Foundation: Maryland Chapter**
 9505 Reisterstown Road
 Owings Mills, MD 21117
 410-654-6570
 800-365-3811
 Fax: 410-654-9270
 info.md@arthritis.org
 www.arthritis.org
- This chapter supports research both locally and nationally to help find causes better treatments and ways to prevent the many forms of arthritis. Offers various educational booklets and brochures, a referral service for physician referrals, and other support services.
Barbara Newhouse, CEO
Gail Norman, COO

Massachusetts

- 1210 Arthritis Foundation: Massachusetts Chapter**
 29 Crafts Street
 Newton, MA 02458-1287
 617-244-1800
 800-766-9449
 Fax: 617-558-7686
 info.ma@arthritis.org
 www.arthritis.org

Offers essential information research programs and services for the close to one million Massachusetts residents with arthritis.
Suha Bekdash, Administrative Assistant
Carmen Quinonez, Finance Manager

Michigan

- 1211 Arthritis Foundation: Michigan Chapter Chapter and Metro Detroit**
 1050 Wilshire Drive
 Troy, MI 48084-1564
 248-649-2891
 800-968-3030
 Fax: 248-649-2895
 info.mi@arthritis.org
 www.arthritis.org
- Supports research to prevent, control, and cure arthritis and related diseases. The Foundation also helps improve the lives of people with arthritis and their families by offering self-help classes, exercise programs, support groups, information and referrals.
Mary Sue Langen, Development Manager
Michelle Glazier, President/CEO

Minnesota

- 1212 Arthritis Foundation: North Central Chapter**
 1876 Minnehaha Avenue West
 Saint Paul, MN 55104
 651-644-4108
 800-333-1380
 Fax: 651-644-4219
 info.mn@arthritis.org
 www.arthritis.org
- A nonprofit organization providing programs and services to anyone affected by arthritis in the Minnesota area. Offers aquatic programs support groups juvenile arthritis support groups, research, grants program and information and referrals.
Chris Davis, Community Development Coordinator
Deb Cassidy, Assistant to the President

Mississippi

- 1213 Arthritis Foundation: Mississippi Chapter**
 731 Avignon Drive
 Ridgeland, MS 39157
 601-853-7556
 Fax: 601-853-7516
 cbaker@arthritis.org
 www.arthritis.org
- Many Mississippians volunteer their services to help the chapter with fund raising and program support. Programs include land and water based exercise classes, and support groups, direct assistance to needy individuals to purchase arthritis medications and services.
Cynthia Baker, Development Specialist
Pamela Snow, Programs Director

Missouri

- 1214 Arthritis Foundation: Eastern Missouri Chapter**
 9433 Olive Boulevard
 Saint Louis, MO 63132
 314-991-9333
 800-406-2491
 Fax: 314-991-4020
 info.emo@arthritis.org
 www.arthritis.org
- Jan Bignall, Director of Development*
Karen Shoulders, Director of Programs

- 1215 Arthritis Foundation: Western Missouri, Greater Kansas City**
 1900 W 75th Street
 Prairie Village, KS 66208
 913-262-2233
 888-719-5670
 Fax: 913-262-2228
 info.wmo@arthritis.org
 www.arthritis.org
- The only organization in the area representing the National Office in support of its international research program and in providing services throughout the bi-state area. Offers a wide range of services and programs to deal with the needs of persons with arthritis.
Sherri Hayes, Director of Operations
Alyson Watkins, Special Events Coordinator

Arthritis / State Agencies & Associations

Nebraska

- 1216 Arthritis Foundation: Nebraska Chapter**
600 N 93rd Street
Omaha, NE 68114
402-330-6130
800-642-5292
Fax: 402-330-6167
mpuccioni@arthritis.org
www.arthritis.org
- For close to 40 years the Arthritis Foundation has been the source for help and hope to the 263 000 Nebraskans and residents of Pottawattamie County Iowa with arthritis. Provides a wide variety of services designed to help people better cope with arthritis.
Cindy Doerr, Program Director/Editor
Marzia Pucci Shields, Executive Director

New Jersey

- 1217 Arthritis Foundation: New Jersey Chapter**
555 Route 1 South
Iselin, NJ 08830
732-283-4300
888-467-3112
Fax: 732-283-4633
info.nj@arthritis.org
www.arthritis.org
- Offers various programs for the residents of New Jersey including support groups, self-help courses, water exercise and arthritis fitness classes and informational public forums.
Linda Gruskiewicz, President & CEO
Tanya Barbarics, Director

New York

- 1218 Arthritis Foundation: Central New York Chapter**
3300 Monroe Avenue
Rochester, NY 14618
585-264-1480
Fax: 585-264-1517
www.arthritis.org
- Melinda Merante, Executive Director*
Nicole Mau, Director
- 1219 Arthritis Foundation: Long Island Chapter**
501 Walt Whitman Road
Melville, NY 11747-2189
631-427-8272
Fax: 631-427-3546
into.li@arthritis.org
www.arthritis.org
- The mission of the Arthritis Foundation is to fund research to find the cause and cures for arthritis and to improve the quality of life for those affected. There is a wide range of programs available for patients.
Patrick T McAsey, President
Roshane Gillespie, Program Secretary

- 1220 Arthritis Foundation: New York Chapter**
122 E 42nd Street
New York, NY 10168-1898
212-984-8700
Fax: 212-878-5960
nfo.ny@arthritis.org
www.arthritis.org
- Offers land exercise programs warm water resources and programs, self-help groups and courses, events and activities video clinics, peer support and a lending library to arthritis sufferers in the New York area.
Suzanne Bliss, President CEO

- 1221 Arthritis Foundation: Rockland/Orange Unit**
Helen Hayes Hospital
Route 9W
W Haverstraw, NY 10993
845-947-3000
Fax: 845-429-9602
ameyerowitz@arthritis.org
www.arthritis.org
- Aviva Meyerowitz, Community Outreach Coordinator*
Beatrice Jasanya, Community Outreach Coordinator

North Carolina

- 1222 Arthritis Foundation: Carolinas Chapter**
4530 Park Road
Charlotte, NC 28209
704-529-5166
800-365-3811
Fax: 704-529-0626
info.car@arthritis.org
www.arthritis.org
- Barbara Newhouse, President CEO*
Candy Fuller, Community Development Coordinator

Ohio

- 1223 Arthritis Foundation: Central Ohio Chapter**
3740 Ridge Mill Drive
Hilliard, OH 43026
614-876-8200
Fax: 614-876-8363
info.coh@arthritis.org
www.arthritis.org
- Offers information and referral services, self-help courses, aquatics program equipment loans, clinics, home assessment and continuing education to help more than 350,000 people in Central Ohio, including over 5,000 children affected with the 100 types of arthritis
Stephanie Houck, Director of Special Events
David Painter, Director of Outreach

- 1224 Arthritis Foundation: Northeastern Ohio Chapter**
4630 Richmond Road
Cleveland, OH 44128-5525
216-831-7000
800-245-2275
Fax: 216-831-1764
info.neoh@arthritis.org
www.arthritis.org
- Barb Cvelbar, Director of Health Promotion*
Cheryl Carter, Director of Development

- 1225 Arthritis Foundation: Northwestern Ohio Chapter**
35 E Wacker Drive
Chicago, IL 60601
31 -37 -208
800-735-0096
Fax: 31 -37 -208
info.gc@arthritis.org
www.arthritis.org
- Tom Fite, CEO*

- 1226 Arthritis Foundation: Ohio River Valley Chapter**
7124 Miami Avenue
Cincinnati, OH 45243
513-271-4545
800-383-6843
Fax: 513-271-4703
info.orv@arthritis.org
www.arthritis.org
- Barbara Perez, President/CEO*
Edith Nixon, Chair

- 1227 Arthritis Foundation: Great Lakes Region, Northeastern Ohio**
4630 Richmond Road
Cleveland, OH 44128-5525
216-831-7000
800-245-2275
Fax: 216-831-1764
info.neoh@arthritis.org
www.arthritis.org
- Mary L Kudasick, Regional VP*

Oklahoma

- 1228 Arthritis Foundation: Oklahoma Chapter**
710 W. Wilshire Blvd
Oklahoma City, OK 73116
405-936-3366
800-627-5486
Fax: 405-936-0617
info.ok@arthritis.org
www.arthritis.org
- Sherri O'Neil, Executive Director*
Sherri Harris, Director Special Events

Pennsylvania

- 1229 Arthritis Foundation: Central Pennsylvania Chapter**
3544 North Progress Avenue
Harrisburg, PA 17110
717-763-0900
800-776-0746
Fax: 717-763-0903
info.cpa@arthritis.org
www.arthritis.org
- Serves 28 counties in the central Pennsylvania area. More than 441,233 persons in the chapter area are affected with one of the forms of arthritis seriously enough to require medical care. The chapter offers research services, professional education and training, parent and community services and public health education.
Douglas Knepp, Interim Executive Director

Rhode Island

- 1230 Arthritis Foundation: Southern New England Chapter**
 35 Cold Spring Road 860-563-1177
 Rocky Hill, CT 06067 800-541-8350
 Fax: 860-563-6018
 info.sne@arthritis.org
 www.arthritis.org
- Offers programs and services for persons in the Rhode Island area who are living with arthritis.
Stephen Evangelista, CEO
Gail Campbell, CFO

Tennessee

- 1231 Arthritis Foundation: Southeast Region**
 421 Great Circle Road 615-254-6795
 Nashville, TN 37228 800-454-4662
 Fax: 615-254-8316
 info.tn@arthritis.org
 www.arthritis.org
- This chapter serves the residents of Tennessee by offering arthritis support through Life Improvement Series Classes, exercise programs, educational programs, free information, public forums and seminars.
David Popen Esq, CEO

Texas

- 1232 Arthritis Foundation: North Texas Chapter**
 4300 Macarthur 214-826-4361
 Dallas, TX 75209-6524 800-442-6653
 Fax: 214-824-5842
 info.ntx@arthritis.org
 www.arthritis.org
- With over 1.5 million people in the North Texas Chapter area with arthritis, the chapter's mission is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.
Carla Brandt, CFO/COO
Jane Hynes, Director Administration/Info Systems

Utah

- 1233 Arthritis Foundation: Utah/Idaho Chapter**
 448 E 400 S 801-536-0990
 Salt Lake City, UT 84111 800-444-4993
 Fax: 801-536-0991
 info.utid@arthritis.org
 www.arthritis.org
- A nonprofit organization serving individuals with arthritis and their families in Utah and Idaho by providing invaluable services, programs and activities.
Lisa B Fall, President
Leslie Nelson, Program Director

Vermont

- 1234 Arthritis Foundation: Northern New England Chapter**
 6 Chenell Drive 603-224-9322
 Concord, NH 03301 800-639-2113
 Fax: 603-224-3778
 info.sne@arthritis.org
 www.arthritis.org
- Stephen Evangelista, CEO*
Margaret Duffy, Regional Program Director

Virginia

- 1235 Arthritis Foundation: Virginia Chapter**
 3805 Cutshaw Avenue 804-359-1700
 Richmond, VA 23230 800-456-4687
 Fax: 804-359-4900
 info.va@arthritis.org
 www.arthritis.org
- Founded in 1954 this chapter is a nonprofit voluntary health organization dedicated to finding the cause prevention and cure for the

entire group of diseases called arthritis. Offered classes books and information to better manage arthritis.
Angela Courtney, Vice President Community Development
C Annie Magnant, President

Washington

- 1236 Arthritis Foundation: Washington/Alaska Chapter**
 3876 Bridge Way N 206-547-2707
 Seattle, WA 98103 800-746-1821
 Fax: 206-547-2707
 tzuehl@arthritis.org
 www.arthritis.org
- Offers arthritis help lines and information lines for residents of Washington state. Provides self-help courses arthritis aquatic programs and resources for persons living with various forms of arthritis.
Barbara Osen, North Puget Sound Branch Director
Kim Mellen, Campaign Coordinator

Wisconsin

- 1237 Arthritis Foundation: Wisconsin Chapter Foundation**
 1650 S 108th Street 414-321-3933
 W Allis, WI 53214-4021 800-242-9945
 Fax: 414-321-0365
 www.arthritis.org
- Statewide programs offered. Including aquatics exercise programs, support groups, self-help courses, professional education, public education seminars, advocacy counsel, juvenile arthritis support programs and children's camp information and referral help.

Foundations

- 1238 Arthritis Foundation**
 1355 Peachtree Street NE 404-872-7100
 Atlanta, GA 30309 800-283-7800
 Fax: 404-872-0457
 help@arthritis.org
 www.arthritis.org
- A nonprofit organization that depends on volunteers to provide services to help people with arthritis. Supports research to find ways to cure and prevent arthritis and provides services to improve the quality of life for those affected by arthritis. Provides help through information, referrals, speakers bureaus, forums, self-help courses, and various support groups and programs nationwide.
Ann M. Palmer, President & CEO
Guy S. Eakin, PhD, Sr Vice President, Scientific Strategy

Libraries & Resource Centers

- 1239 New York Chapter of the Arthritis Foundation**
 122 East 42nd Street 212-984-8700
 New York, NY 10168-1898 Fax: 212-878-5960
 info.ny@arthritis.org
 www.arthritis.org
- Offers people with arthritis, their families and all those with an interest in the rheumatic diseases, information on how to live every day to its fullest, even when affected by a chronic disease.

Research Centers

- 1240 Affiliated Children's Arthritis Centers of New England**
 New England Medical Center
 750 Washington Street 617-636-7285
 Boston, MA 02111-1533 Fax: 617-350-8388
- Research organization comprised of a network of 15 territory pediatric centers throughout New England and based at the Floating Hospital of New England Medical Center.
Jane G Schaller MD, Coordinator
- 1241 Arthritis and Musculoskeletal Center: UAB Shelby Interdisciplinary Biomedical Rese**
 Shelby Interdisciplinary Biomedical Research Bldg

- 1825 University Boulevard
Birmingham, AL 35294-2182
205-934-0245
Fax: 205-934-1564
rpk@uab.edu
Arthritis and related rheumatic disorders are studied.
Robert Kimbe MD, Director
Jennifer A Croker, Executive Administrator
- 1242 Boston University Arthritis Center**
580 Harrison Avenue
Boston, MA 02118
617-638-4590
Fax: 617-638-5226
mikyyork@bu.edu
www.bumc.bu.edu
The research efforts of the Rheumatology Section relate to basic biologic mechanisms in the pathogenesis of scleroderma vasculitis amyloidosis osteoarthritis and systemic lupus erythematosus. There are concordant research efforts in clinical investigation of these disorders including testing of novel therapies.
Karen H Antman, Dean
Paul Monach, Associate Fellowship Program Director
- 1243 Boston University Medical Campus General Clinical Research Center**
72 E Concord Street
Boston, MA 02118
617-638-4542
Fax: 617-638-8890
jkopp@bu.edu
Integral unit of the University Hospital specializing in arthritis and connective tissue studies.
Courtney Alpert, Administrative Coordinator
Janice Kopp, Executive Director
- 1244 Brigham and Women's Orthopedics and Arthritis Center**
Brigham and Women's Hospital
75 Francis Street
Boston, MA 02115
617-732-5500
800-BWH-9999
TTY: 617-732-6458
www.brighamandwomens.org
Research studies into arthritis and rheumatic diseases.
Matthew Lian MD, Director
- 1245 Central Missouri Regional Arthritis Center Stephen's College Campus**
Stephen's College Campus
1205 University Ave
Columbia, MO 65211
573-882-8097
888-702-8818
Fax: 573-884-5509
TDD: 0
Research into arthritis and rheumatic diseases.
Liz Raine, MPH, CHES., Health Educator
Beth Richards, BS, TRS, Director
- 1246 Department of Pediatrics, Division of Rheumatology**
Duke University School of Medicine
T909 Children's Health Center
Durham, NC 27710-1
919-684-6575
Fax: 919-684-6616
rheum.pediatrics.duke.edu
Clinical and laboratory pediatric rheumatoid studies.
Laura Schanberg MD, Cochairman
Egla Rabinovich MD, Co-Chairman
- 1247 Hahnemann University Hospital, Orthopedic Wellness Center**
Hahnemann University Hospital
230 N Broad St
Philadelphia, PA 19102-1511
215-762-7000
Fax: 215-762-8109
www.hahnemannhospital.com
Research activity at Hahnemann University into the areas of arthritis.
Dr. Arnold Berman, Director
- 1248 Medical University of South Carolina**
96 Jonathan Lucas Street
Charleston, SC 29403
843-792-1991
800-424-MUSC
Fax: 843-792-7121
www.muschealth.com
Offers basic and clinical research on various types of arthritis.
Richard M Silver, Division Director/Professor
Gary S Gilkeson, Vice Chairman Research
- 1249 Medical University of South Carolina: Division of Rheumatology & Immunology**
96 Jonathan Lucas Street
Charleston, SC 29403
843-792-1991
Fax: 843-792-7121
www.musc.edu
Offers basic and clinical research on various types of arthritis.
Richard M Silver, Division Director/Professor
Gary S Gilkeson, Vice Chairman Research
- 1250 Multipurpose Arthritis and Musculoskeletal Disease Center**
School of Medicine Rheumatology Division
545 Barnhill Drive
Indianapolis, IN 46202
317- 27- 843
Fax: 317-274-1437
medicine.iupui.edu
The mission of this center is to pursue major biomedical research interests relevant to the rheumatic diseases. Current areas of emphasis include articular cartilage biology pathogenesis and treatment of various forms of amyloidosis the pathogenesis of dermatomyositis and immunologic and biochemical markers of cartilage breakdown and repair.
Bernetta Hartman, Executive Assistant to the Chairman
Martin Friedman, VP Medicine Specialties Division, IUHP
- 1251 National Institute of Arthritis & Musculoskeletal & Skin Diseases**
National Institutes of Health
Bethesda, MD 20892-3675
301-495-4484
877-226-4267
Fax: 301-718-6366
TTY: 301-565-2966
NIAMSinfo@mail.nih.gov
www.niams.nih.gov
Supports research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out this research, and the dissemination of information on research programs.
Robert H. Carter, MD, Director
Gahan Breithaupt, Assoc. Director, Management & Operations
- 1252 Oklahoma Medical Research Foundation**
825 NE 13th Street
Oklahoma City, OK 73104-5005
405-271-6673
800-522-0211
Fax: 405-271-OMRF
contact@omrf.org
www.omrf.ouhsc.edu
Focuses on arthritis and musculoskeletal disease research.
Dr Paul Kincade, Head of OMRF's Immunobiology
Philip M Silverman PhD, Member
- 1253 Rehabilitation Institute of Chicago**
345 E Superior Street
Chicago, IL 60611
312-238-1000
800-354-7342
TTY: 312-238-1059
www.ric.org
Expertise in treating a range of conditions from the most complex conditions including cerebral palsy spinal cord injury stroke and traumatic brain injury to the more common such as arthritis chronic pain and sports injuries.
Edward B Case, Executive Vice President and Chief Finan
Joanne C Smith, President and Chief Executive Officer
- 1254 Rosalind Russell Medical Research Center for Arthritis at UCSF**
350 Parnassus Avenue
San Francisco, CA 94117
415-476-1141
Fax: 415-476-3526
rrac@medicine.ucsf.edu
Arthritis research and its probable causes.
Ephraim P Engelman MD, Director
David Wofsy, Associate Director
- 1255 University of Michigan: Orthopaedic Research Laboratories**
University of Michigan Mott Hospital
109 Zina Pitcher Place
Ann Arbor, MI 48109-2200
734-936-7417
Fax: 734-647-0003
Develops and studies the causes and treatments for arthritis including new devices and assistive aids.
Dr SA Goldstein, Director
- 1256 Warren Grant Magnuson Clinical Center**
National Institute of Health

9000 Rockville Pike
Bethesda, MD 20892

301-496-2563
800-411-1222
Fax: 301-480-9793
TTY: 866-411-1010
prpl@mail.cc.nih.gov
www.clinicalcenter.nih.gov

Established in 1953 as the research hospital of the National Institutes of Health. Designed so that patient care facilities are close to research laboratories so new findings of basic and clinical scientists can be quickly applied to the treatment of patients. Upon referral by physicians, patients are admitted to NIH clinical studies.
John Gallin, Director
David Henderson, Deputy Director for Clinical Care

Support Groups & Hotlines

1257 Arthritis Foundation Information Helpline

1355 Peachtree Street NE
Atlanta, GA 30309-0669

844-571-4357
help@arthritis.org
www.arthritis.org

Offers information and referrals, counseling, physicians information and more to persons living with arthritis.
Ann M. Palmer, President & CEO

1258 Kids on the Block Arthritis Programs

Arthritis Foundation
PO Box 19000
Atlanta, GA 31126-1000

404-872-7100
800-283-7800
Fax: 404-872-0457

State and local programs that use puppetry to help children understand what it is like for children and adults who have arthritis.

1259 National Health Information Center

Office of Disease Prevention & Health Promotion
1101 Wootton Pkwy
Rockville, MD 20852

Fax: 240-453-8281
odphpinfo@hhs.gov
www.health.gov/nhic

Supports public health education by maintaining a calendar of National Health Observances; helps connect consumers and health professionals to organizations that can best answer questions and provide up-to-date contact information from reliable sources; updates on a yearly basis toll-free numbers for health information, Federal health clearinghouses and info centers.
Don Wright, MD, MPH, Director

Books

1260 250 Tips for Making Life with Arthritis Easier

Arthritis Foundation Distribution Center
PO Box 6996
Alpharetta, GA 30023-6996

800-207-8633
Fax: 770-442-9742
www.arthritis.com

Learn about helpful services you didn't know were available through you bank, post office, phone company, grocery store, and other businesses you frequent.
88 pages

1261 Arthritis 101: Questions You Have, Answers You Need

Arthritis Foundation Distribution Center
PO Box 6996
Alpharetta, GA 30009-6996

800-207-8633
Fax: 770-442-9742
www.arthritis.com

Expert reviewers answer questions about basic arthritis facts, treatments, research, surgery and more. Also, specific information about six common conditions: rheumatoid arthritis, osteoarthritis, osteoporosis, fibromyalgia, lupus and gout.
144 pages

1262 Arthritis Helpbook: A Tested Self-Management Program for Coping

Kate Lorig and James Fries, author
Da Capo Press
Order Department
Jackson, TN 38301

800-343-4499
Fax: 800-351-5073
www.perseusbooksgroup.com/dacapo

This book teaches people proven techniques to reduce pain and increase dexterity, build a calcium-rich diet and maintain a healthy

weight, design an exercise program that matches their needs, find tips and gadgets that solve common problems, overcome fatigue, depression, and other troubling feelings associated with these health issues, and learn about all available arthritis medications and surgeries.

2006 288 pages 6th Edition
ISBN: 0-201409-63-1

1263 Arthritis Self-Help Products

Aids for Arthritis
35 Wakefield Drive
Medford, NJ 08055-3204

609-654-6918
Fax: 609-654-8631
aidsforarthritis@gmail.com
www.aidsforarthritis.com

Offers lists of arthritis self-help devices.

1264 Arthritis Self-Management

RA Rapaport Publishing
150 W 22nd Street
New York, NY 10011-2421

212-989-0200
800-234-0923
Fax: 212-989-4786
editor@arthritis-self-mgmt.com
www.arthritisselfmanagement.com

Publishes practical, how to information, focusing on the day-to-day and long term aspects of arthritis in a positive and upbeat style. Gives subscribers up-to-date news, facts and advice to help them maintain their wellness and make informed decisions regarding their health.
48+ pages Bi-Monthly
Christine Martin Grove, Editor
Ingrid Strauch, Editor

1265 Arthritis: What Exercises Work

Dava Sobel, Arthur C Klein, author
MacMillan
175 5th Avenue
New York, NY 10010

212-674-5151
800-221-7945
Fax: 212-420-9314
customerservice@mps virginia.com
us.macmillan.com

The right exercises for your kind of arthritis, pain-level, age, occupation, and hobbies. The most effective exercises for arthritis available anywhere, supported by medical doctors and backed by the latest research.
200 pages
ISBN: 0-312130-25-1

1266 Arthritis: Your Complete Exercise Guide

Human Kinetics Press
1607 N Market Street
Champaign, IL 61820-5076

217-351-1549
800-873-6759
Fax: 217-351-2674
ce@hkusa.com
www.humankinetics.com

1993 152 pages Paperback
ISBN: 0-873223-92-6
Steve Ruhlig, Marketing Director

1267 Bone Up on Arthritis

Arthritis Foundation
PO Box 6996
Alpharetta, GA 30009-6996

800-207-8633
Fax: 770-442-9742
www.arthritis.com

A self-help education packet designed for home-study use, this program can improve your pain and function levels by teaching proven self-help techniques.
w/Audio Tapes

1268 Clinical Care in the Rheumatic Disease

Arthritis Foundation Distribution Center
PO Box 6996
Alpharetta, GA 30023-6996

800-207-8633
Fax: 770-442-9742
www.arthritis.com

This book was written for all health professionals caring for people with rheumatic diseases and for students in these disciplines.
224 pages

1269 Educational Rights for Children with Arthritis: A Parents Manual

AJAO

1314 Spring Street NW
Atlanta, GA 30309-2810
A self-instructional manual helping parents to identify and obtain school services needed by their child with arthritis. Covers laws and special services, explores strategies for working with school personnel and stresses good communication and advocacy techniques.

404-872-7100
www.arthritis.org/

1270 Exercise Beats Arthritis

Bull Publishing Company
PO Box 1377
Boulder, CO 80306
303-545-6350
800-676-2855
Fax: 303-545-6354
www.bullpub.com

Easy-to-follow program will help arthritis sufferers of all ages manage the problems of living with this condition. In depth look at minimizing the pain and limitations of arthritis, keep their joints mobile, increase muscle strength, strengthen bones and ligaments, perform daily tasks more easily.

1998 144 pages
ISBN: 0-923521-45-3
Valerie Sayce, Author
Ian Fraser, Author

1271 Help Yourself Cookbook

Arthritis Foundation
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633
Fax: 770-442-9742
www.arthritis.com

158 pages

1272 Living With Rheumatoid Arthritis

John's Hopkins University Press
2715 N Charles Street
Baltimore, MD 21218-4319
410-516-6900
800-537-5487
Fax: 410-516-6968
www.press.jhu.edu

This book offers practical and usable answers to the questions of everyday life. The authors provide clear explanations of the causes, diagnosis and treatment of the disease and why medication, joint protection, physical activity and good nutrition are essential components of care.

1993 312 pages Paperback
ISBN: 0-801871-47-6
Tammi L. Shlotzauer, M.D., Author

1273 Personal Guide to Living Well with Fibromyalgia

Arthritis Foundation Distribution Center
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633
Fax: 770-442-9742
www.arthritis.com

With this guide you'll learn the latest information about fibromyalgia, what researchers have uncovered about its causes, and an overview of the best treatment options available. Helpful worksheets and tables allow you to manage your condition and document your progress.

224 pages

1274 Primer on the Rheumatic Diseases

John H Klippel, author
Springer Publishing
233 Spring Street
New York, NY 0013
212-460-1500
Fax: 212-460-1575
service-ny@springer.com
www.springer.com

Designed to provide up-to-date information about the major clinical syndromes. One of the most prestigious and comprehensive texts on arthritis and related diseases, including osteoarthritis, rheumatoid arthritis, osteoporosis, lupus, and more than one hundred others.

724 pages
ISBN: 0-387356-64-8
J.H. Klippel, Author
J.H. Stone, Author

1275 Toward Healthy Living: A Wellness Journal

Arthritis Foundation Distribution Center
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633
Fax: 770-442-9742
www.arthritis.com

This spiral-bound journal has ample pages where you can record your thoughts, plus scales to monitor your mood and pain. Throughout the book you will also find wisdom from a variety of famous and ordinary people - those who live with chronic illness, and those whose life lessons can help you gain a more positive outlook on daily living.

144 pages

1276 Understanding Juvenile Rheumatoid Arthritis

American Juvenile Arthritis Organization
PO Box 19000
Atlanta, GA 31126-1000
800-283-7800

A manual for health professionals to use in teaching children with JRA and their families about disease management and self-care.

372 pages

1277 We Can: A Guide for Parents of Children with Arthritis

AJAO
1330 W Peachtree Strt NW
Atlanta, GA 30309-2904
404-872-7100
www.arthritis.org/

Offers parents tips for daily living and practical points for helping their child toward independent adulthood.

Children's Books

1278 Arthritis

Franklin Watts Grolier
90 Old Sherman Turnpike
Danbury, CT 06816-0001
203-797-3500
800-621-1115
Fax: 203-797-3197
www.grolier.com

This book offers a clear explanation of the various forms and effects of the disease of arthritis and what treatments are available.

96 pages Grades 7-12
ISBN: 0-531108-01-5

1279 JRA and Me

American Juvenile Arthritis Organization
PO Box 19000
Atlanta, GA 31126-1000
800-283-7800

A workbook for school-aged children who have juvenile arthritis. This book offers a variety of educational games, puzzles and worksheets to teach children about their illness and how to take care of themselves.

57 pages

1280 Living with Arthritis

Franklin Watts Grolier
90 Old Sherman Turnpike
Danbury, CT 06816-0001
203-797-3500
800-621-1115
Fax: 203-797-3197
www.grolier.com

Shows how people with arthritis can overcome their pain and lead productive, full lives.

32 pages Grades 5-7

1281 Yard Sale Coloring Book

American Juvenile Arthritis Organization
PO Box 19000
Atlanta, GA 31126-1000
800-283-7800

A coloring/activity book based on a Kids on the Block script, written for third and fourth grade students. It can be used with Kids on the Block performances, as a stand-alone piece or with a free lesson plan packet.

Magazines

1282 Arthritis Today

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-2922
404-872-7100
800-933-0032
Fax: 404-872-9559
www.arthritis.org

The authoritative and respected source of information for persons with arthritis, their families and health professionals who manage their care. As the official magazine of the Arthritis Foundation, it is backed by the Foundation's experience of 44 years and leadership in the fight against arthritis. This magazine gives its readers

the advice, information and inspiration they need to live better with arthritis.

Monthly

Newsletters

- 1283 AJAO Newsletter**
 American Juvenile Arthritis Organization
 1330 W Peachtree Strt NW Atlanta, GA 31126-2904 404-872-7100
 Offers information and updates about the organization's activities and events. Legislative information, medical updates, camp information and more for children living with arthritis.
Quarterly
Janet Austin MEd, Editor
- 1284 Arthritis Accent**
 Arthritis Foundation Southern N.E. Chapter
 35 Cold Spring Road Rocky Hill, CT 06067-3166 860-563-1177
 800-541-8350 Fax: 860-563-6018
 sevangel@arthritis.org www.arthritis.org
 Information on chapter events and activities.
Quarterly
- 1285 Arthritis Foundation: Newsletter of Nebraska Chapter**
 600 North 93rd Street Omaha, NE 68114 402-330-6130
 800-642-5292 Fax: 402-330-6167
 mpuccioni@arthritis.org www.arthritis.org
 Contains information on research, medication, different types of arthritis and features on outstanding volunteers.
 3x Year
Cindy Doerr, Program Director/Editor
- 1286 Arthritis Foundation: Southern Arizona Chapter**
 6464 E Grant Road Tucson, AZ 85715 520-290-9090
 800-444-5426
 Offers updated information and news on chapter activities and events for persons with arthritis.
Monthly
Richard M Brown EdD, CFRE, President
- 1287 Arthritis News**
 Arthritis Foundation - WI Chapter
 10427 W Lincoln Avenue West Allis, WI 53227 414-321-3933
 800-333-1380 Fax: 414-321-0365
 info.wi@arthritis.org www.arthritis.org
 Offers information on activities, events, medical research, information and referrals to persons living in the Wisconsin area that are afflicted with arthritis.
Quarterly
Judy Haugslund, CEO
- 1288 Arthritis Observer**
 Rocky Mountain Chapter of the Arthritis Foundation
 2280 S Albion Street Denver, CO 80222-4906 303-756-8622
 888-391-9389 Fax: 303-759-4349
 www.arthritis.org
 Offers chapter information and educational programs to the community as well as updates on fund-raising events, resources, publications and medical updates for the arthritis community.
Quarterly
- 1289 Arthritis Reporter**
 New York Chapter of the Arthritis Foundation
 122 E 42nd Street New York, NY 10168-0002 212-984-8700
 Fax: 212-878-5960
 IMontecino@arthritis.org www.arthritis.org
 Chapter newsletter offering information on upcoming events, activities and groups for the arthritis community.
Quarterly
Ingrid Montecino, President and CEO
- 1290 Arthritis Update of Rhode Island**
 Arthritis Foundation Rhode Island Office
 Airport Office Park Warwick, RI 02886 401-739-3773
 Fax: 401-739-8990
 sevangel@arthritis.org www.arthritis.org
 Offers information, activities, events and updates on the chapter.
Quarterly
Stephen Evangelista, Chief Executive Officer
Gail Campbell, Chief Financial Officer
- 1291 Arthritis Volunteer**
 Tennessee Chapter of the Arthritis Foundation
 1719 W End Avenue Nashville, TN 37203-5123 615-320-7626
 Fax: 615-329-3982
 Keeps members up-to-date on arthritis developments and on programs, services and special events in Tennessee.
Quarterly
- 1292 Factor Fax**
 Arthritis Foundation: Northeast California Chapter
 3040 Explorer Drive Sacramento, CA 95827 916-368-5599
 800-571-3456 Fax: 916-368-5596
 info.neca@arthritis.org www.arthritis.org
 Offers information on all of the chapter's activities, events and resources for the arthritis community of central California.
Patrick Dunlap, VP Events/Programs/Services
Edward Kelley, Motion Coordinator
- 1293 Focus**
 Arthritis Foundation: Central Ohio Chapter
 3740 Ridge Mill Drive Hilliard, OH 43026-9231 614-876-8200
 Fax: 614-876-8363
 www.arthritis.org
 Offers updated information on arthritis as well as news of the services and activities of the chapter.
Quarterly
Irene Baird, President
- 1294 Health Points**
 TyH Publications
 12005 Saguaro Blvd Fountain Hills, AZ 85268 480-837-7590
 800-801-1406 customerservice@e-tyh.com
 www.e-tyh.com
 National newsletter with articles on complementary therapy, latest nutrition news, disability issues and much more. Focus is on fibromyalgia, chronic fatigue, arthritis and chronic pain.
Quarterly
- 1295 News Across Our Horizons**
 Northern & Southern New England Chapter
 35 Cold Spring Road Rocky Hill, CT 06060 860-563-1177
 800-541-8350 Fax: 860-563-6018
 info.sne@arthritis.org www.arthritis.org
 Chapter newsletter offering information on programs, activities and events of the foundation, medical and research articles and resources for persons with arthritis.
- 1296 Newsletter of the Central Pennsylvania Chapter**
 Central Pennsylvania Chapter/Arthritis Foundation
 Foster Plaza #11 Pittsburgh, PA 15220-5459 412-566-1645
 800-776-0746 Fax: 412-539-1182
 info.cpa@arthritis.org www.arthritis.org
 Offers information on activities and events of the Chapter.
Quarterly
- 1297 Spectrum**
 Michigan Chapter of the Arthritis Foundation
 1050 Wilshire Drive Troy, MI 48084-1564 248-649-2891
 800-968-3030 Fax: 248-649-2895
 info.mi@arthritis.org www.arthritis.org

Promotes various activities and programs and provides current information about arthritis.

- 1298 Volunteer Voice**
 Kentucky Chapter of the Arthritis Foundation
 410 W Chestnut Street 502-893-9771
 Louisville, KY 40202-2368 800-633-5335
 Newsletter offering information and updates on chapter activities, events, camps, juvenile programs and government/legislative information.

Pamphlets

- 1299 Americans with Disabilities Act Resource Manual**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1300 Ankylosing Spondylitis**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1301 Arthritis Answers: Basic Information About Arthritis**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1302 Arthritis Information: Advocacy and Government Affairs**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1303 Arthritis Information: Children**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457
 List of materials for children with arthritis, their families and the health professionals who care for them.

- 1304 Arthritis and Diet Information Package**
 NAMSIC/National Institutes of Health
 1 AMS Circle 301-495-4484
 Bethesda, MD 20892-0001 877-226-4267
 Fax: 301-718-6366
 TTY: 301-565-2966
 niamsinfo@mail.nih.gov
 www.nih.gov/niams/
 Offers information on nutrition and diet pertaining to the arthritis community.
16 pages

- 1305 Arthritis and Employment: You Can Get the Job You Want**
 Arthritis Foundation
 1330 W Peachtree Strt NW 404-872-7100
 Atlanta, GA 30309-0669 800-283-7800
 Fax: 404-872-0457
 www.arthritis.org
 Free brochures offered by Arthritis Foundation.

- 1306 Arthritis and Inflammatory Bowel Disease**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1307 Arthritis and Pregnancy**
 Arthritis Foundation
 1330 W Peachtree Strt NW 404-872-7100
 Atlanta, GA 30309-0669 800-283-7800
 Fax: 404-872-0457
 www.arthritis.org
 How arthritis affects pregnancy, managing pregnancy and a new baby.
Mary Anne Dunkin, Writer

- 1308 Arthritis and Vocational Rehabilitation**
 Arthritis Foundation
 2970 Peachtree Road NW 404-237-8771
 Atlanta, GA 30305 800-933-7023
 Fax: 404-237-8153
 info.ga@arthritis.org
 www.arthritis.org

- 1309 Arthritis in Children Information Package**
 NAMSIC/National Institutes of Health
 1 AMS Circle 301-495-4484
 Bethesda, MD 20892-0001 877-226-4267
 Fax: 301-718-6366
 TTY: 301-565-2966
 niamsinfo@mail.nih.gov
 www.nih.gov/niams/

- 1310 Arthritis in Children and La Artritis Infantojuvenil**
 American Juvenile Arthritis Organization
 PO Box 19000 800-283-7800
 Atlanta, GA 31126-1000
 A medical information booklet about juvenile rheumatoid arthritis. This booklet is written for parents or other adults and includes details about different forms of JRA, medications, therapies and coping issues.

- 1311 Arthritis on the Job: You Can Work With It**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1312 Arthritis: Do You Know?**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457
 A brief overview of arthritis and the services of the Arthritis Foundation.

- 1313 Aspirin and Other Nonsteroidal Anti-Inflammatory Drugs**
 Arthritis Foundation
 8600 Rockville Pike 404-872-7100
 Bethesda, MD 20894-0669 888-346-3656
 Fax: 404-872-0457
 info@ncbi.nlm.nih.gov
 www.ncbi.nlm.nih.gov

A book on hypersensitivity to aspirin and other non steroidal anti-inflammatory drugs (NSAIDs) manifestation.
ALI de Weck, Author
PM Gamboa, Author

- 1314 Back Pain**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1315 Behçet's Disease**
 Arthritis Foundation
 1330 W Peachtree Strt NW 404-872-7100
 Atlanta, GA 30309-0669 800-283-7800
 Fax: 404-872-0457
 www.arthritis.org

Behçet's disease, also called Behçet's syndrome, is a rare disorder that causes seemingly unrelated symptoms in different parts of the body, including mouth sores, genital sores, eye inflammation, and skin rashes and lesions.

- 1316 Bursitis, Tendinitis and Other Soft Tissue Rheumatic Syndromes**
 Arthritis Foundation
 PO Box 7669 404-872-7100
 Atlanta, GA 30357-0669 800-283-7800
 Fax: 404-872-0457

- 1317 CPPD Crystal Deposition Disease**
 Arthritis Foundation
 1330 W Peachtree Strt NW 404-872-7100
 Atlanta, GA 30309-0669 800-283-7800
 Fax: 404-872-0457
 www.arthritis.org

Calcium pyrophosphate dihydrate crystal deposition disease (CPPD) occurs when these crystals form deposits in the joint and surrounding tissues.

1318 Corticosteroid Medications

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Corticosteroids (glucocorticoids) are medications that mimic the effects of the hormone cortisol, which helps reduce inflammation in the body.

1319 Diet and Arthritis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1320 Ehlers-Danlos Syndrome

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Ehlers-Danlos syndrome (EDS) is a collection of genetic disorders that affect connective tissue.

1321 Exercise and Your Arthritis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

Types of exercise for people with arthritis and how to do them.

1322 Family

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

Effects of arthritis on family life and ways to cope.

1323 Family: Making the Difference

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1324 Gold Treatment

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1325 Gout

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Gout is a form of inflammatory arthritis that develops in some people who have high levels of uric acid in the blood.

1326 Guide to Effective Volunteer Lobbying

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1327 Health, Life and Disability Insurance for People with Arthritis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

Information about these three types of insurance.

1328 Hydroxychloroquine

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1329 Individuals with Arthritis

Mainstream
1030 5th Street NW
Washington, DC 20001-2504
202-898-1400
Mainstreaming individuals with arthritis into the workplace.
12 pages

1330 Juvenile Dermatomyositis

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Juvenile dermatomyositis (JDM) is an inflammatory disease that causes muscle weakness and a skin rash on the eyelids and knuckles.

1331 Living and Loving: Information About Sexuality and Intimacy

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1332 Managing Your Activities

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1333 Managing Your Fatigue

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1334 Managing Your Health Care

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1335 Managing Your Pain

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Complimentary health lecture by Arthritis Foundation.

1336 Managing Your Stress

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Complimentary health lecture by Arthritis Foundation.

1337 Methotrexate

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Methotrexate is one of the most effective and widely used medications for treating rheumatoid arthritis (RA).

1338 Myositis

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Myositis is a term meaning inflammation in the muscles. There are several types of myositis, the most common being polymyositis and dermatomyositis.

1339 Osteoarthritis

Arthritis Foundation

1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Osteoarthritis (OA) is the most common chronic condition of the joints.

1340 Osteonecrosis

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Osteoporosis drugs called bisphosphonates have been linked with the development of osteonecrosis (bone death) in the jaw.

1341 Overcoming Rheumatoid Arthritis

Michigan Chapter of the Arthritis Foundation
1050 Wilshire Drive
Troy, MI 48084-1564
248-649-2891
800-968-3030
Fax: 248-649-2895
info.mi@arthritis.org
www.arthritis.org

Provides extensive information about the disease and treatment, with an emphasis on what you can do for yourself.

1342 Penicillamine

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1343 Polyarteritis Nodosa and Wegener's Granulomatosis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1344 Polymyalgia Rheumatica and Giant Cell Arthritis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1345 Pseudoxanthoma Elasticum Fact Sheet

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1346 Psoriatic Arthritis Information Package

NAMSIC/National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-0001
301-495-4484
877-226-4267
Fax: 301-718-6366
TTY: 301-565-2966
niamsinfo@mail.nih.gov
www.nih.gov/niams/

1347 Q&A's About Arthritis and Rheumatic Disease

NIH/National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-0001
301-495-4484
877-226-4267
Fax: 301-718-6366
TTY: 301-565-2969
niamsinfo@mail.nih.gov
www.nih.gov/niams

This pamphlet offers information, technical articles and research on arthritis and related disorders. Also included are referral organizations to help patients uncover more information.

1348 Reflex Sympathetic Dystrophy Syndrome Fact Sheet

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457
www.arthritis.org

Reactive arthritis is an inflammatory type of arthritis which affects the joints, and may affect the eyes, skin and urinary tract (bladder, vagina, urethra).

1349 Reiter's Syndrome

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1350 Rheumatoid Arthritis Information Package

NAMSIC/National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-0001
301-495-4484
877-226-4267
Fax: 301-718-6366
TTY: 301-565-2966
niamsinfo@mail.nih.gov
www.nih.gov/niams

Offers an introduction and definition of rheumatoid arthritis, treatments, causes, objectives, daily living, resources and medical information.

1351 Surgery: Information to Consider

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1352 Thinking About Tomorrow: A Career Guide for Teens with Arthritis

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

1353 When Your Student Has Arthritis: A Guide for Teachers

Arthritis Foundation
PO Box 7669
Atlanta, GA 30357-0669
404-872-7100
800-283-7800
Fax: 404-872-0457

A medical information booklet written for teachers or other adults who have arthritis. The booklet describes different forms of juvenile arthritis, how arthritis might affect the child at school, and how to help the child work around these problems.

Audio & Video

1354 FIT Video

Arthritis Foundation
550 Pharr Road
Atlanta, GA 30023-6996
404-237-8771
800-933-7023
Fax: 404-237-8153
info.ga@arthritis.org
www.arthritis.org

1355 In Control

Arthritis Foundation
1330 W Peachtree Strt NW
Atlanta, GA 30309-2922
404-872-7100
800-283-7800
Fax: 404-872-0457

An excellent at-home program which includes video, audio cassettes and the Arthritis Helpbook. Provides tools to help meet the challenges of arthritis.

1356 PACE I

Arthritis Foundation
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633

1357 PACE II

Arthritis Foundation
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633
Fax: 770-442-9742
www.arthritis.com

1358 Pathways to Better Living

Arthritis Foundation
PO Box 6996
Alpharetta, GA 30023-6996
800-207-8633
Fax: 770-442-9742
www.arthritis.com

1359 Pool Exercise Program

Arthritis Foundation Distribution Center

PO Box 6996
Alpharetta, GA 30023-6996

800-207-8633
Fax: 770-442-9742
www.arthritis.com

This video features water exercises that will help you increase and maintain joint flexibility, strengthen and tone muscles, and increase endurance. All exercises are performed in water at chest level. No swimming skills are necessary.

Web Sites

1360 American Juvenile Arthritis Organization

www.arthritis.com

Serves the special needs of young people with arthritis and their families. Provides information, inspiration and advocacy.

1361 Arthritis Foundation

www.arthritis.org

Provides services to help through information, referrals, speakers bureaus, forums, self-help courses, and various support groups and programs nationwide.

1362 Healing Well

www.healingwell.com

An online health resource guide to medical news, chat, information and articles, newsgroups and message boards, books, disease-related web sites, medical directories, and more for patients, friends, and family coping with disabling diseases, disorders, or chronic illnesses.

1363 Health Finder

www.healthfinder.gov

Searchable, carefully developed web site offering information on over 1000 topics. Developed by the US Department of Health and Human Services, the site can be used in both English and Spanish.

1364 Healthlink USA

www.healthlinkusa.com

Health information concerning treatment, cures, prevention, diagnosis, risk factors, research, support groups, email lists, personal stories and much more. Updated regularly.

1365 MedicineNet

www.medicinenet.com

An online resource for consumers providing easy-to-read, authoritative medical and health information.

1366 Medscape

www.medscape.com

Medscape offers specialists, primary care physicians, and other health professionals the Web's most robust and integrated medical information and educational tools.

1367 National Arthritis & Musculoskeletal & Skin Diseases Information Clearinghouse

www.niams.nih.gov

The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases.

1368 WebMD

www.webmd.com

Provides credible information, supportive communities, and in-depth reference material about health subjects. A source for original and timely health information as well as material from well known content providers.