

MARYLAND ARTHRITIS SERVICES

Directory
2005



**For those with arthritis, their
families and caregivers**

Maryland Department
of Health and Mental Hygiene

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Introduction

Arthritis and other rheumatic conditions are the leading cause of disability in the United States. The 2003 (Behavioral Risk Factor Surveillance System 2003)¹ survey revealed that 26 percent of Maryland adults (1.1 million people) were diagnosed with the disease, with another 17 percent of the population (936,500) had the chronic joint symptoms but were not diagnosed by their physicians. An estimated 379,000 persons diagnosed with arthritis in Maryland reported activity limitation attributed to arthritis. The economic impact of treating arthritis in Maryland, its complications, and the disability is also enormous. The estimated direct and indirect costs of the disease and its related conditions amounted to 1.52 billion in 1997².

The Arthritis Project is a program within the Center for Health Promotion, Education and Tobacco use Prevention under the Family Health Administration, Department of Health and Mental Hygiene (DHMH). The program was established in 1999, and aims to reduce the burden of the disease and its related conditions by monitoring the prevalence of arthritis and implementing statewide intervention programs. The program works with partnering agencies in raising public awareness of the disease, implementing evidence-based intervention programs in the community and providing resources to the health care providers.

This directory was first created in 2002 as a resource for health care organizations, physicians, and other health professionals to provide referrals to their clients who have arthritis. There may be additional resources available that are not listed in this directory. For more information, consult your local phone directory under the heading *disability services*. Additional copies may be downloaded from the DHMH arthritis Web site at <http://www.marylandarthritis.org> or ordered by calling the Center for Health Promotion, Education, and Tobacco Use Prevention at 410-767-1362.

National Arthritis Resources

American Academy of Medical Acupuncture (AAMA)

4929 Wilshire Boulevard, Suite 428

Los Angeles, CA 90010

Phone: 323-937-5514 or 800-521-2262

Web site: www.medicalacupuncture.org

Services Provided: Gives general information and links to research on acupuncture, locates acupuncturists, answers frequently asked questions, offers free online journal.

American Association of People with Disabilities

1629 K Street NW, Suite 503

Washington, DC 20006

Phone: 800-840-8844 or 202-457-0046

Web site: www.aapd-dc.org

Services Provided: Advocates to further the productivity, independence, and full citizenship, of those with disabilities. Supports implementation and enforcement of disability nondiscrimination laws, conducts programs to enhance the lives of people with disabilities, educates the public and government policy makers regarding issues affecting people with disabilities.

American Association of Retired Persons (AARP)

601 East Street NW

Washington, DC 20049

Phone: 888-687-2277

Web site: www.aarp.org

Services Provided: AARP serves people over age 50 by promoting their independence, purpose and dignity through legislative advocacy, research, informative programs, and community service. The AARP Foundation administers programs that assist older Americans by providing job training, tax assistance, legal assistance and more.

American Chiropractic Association

1701 Clarendon Blvd.

Arlington, VA 22209

Phone: 800-986-4636

Web site: www.amerchiro.org

Services Provided: Provides lobbying, public relations, professional and educational opportunities for doctors of chiropractic, funds research regarding chiropractic and health issues, and offers leadership for the advancement of the profession.

American College of Rheumatology

1800 Century Place, Suite 250

Atlanta, GA 30345

Phone: 404-633-3777

Web site: www.rheumatology.org

Services Provided: Comprehensive educational programs and materials on arthritis for physicians and other health professionals.

American Massage Therapy Association (AMTA)

500 Davis Street, Suite 900

Evanston, IL 60201-4695

Phone: 847-864-0123

Web site: www.amtamassage.org

Services Provided: Offers information on the latest massage research, general information, news and events, where to find a massage therapist, and free articles from the *Massage Therapy Journal*.

American Occupational Therapy Association (AOTA)

4720 Montgomery Lane

P.O. Box 31220

Bethesda, MD 20824-1220

Phone: 301-652-2682

Web site: www.aota.org

Services Provided: Advances quality, availability, use, and support of occupational therapy through establishing standards, advocacy, education, and research. Continuing education and publications are available to health professionals.

American Osteopathic Association/American Osteopathic Information Association

142 East Ontario Street

Chicago, IL 60611

Phone: 800-621-1773 or 312-202-8000

Web site: www.osteopathic.org (for consumers)

or www.do-online.osteotech.org (for professionals)

Services Provided: Offers information regarding Doctors of Osteopathy (D.O.), where to find a D.O., consumer health brochures, and health updates from the *Wellness Watch*, a monthly American Osteopathic Association publication.

American Physical Therapy Association (APTA)

1111 North Fairfax Street

Alexandria, VA 22314-1488

Phone: 800-999-2782

Web site: www.apta.org

Services Provided: Represents and promotes the profession of physical therapy to further the profession's role in the prevention, diagnosis and treatment of movement dysfunctions and to enhance the functional abilities of members of the public. Educational opportunities and publications are available.

Arthritis Foundation

P.O. Box 7669

Atlanta, GA 30357-0669

Phone: 404-872-7100 or 800-283-7800

Web site: www.arthritis.org

Services provided: Health education programs provided in local communities, including arthritis self-help courses, aquatic programs, exercise programs, support groups, and public forums. Provides continuing education seminars and publications to health

professionals who treat people with arthritis to provide current information about the disease. The Arthritis Foundation also supports millions of dollars in research for arthritis and related diseases each year.

Arthritis National Research Foundation

200 OceanGate, Suite 830

Long Beach, CA 90802

Phone: 800-588-CURE

Web site: www.curearthritis.org

Services Provided: Financial support for qualified researchers associated with major institutes, universities and hospitals throughout the country seeking to discover new knowledge for the prevention, treatment and cure of arthritis and related rheumatic diseases. Offers information on arthritis links, clinical trials, and news and events.

Easter Seal Society for Disabled Children and Adults

The Children's Center

2800 13th Street NW

Washington, DC 20009

Phone: 202-387-4434

Web site: www.eseal.org

Services Provided: Services for disabled children and adults include physical, occupational and speech-hearing therapies, job training and employment, day care for children with disabilities, adult day programs and camping and recreation.

Lupus Foundation of America

2000 L Street NW, Suite 710

Washington, DC 20036

Phone: 202-349-1155 or 800-558-0121 or 800-558-0231 (Spanish info. Line)

Web site: www.lupus.org

Services Provided: Education on lupus to the public through information and referral services, health fairs, newsletters, publications and seminars. Chapters provide support to people with lupus, their families and friends through support group meetings, hospital visits and telephone help lines. Provides grant funding for lupus research.

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

Phone: 404-639-3311 or 800-311-3435

Web site: www.cdc.gov/nccdphp/arthritis/index.htm

Services Provided: Co-creator of the first comprehensive public health approach to reducing the burden of arthritis in the United States, together with the Arthritis Foundation and the Association of State and Territorial Health Officials. *The National Arthritis Action Plan: A Public Health Strategy* proposes strategies in three major areas: surveillance, epidemiology, and prevention research, communication and education programs, policies and systems. An important goal of the plan is to get public health,

arthritis and other interested organizations working together at the national, state and local levels.

National Center for Complementary and Alternative Medicine

NCCAM Clearinghouse

P.O. Box 7923

Gaithersburg, MD 20898

Phone: 888-644-6226 or 301-519-3153

Web site: www.nccam.nih.gov

Services Provided: Supports research on complementary and alternative medicine (CAM), trains researchers in CAM and disseminates information to the public and health professionals on CAM methods.

National Center on Physical Activity and Disability

1640 Roosevelt Rd.

Chicago, IL 60608-6904

Phone: 800-900-8086

Web site: www.ncpad.org

Services Provided: Information center related to physical activity and disability; offers resources such as guidelines for exercise programs and fact sheets about recreational pursuits adapted for those with disabilities.

National Council on Disability

1331 F Street, NW, Suite 850

Washington, DC 20004-1107

Phone: 202-272-2004

Web site: www.ncd.gov

Services Provided: Makes recommendations to the President and Congress on issues affecting Americans with disabilities and their families. National Council on Disability's overall purpose is to promote policies, programs, practices and procedures that guarantee equal opportunity for all individuals with disabilities, regardless of the nature or severity of the disability; and to empower individuals with disabilities to achieve economic self-sufficiency, independent living and inclusion and integration into all aspects of society.

National Dissemination Center for Children and Youth with Disabilities

P.O. Box 1492

Washington, DC 20013-1492

Phone: 202-884-8200 or 800-695-0285

Web site: www.nichcy.org

Services Provided: Assists parents, educators, caregivers and others in ensuring that all children and youth with disabilities have better opportunities to reach their full potential. The center provides personal responses to specific questions, referrals to other organizations, information packets, publications and technical assistance to parent and professional groups.

National Institute on Aging

Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
Phone: 301-496-1752
Web site: www.nih.gov/nia

Services Provided: Supports and conducts research on aging processes, age-related diseases, and special problems and needs of the aged. Trains and develops highly skilled research scientists and develops and maintains state-of-the-art resources to accelerate research progress. Disseminates information and communicates with the public and interested groups on health and research advances and on new directions for research.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-3675
Phone: 301-495-4484 or 877-226-4267
Web site: www.niams.nih.gov

Services Provided: Develops and carries out programs in basic and clinical research on causes, treatments and prevention of arthritis and musculoskeletal and skin diseases; provides professional and patient education and research in epidemiology and health services for rheumatoid arthritis, osteoarthritis, osteoporosis and other rheumatic conditions.

National Institute for Rehabilitation Engineering

P.O. Box T
Hewitt, NJ 07421
Phone: 800-736-2216 or 973-853-6585
Web site: www.angelfire.com/nj/nire2

Services Provided: Promotes the use of technology to help people with disabilities to be independent and self-sufficient in their everyday lives. Provides custom-made devices, training and onsite services for severely and multi-handicapped individuals. Offers technical assistance to handicapped persons trying to set up their own businesses.

National Organization on Disability

910 16th Street NW, Suite 600
Washington, DC 20006
Phone: 202-293-5960
Web site: www.nod.org

Services Provided: Promotes full participation and contribution of disabled men, women and children in all aspects of life. Maintains information database and directories of resources for disabled persons.

National Rehabilitation Information Center

4200 Forbes Boulevard, Suite 202
Lanham, MD 20706
Phone: 800-346-2742 or 301-459-5900

Web site: www.naric.com

Services Provided: Resource center for disability and rehabilitation-related Web sites. Also maintains collections of books, journal articles, audiovisual materials, organization pamphlets and facts sheets and results of federally funded research projects.

Social Security Administration

6401 Security Boulevard

Room 4-C-5 Annex

Baltimore, MD 21235-6401

Phone: 800-772-1213

Web site: www.ssa.gov

Services Provided: Title II Social Security Disability Insurance (SSDI) provides cash benefits to insured workers who meet certain basic non-medical criteria and who meet Social Security's definition of disability. Dependents such as disabled widows or disabled adult children may also be eligible for benefits. Title 16 Supplemental Security Income (SSI) provides monthly cash benefits to children and adults who meet the definition of disability as well as certain income and resource guidelines.

U.S. Food and Drug Administration

5600 Fishers Lane

Rockville, MD 20857

Phone: 888-INFO-FDA (888-463-6332)

Web site: www.fda.gov

Services Provided: Web site contains the latest news and events regarding newly-approved drugs, food, cosmetics, medical devices and safety alerts. Also provides consumer health information for the public, health professionals and patients.

Statewide Arthritis Resources

Arthritis Foundation Maryland Chapter

9505 Reisterstown Road

Suite 1 North

Owings Mills, MD 21117

Phone: 410-654-6570 or 800-365-3811

Web site: www.arthritis.org (enter your ZIP code for local information)

Services provided: Supports local/national research to find a cure; educates the public and medical community; offers land and water exercise, self-help and support programs for persons with arthritis and related diseases, free literature and physician referral lists.

Service area: Baltimore City, Baltimore County, Harford, Carroll, Howard, Cecil, Kent, Queen Anne's and Caroline Counties.

Johns Hopkins Arthritis Center

5501 Hopkins Bayview Circle

Baltimore, Maryland 21224

Phone: 410-550-2400

Web site: www.hopkins-arthritis.org

Services Provided: Web site provides information on disease management methods, medication, clinical trials and the latest research on complementary and alternative therapies. Provides access to arthritis specialists and conferences. Site includes a "rheumatoid arthritis activity minder," a tool for patients to monitor their disease, track it over time and print reports for their physicians.

Johns Hopkins University School of Medicine

Division of Rheumatology

Good Samaritan Hospital

5601 Loch Raven Boulevard

Russell Morgan Building

Baltimore, Maryland 21239

Phone: 410-955-3052

Web site: www.hopkinsmedicine.org/rheumatology

Services Provided: Interactive Web site for physicians and health professionals covering latest developments in arthritis-related treatments, research and clinical trials.

Lupus Mid-Atlantic

7400 York Road, Suite 308

Baltimore, MD 21204

Phone: 410-337-9000 or 800-777-0934

Web site: www.lupusmd.org

Services Provided: Provides educational and psychological support to lupus patients and their families. Educates the general public and health professionals about lupus, offers referrals to disability lawyers, rheumatologists and prescription programs, funds clinical and basic scientific research.

Maryland Acupuncture Society

P.O. Box 5498

Takoma Park, MD 20913-5498

Phone: 301-854-9950

Web site: www.maryland-acupuncture.org

Services Provided: Information on where to find an acupuncturist in Maryland, the latest developments in this area, and links to related Web sites.

Maryland Arthritis Project

Center for Health Promotion, Education and Tobacco Use Prevention

Family Health Administration

Maryland Department of Health and Mental Hygiene

201 West Preston Street

Baltimore, MD 21201

Phone: 410-767-1362

Web site: www.marylandarthritis.org

Services Provided: Provides epidemiological data on arthritis in Maryland. Also provides educational materials to local health departments for dissemination. A statewide arthritis resource directory is available to health professionals.

Maryland Department of Aging

301 West Preston Street, Suite 1007

Baltimore, MD 21201

Phone: 410-767-1100 or 800-AGE-DIAL

Internet: www.mdoa.state.md.us

Services provided: Leadership, advocacy and promotion of the health and well-being of older Maryland residents and their families through information, education, programs and services. Services are delivered through Maryland's network of 19 local Area Agencies on Aging. Following are descriptions of statewide programs benefiting those with arthritis. Other programs and services may be available at the county level.

- **Senior Care Program**—Provides case management and funds for in-home services to seniors with disabilities, including personal care, chore service, adult day care, financial assistance for medications, medical supplies, respite care, home delivered meals, emergency response systems, transportation and other services.
- **Senior Health Insurance Assistance Program (SHIP)**— Helps Medicare beneficiaries (including those under age 65) understand their health insurance benefits, bills and rights. Trained counselors assist with preparation and filing of insurance claims for Medicare, Medigap, managed care organizations such as HMOs, programs for low-income beneficiaries and long-term care policies. Counselors provide in-person and telephone assistance confidentially free of charge.
- **Long Term Care Ombudsman Program**—Helps residents in long-term care
- **Senior Legal Assistance**—Provides legal advice, counseling and representation to older Maryland residents on a variety of issues, including disability benefits and health care.

Maryland Department of Disabilities

One Market Center
300 West Lexington Street, Box 10
Baltimore, MD 21201
Phone: 410-333-3098 or 800-637-4113
Web site: www.mdod.state.md.us

Services provided: Oversees delivery of supports to individuals with disabilities in Maryland through collaboration with all state government agencies. Evaluates programs and services for Maryland citizens with disabilities. Provides information and referrals to individuals with disabilities, their families and caregivers concerning employment, housing, transportation, education and benefits. Monitors and encourages state government compliance with laws and policies that affect persons with disabilities.

Maryland Disability Law Center

1800 North Charles Street, Suite 400
Baltimore, MD 21201
Phone: 410-727-6352
Web site: www.mdlcbalto.org

Services Provided: The Center's interest includes all aspects of the legal rights of the disabled. Provides legal representation at no cost, advisory services, answers inquiries, conducts seminars and workshops, distributes publications, makes referrals to other sources of information, and permits onsite use of library.

Maryland Pharmacy Program

Department of Health and Mental Hygiene
201 West Preston Street
Baltimore, MD 21201
Phone: 410-767-5394 or 800-226-2142
Web site: www.dhmh.state.md.us/mma/mpap

Services Provided: Administers three pharmacy programs for eligible low-income Maryland residents: Medicaid Pharmacy Services, the Maryland Pharmacy Assistance Program and the Maryland Pharmacy Discount Program. Assists Maryland residents who are not eligible for participation in the Medicaid Program.

Maryland State Department of Education Division of Rehabilitation Services

Central Office
2301 Argonne Drive
Baltimore, MD 21218-1696
Phone: 410-554-9435 or 888-554-0334
Disability Determination Services (Eligibility): 410-308-4335 or 800-492-4283
Web site: www.dors.state.md.us

Services Provided: Vocational rehabilitative services including counseling, referral and training, job placement, independent living services including rehabilitation technology, telecommunications, counseling, advocacy referral and other support services.

Maryland Statewide Independent Living Council

8605 Cameron Street, Suite 510
Silver Spring, MD 20910
Phone: 301-585-9771 or 877-543-3344

Services Provided: Supports and advocates for independent living needs of persons with disabilities, specifically housing, personal assistance services, assistive technology, transportation, recreation and leisure.

Maryland Technology Assistance Program

2301 Argonne Drive, Room T-17
Baltimore, MD 21218
Phone: 800-832-4827 or 866-881-7488 (TTY)

Web site: www.mdta.org

Services Provided: Information and consultation on assistive technology for individuals with disabilities, including aids for daily living, mobility and transportation aids, home modifications, work place accommodations and recreational equipment. Provides low-interest loans for adaptive equipment purchases to eligible disabled Maryland residents.

Maryland Transit Administration

Information Center
Disability Services/Certification
6 Saint Paul Street
Baltimore, MD 21202
Phone: 410-767-3441

Web site: www.mtmaryland.com

Services Provided: The MTA provides many services that make public transportation both easy and affordable for people with disabilities. Services include paratransit, specialized, shared ride curb-to-curb services for people with disabilities who are not able to ride fixed-route transportation, reduced fares, lift-equipped buses, and trip planning, among other services.

University of Maryland School of Medicine: Center for Integrative Medicine

James L. Kernan Hospital
2200 Kernan Drive
Baltimore, MD 21207
Phone: 410-448-6871

Web site: www.compmed.umm.edu/index.html

Services Provided: Activities include cataloging, evaluating, and disseminating the latest knowledge in complementary and integrative medicine.

Maryland Arthritis Resources by County

Allegheny County

Allegheny County Health Department

P.O. Box 1745 Willowbrook Road

Cumberland, MD 21501

Phone: 301-777-5600

Web site: www.alleganyhealthdept.com

Services Provided: Adult Evaluation and Review Services for persons with disabilities; provides information and referral to services.

Arthritis Foundation Maryland Chapter (Western Region Office)

22 South Market Street

Frederick, MD 21701

Phone: 301-663-0303

Web site: www.arthritis.org (enter your ZIP code for local information)

Services Provided: Supports local/national research to find a cure, educates the public and medical community, provides exercise, self-help and support programs for persons with arthritis, free literature and prescription discounts.

Service Area: Allegheny, Frederick, Garrett and Washington counties.

Resources for Independence

708 Fayette Street

Cumberland, MD 21502

Phone: 301-784-1774 or 800-371-1986

Web site: www.rficil.org

Services Provided: Promotes independence, accessibility, self-advocacy, and quality of life for all individuals with disabilities. Helps to assure physical and programmatic access to housing, employment, transportation, communities, recreational facilities and health and social services.

Service Area: Allegheny, Garrett and Washington counties.

Senior Information and Assistance Office

Allegheny County Area Agency on Aging

19 Frederick Street

Cumberland, MD 21502

Phone: 301-777-5970

Services Provided: Provides information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Anne Arundel County

Anne Arundel County Commission on Disability Issues

Anne Arundel County Department of Aging

2666 Riva Road, 4th Floor
Annapolis, MD 21401
Phone: 410-222-4383 or 410-222-4355 (TTY)
Web site: www.aacounty.org/aging/disabledadults/commdis.cfm
Services Provided: Advises on the coordination and development of Anne Arundel County policies for citizens with disabilities.

Anne Arundel County Department of Health

Learn to Live Focus on Healthy Living
Health Services Buildings
3 Harry S. Truman Parkway
Annapolis, MD 21401
Phone: 410-222-7979
Web site: www.aahealth.org
Services Provided: Through the Learn to Live line, callers can order a 50-Plus kit that contains healthy lifestyle information including injury prevention, smoking cessation, healthy eating and active lifestyle information.

Anne Arundel Medical Center

2001 Medical Parkway
Annapolis, MD 21401-3030
Phone: 443-481-1000
Web site: www.aahs.org
Services Provided: Educational programs on arthritis given by physicians in partnership with Arthritis Foundation.

Arthritis Foundation (Southern Maryland Branch)

714 Baltimore & Annapolis Boulevard
Severna Park, MD 21146
Phone: 410-544-5433 or 866-340-6106
Web site: www.arthritis.org (enter your ZIP code for local information)
Services Provided: Supports local/national research to find a cure, educates the public and medical community, provides exercise, self-help and support programs for persons with arthritis, free literature and prescription discounts.
Service Area: Anne Arundel, Calvert, Charles, Dorchester, Somerset, St.Mary's, Talbot, Wicomico and Worcester counties.

Anne Arundel County Department of Aging

Senior Information and Assistance Office
2666 Riva Road, Suite 400
Annapolis, MD 21401
Phone: 410-222-4464
Web site: www.aacounty.org/aging
Services Provided: Provides information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers, daily meals, pharmacy assistance, and housing.

Making Choices for Independent Living, Inc.

See description under Baltimore City.

Baltimore City

Baltimore City Health Department

210 Guilford Avenue, 3rd Floor

Baltimore, MD 21202

Phone: 410-396-4398

Web site: www.ci.baltimore.md.us/government/health

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Baltimore City Mayor's Commission on Disabilities

201 East Baltimore Street, Suite 300

Baltimore, MD 21202

Phone: 443-984-1617

Web site: www.ci.baltimore.md.us/government/disabilities

Services Provided: Assists the City in assessing the accessibility of city facilities, programs and services for people with disabilities. Provides information and education programs to city government, businesses and industries concerning issues relevant to citizens with disabilities. Assists the City in complying with the Americans With Disabilities Act (ADA).

Baltimore City Commission on Aging, Retirement and Education (CARE)

10 North Calvert Street, 3rd Floor, Suite 300

Baltimore, MD 21202

Phone: 410-396-CARE (2273)

Web site: www.ci.baltimore.md.us/government/care

Services Provided: Provides information on services and benefits for older adults and their caregivers. Created in 1973, the Commission on Aging and Retirement Education (CARE) plans and coordinates services and acts as the primary advocate for older Baltimoreans. CARE provides community-based services and resources for problems solving, education, financial assistance, and health insurance counseling.

Easter Seals Greater Washington/Baltimore Region

See description under Baltimore County.

Franklin Square Hospital Center

9000 Franklin Square Drive

Baltimore, MD 21237-3998

Phone: 443-777-7000

Web site: www.franklinsquare.org

Services Provided: Information and referral to arthritis programs and resources. Hip, joint and knee replacement surgery performed.

Good Samaritan Hospital of Maryland

5601 Loch Raven Boulevard
Baltimore, MD 21239-2995
Phone: 410-532-8000

Web site: www.goodsam-md.org

Services Provided: Arthritis self-help six-week course, co-sponsored by Arthritis Foundation. Information and referral to arthritis programs and resources. Hip, joint and knee replacement surgery performed.

Levindale Hebrew Geriatric Center and Hospital

2434 West Belvedere Avenue
Baltimore, MD 21215
Phone: 410-601-2400

Web site: www.lifebridgehealth.org/levindale

Services Provided: Arthritis screenings, online information and referrals, information on surgical procedures for arthritic joints.

Making Choices for Independent Living, Inc.

3011 Montebello Terrace
Baltimore, MD 21214
Phone: 410-444-1400

Web site: www.mcil-md.org

Services Provided: Assistance with accessibility modifications, independent living skills training, transportation information and referral, Americans with Disabilities Act counseling and training, personal and legal advocacy, and housing counseling and referral.

Service Area: Anne Arundel, Baltimore City, Baltimore County, Harford and Howard counties.

TaxiCard Program

MJ Management
1501 Sulgrave Avenue, Suite 200
Baltimore, MD 21209
Phone: 410-664-1123

Services Provided: Subsidized transportation services are available through participating taxi companies for elderly or disabled residents. The TaxiCard Program is a program of the Commission on Aging and Retirement Education (CARE) and is funded by the City and the Statewide Special Transportation Assistance Program (SSTAP). Registration is required and individuals must meet eligibility requirements.

Union Memorial Hospital

201 East University Parkway
Baltimore, MD 21218
Phone: 410-554-2000

Web site: www.unionmedical.org

Services Provided: Arthritis aquatic class, various senior fitness courses, informational seminars.

Waxter Center for Senior Citizens

1000 Cathedral Street
Baltimore, MD 21209
Phone: 410-396-1324

Services Provided: Baltimore City's largest senior center is a publicly owned senior center operated by the Commission on Aging and Retirement Education (CARE). A wide range of programs and physical activities for seniors are available, including the Arthritis Foundation Exercise Program. Registration is required.

Baltimore County

Baltimore County Commission on Disabilities

6401 York Road, 2nd Floor
Baltimore, MD 21212
Phone: 410-887-3580

Web site: www.co.ba.md.us/Agencies/community/commission_on_disabilities

Services Provided: Advises on the coordination and development of Baltimore County's policies for citizens with disabilities.

Baltimore County Department of Aging

400 Washington Avenue
Towson, MD 21204
Phone: 410-887-3423

Web site: www.co.ba.md.us/agency/aging

Services Provided: Arthritis Foundation Exercise Program may be offered at some Baltimore County Senior Centers. Call for more information.

Baltimore County Health Department

6401 York Road, 3rd Floor
Baltimore, MD 21212
Phone: 410-887-3740

Web site: www.co.ba.md.us/agencies/health/index.html

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

CountyRide Transportation Program

Baltimore County Department of Aging
611 Central Avenue
Towson, MD 21204
Phone: 410-887-2080

Services Provided: CountyRide is a specialized transportation program providing service to Baltimore County residents 60 years of age and over, disabled residents aged 21 through 59 and those living in the rural area. Destinations include medical appointments, shopping and other general purpose trips, Monday through Friday.

Easter Seals Greater Washington/Baltimore Region

Easter Seals Adult Day Services

7301 Dogwood Road
Baltimore, MD 21244
Phone: 410-277-0940 or 410-289-0991 (Therapy Services)
Web site: www.nca-md.easterseals.com

Services Provided: Social, recreational, and educational day programming for disabled adults, medical rehabilitation including occupational and physical therapy. In-home environmental assessment, occupational and physical therapies are available for children and adults with disabilities regardless of day program participation.
Service area: Baltimore City, Baltimore County and Howard counties.

Making Choices for Independent Living, Inc.
See description under Baltimore City.

St. Joseph Medical Center
7601 Osler Drive
Towson, MD 21214
Phone: 410-337-1000
Web site: www.sjmcmd.org
Services Provided: Educational programs on arthritis treatment.

Calvert County

Arthritis Foundation Southern Maryland Branch
See description under Anne Arundel County.

Calvert County Health Department
P.O. Box 980
975 Solomon's Island Road, N.
Prince Frederick, MD 20678
Phone: 410-535-5400 or 301-855-1353
Web site: www.calverthealth.org
Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Calvert County Office on Aging
Senior Information and Assistance Office
450 West Dares Beach Road
Prince Frederick, MD 20678
Phone: 410-535-4606 or 301-855-1170
Web site: www.co.cal.md.us/residents/health/aging
Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing. Arthritis Foundation Exercise Program courses are offered at each of the senior centers in the county.

Southern Maryland Center for L.I.F.E
30265 Charlotte Hall Road

Charlotte Hall, MD 20622

Phone: 301-884-4498

Services Provided: Advocates on behalf of those with disabilities, on issues such as availability of accessible housing, and transportation access to public facilities and programs. Provides technical support to disabled individuals when dealing with government agencies or public schools. Functions as a clearinghouse for information and resources.

Service Area: Calvert, Charles and St. Mary's counties

Caroline County

Caroline County Health Department

Adult Evaluation and Review Services

403 South 7th Street, Room 262

Denton, MD 21629

Phone: 410-479-8055

Web site: www.carolinehd.org

Services Provided: Adult evaluation and review services for adults at risk of institutionalization. Provides information and referral to services and needs assessment.

Eastern Shore Center for Independent Living

9 Sunburst Center

Cambridge, MD 21613

Phone: 800-705-7944, 410-221-7701 V/TTY

Web site: www.escil.org

Services Provided: Assistance with accessibility modifications, independent living skills training, transportation information and referral, Americans with Disabilities Act counseling and training, personal and legal advocacy, and housing counseling and referral.

Service Area: Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot, Wicomico and Worcester counties.

Holly Community, Inc.

See description under Wicomico County.

Upper Shore Aging, Inc.

Area Agency on Aging

210 Talbot Boulevard, Suite C

Chestertown, MD 21620

Phone: 410-479-2093 (Senior Information and Assistance)

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Service Area: Caroline, Kent, and Talbot counties.

Carroll County

Carroll County Health Department

290 South Center Street
Westminster, MD 21157
Phone: 410-857-5000

Services Provided: Adult Evaluation and Review Services for persons with disabilities; provides information and referral to services, Arthritis Foundation Exercise Program classes are offered at local senior centers throughout the county.

Department of Citizen Services

10 Distillery Drive, Suite 101
Westminster, MD 21157
Phone: 410-386-3600

Services Provided: Advises on the coordination and development of policies for citizens with disabilities. Ensures Carroll County Government's compliance with the Americans with Disabilities Act.

Carroll County Bureau of Aging

Senior Information and Assistance Office
125 Stoner Avenue
Westminster, MD 21157
Phone: 410-848-4049

Web site: ccgovernment.carr.org/ccg/aging/default.asp

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

The Freedom Center

See description under Frederick County.

Cecil County

Eastern Shore Center for Independent Living

See description under Caroline County.

Cecil County Health Department

John M. Byers Health Center
401 Bow Street
Elkton, MD 21921
Phone: 410-996-5550

Web site: www.cecilcountyhealth.org

Services Provided: Adult evaluation and review services for persons with mental illness, disabilities and geriatric needs; provides information and referral to services.

Holly Community, Inc.

See description under Wicomico County.

Senior Information and Assistance Office

Cecil County Department of Aging

Buckworth Senior Center

214 North Street

Elkton, MD 21921

Phone: 410-996-5295

Web site: www.ccgov.org/aging

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance and housing.

Charles County

Arthritis Foundation Southern Maryland Branch

See description under Anne Arundel County.

Charles County Health Department

4545 Crain Highway

White Plains, MD 20695

Phone: 301-609-6900

Web site: www.charlescountyhealth.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Senior Information and Assistance Office

Charles County Department of Community Services

8190 Port Tobacco Road

Port Tobacco, MD 20677

Phone: 301-934-9305

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing. Arthritis Foundation Exercise Program classes are available at four senior center locations in Charles County in the cities of Nanjemoy, Indian Head, Waldorf and La Plata.

Southern Maryland Center for L.I.F.E.

See description under Calvert County.

Dorchester County

Arthritis Foundation (Southern Maryland Branch)

See description under Anne Arundel County.

Dorchester County Health Department

3 Cedar Street

Cambridge, MD 21613

Phone: 410-221-1930 (Senior Information and Assistance)

Web site: www.dorchesterhealth.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Dorchester County MAC Program

1000 Cambridge Beltway

Cambridge, MD 21613

Phone: 410-221-1920

Web site: www.macinc.org/dorchester.htm

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, health and nutrition, pharmacy assistance, employment, education, recreation, housing and long-term care.

Dorchester General Hospital

300 Byrn Street

Cambridge, MD 21613

Phone: 410-228-5511

Services Provided: Physician-led seminar on arthritis.

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Frederick County

Arthritis Foundation (Western Region Office)

See description under Allegany County.

The Freedom Center

Unit A-20 Rose Hill Plaza

1560 Oppossumtown Pike

Frederick, MD 21702

Phone: 301-846-7811

Web site: www.thefreedomcenter-md.org

Services Provided: Advocates on behalf of those with disabilities, on issues such as availability of accessible housing, and transportation access to public facilities and programs. Provides technical support to disabled individuals when dealing with government agencies or public schools. Functions as a clearinghouse for information and resources.

Service Area: Frederick and Carroll counties.

Frederick County Commission on Disabilities

12 East Church Street

Frederick, MD 21701

Phone: 301-694-1663

Web site: www.fccod.org

Services Provided: Responsible for the County government's compliance with the Americans with Disabilities Act.

Frederick County Health Department

The Scheafer Building

100 E. All Saint's Street, 3rd Floor

Frederick, MD 21701

Phone: 301-694-1029

Web site: www.co.frederick.md.us/healthdepot

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Frederick County Department of Aging

Senior Information and Assistance Office

1440 Taney Avenue

Frederick, MD 21702

Phone: 301-694-1604

Web site: www.co.frederick.md.us/doa

Services Provided: Provides information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Garrett County

Arthritis Foundation Maryland Chapter (Western Region Office)

See description under Allegany County.

Garrett County Health Department

1025 Memorial Drive

Oakland, MD 21550

2008 Maryland Highway

Mt. Lake Park, MD 21550

Phone: 301-334-7777

Web site: www.garretthealth.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Garrett County Memorial Hospital

251 North Fourth Street

Oakland, MD 21550

Phone: 301-533-4000

Web site: www.gcmh.com

Services Provided: Arthritis support group, wellness program for seniors.

Resources for Independence

See description under Allegany County.

Garrett County Area Agency on Aging

Senior Information and Assistance Office

104 East Center Street

Oakland, MD 21550

Phone: 301-334-9431

Web site: www.garrettcac.org

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Harford County

Harford County Department of Community Services

220 South Main Street

Bel Air, MD 21014

Phone: 410-638-3373 voice/TTY

Web site: www.co.ha.md.us/services/disabilities

Services Provided: Information and referral; staff support for Harford County Commission on Disabilities; responsible for the County government's compliance with the Americans with Disabilities Act.

Adult Evaluation and Review Services

Edgewood Community Health Center

Harford County Health Department

1837 A Pulaski Hwy.

Edgewood, MD 21040

Phone: 410-612-1654

Web site: www.co.ha.md.us/health

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Harford County Office on Aging

Senior Information and Assistance Office

145 North Hickory Avenue

Bel Air, MD 21014

Phone: 410-638-3025

Web site: www.co.ha.md.us/services/aging

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing. Harford County Senior Centers, including McFaul Activities Center in Bel Air, Aberdeen Senior Center and Edgewood Senior Center, offer instructional classes and programs including Arthritis Foundation Exercise Program.

Making Choices for Independent Living, Inc.

See description under Baltimore City.

Howard County

Easter Seals Greater Washington/Baltimore Region

See description under Baltimore County.

Howard County Health Department

6751 Columbia Gateway Drive

Columbia, MD 21046

Phone: 410-313-6300

Services Provided: Adult Community Evaluation Services (ACES) provides screening, consultation, free comprehensive multi-disciplinary assessment, and referral services for persons needing support to live in the community. The Medical Assistance Personal Care program is available to the disabled, chronically ill or elderly who are medical assistance eligible and need personal care assistance at home.

Making Choices for Independent Living, Inc.

See description under Baltimore City.

Senior Information and Assistance Office

6751 Columbia Gateway Drive

Columbia, MD 21046

Phone: 410-313-6401

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance and housing.

Kent County

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Kent County Health Department

125 South Lynchburg Street

Chestertown, MD 21620

Phone: 410-778-1350

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Upper Shore Aging, Inc. Area Agency on Aging

See description under Caroline County.

Montgomery County

Holy Cross Health

1500 Forest Glen Road
Silver Spring, MD 20910-1487
Phone: 301-754-7000
Web site: www.holycrosshealth.org

Services Provided: Senior water aerobics co-sponsored by Arthritis Foundation.

Independence Now, Inc.

Calvert Building
6811 Kenilworth Avenue, Suite 504
Riverdale, MD 20737
Phone: 301-277-2839
Web site: www.innow.org

Services Provided: Information and referral, peer counseling, independent living skills training, advocacy and other services in accessible, community-based settings.

Service Area: Montgomery and Prince George's counties.

Montgomery County Commission on People with Disabilities

Department of Health and Human Services
401 Hungerford Drive, 4th Floor
Rockville, MD 20850
Phone: 240-777-1246 or 240-777-1236 (TTY)

Services Provided: Advises county government on programs and policies affecting people with disabilities. Provides advocacy for people with disabilities in the private sector and ensures the County government's compliance with the Americans with Disabilities Act.

Montgomery County Health Department

401 Hungerford Drive
Rockville, MD 20850
Phone: 240-777-1245

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Senior Information and Assistance Office

Aging and Disability Services
Department of Health and Human Services
401 Hungerford Drive
Rockville, MD 20850
Phone: 240-777-3000

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance and housing.

Prince George's County

Dimensions Healthcare System

9200 Basil Court, Suite 500

Largo, MD 20774

Phone: 301-583-4000

Web site: www.dimensionshealth.org

Services Provided: Arthritis Foundation Exercise Program, educational programs on arthritis and joint replacement. Affiliate locations include Laurel Regional Hospital, Prince George's Hospital Center, Bowie Health Center, Gladys Spellman Specialty Hospital Nursing Center and Larkin Chase Rehabilitation and Nursing Center.

Prince George's County Department of Family Services

Individuals with Disabilities

5012 Rhode Island Avenue, First Floor

Hyattsville, MD 20781

Phone: 301-985-3800

Services Provided: Responsible for the County government's compliance with the Americans with Disabilities Act.

Prince George's County Health Department

1701 McCormick Drive

Largo, MD 20774

Phone: 301-883-7879

Web site: www.goprincegeorgescounty.com

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services, adult health programs; arthritis self-management courses.

Senior Information and Assistance Office

6420 Allentown Road

Camp Springs, MD 20748

Phone: 301-265-8450

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance and housing.

Independence Now, Inc.

See description under Montgomery County.

Queen Anne's County

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Queen Anne's County Health Department

206 North Commerce Street

Centreville, MD 21617

Phone: 410-758-0720

Web site: www.qahealth.org

Services Provided: Adult evaluation and review services for elderly and functionally disabled adults; provides information and referral to services.

Senior Information and Assistance Office

Queen Anne's County Department of Aging

104 Powell Street

Centreville, MD 21617

Phone: 410-758-0848

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Somerset County

Arthritis Foundation (Southern Maryland Branch)

See description under Anne Arundel County.

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Somerset County Health Department

7920 Crisfield Highway

Westover, MD 21871

Phone: 443-523-1700

Web site: www.somersethd.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Somerset County MAC Program

11916 Somerset Avenue

Princess Anne, MD 21853

Phone: 410-651-3400

Web site: www.macinc.org/somerset.htm

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs,

health and nutrition, pharmacy assistance, employment, education, recreation, housing and long-term care.

St. Mary's County

Arthritis Foundation (Southern Maryland Branch)

See description under Anne Arundel County.

St. Mary's County Commission for the Disabled

P.O. Box 653

Leonardtown, MD 20650

Phone: 301-475-4200

Services Provided: Responsible for the County government's compliance with the Americans with Disabilities Act.

St. Mary's County Health Department

P.O. Box 316

21580 Peabody Street

Leonardtown, MD 20650

Phone: 301-475-4330

Web site: www.smchd.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services. Educational presentations and displays are available to community businesses, groups and organizations.

Senior Information and Assistance Office

Garvey Senior Center

P.O. Box 653

41780 Baldrige Street

Leonardtown, MD 20650

Phone: 301-475-4200 Ext. 1064

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, daily meals, pharmacy assistance, and housing.

Southern Maryland Center for L.I.F.E.

See description under Calvert County.

Talbot County

Arthritis Foundation Maryland Chapter (Southern Maryland Branch)

See description under Anne Arundel County.

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Upper Shore Aging, Inc.

See description under Caroline County.

Talbot County Department of Social Services

P.O. Box 1479

Easton, MD 21601-1479

Phone: 410-822-1617

Web site: www.dhr.state.md.us/talbot.htm

Services Provided: Responsible for the County government's compliance with the Americans with Disabilities Act.

Talbot County Health Department

100 South Hanson Street

Easton, MD 21601

Phone: 410-819-5600

Web site: www.talbohealth.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services.

Washington County

Resources for Independence

See description under Allegany County.

Arthritis Foundation Maryland Chapter (Western Region Office)

See description under Allegany County.

Washington County Commission on Aging

Senior Information and Assistance Office

9 Public Square

Hagerstown, MD 21740

Phone: 301-790-0275

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens' centers and clubs, daily meals, pharmacy assistance, and housing. Arthritis Foundation Exercise Program classes are available at the Hancock Senior Center in Hancock, and at the Francis Murphy Apartments in Hagerstown.

Washington County Health Department

1302 Pennsylvania Avenue

Hagerstown, MD 21742

Phone: 240-313-3350 (AERS) or 240-313-3300 (Nutrition and Wellness Services)

Web site: www.washhealth.org

Services Provided: Adult Evaluation and Review Services (AERS) for persons with disabilities; provides information and referral to services. Arthritis Foundation

Exercise Program available at Francis Murphy Senior Apartments and other locations.

Washington County Health System

251 East Antietam Street

Hagerstown, MD 21740

Phone: 301-790-8000

Web site: www.wchsys.org

Services Provided: Arthritis aquatics class with Arthritis Foundation instructor, educational programs on hip and knee pain.

Washington County Office on Disability Issues

33 West Washington Street, Room 202

Hagerstown, MD 21740-4834

Phone: 240-313-2077

Services Provided: Responsible for the County government's compliance with the Americans with Disabilities Act.

Wicomico County

Arthritis Foundation Maryland Chapter (Southern Maryland Branch)

See description under Anne Arundel County.

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

408 Coles Circle

Salisbury, MD 21802-1489

Phone: 443-260-0822

Web site: www.hollycommunity.org

Services Provided: Assistive technology resources including: aids for daily living; accessible telecommunications; medical durable equipment lending center; formal evaluations; consultations; equipment demonstrations to individuals, professionals, nursing homes and organizations. Supported in part by MD TAP and MD Relay.

Service area: Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot, Wicomico and Worcester counties.

Wicomico County MAC Program

Maintenance of the Aged in the Community

1508 Riverside Drive

Salisbury, MD 21801

Phone: 410-742-8569

Web site: www.macinc.org/wicomico

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs,

health and nutrition, pharmacy assistance, employment, education, recreation, housing and long-term care.

Wicomico County Health Department

108 East Main Street

Salisbury, MD 21801

Phone: 410-749-1244

Web site: www.co.wicomico.md.us/health

Services Provided: Adult evaluation and review services for seniors and persons with disabilities; provides information and referral to services.

Worcester County

Arthritis Foundation Maryland Chapter (Southern Maryland Branch)

See description under Anne Arundel County.

Eastern Shore Center for Independent Living

See description under Caroline County.

Holly Community, Inc.

See description under Wicomico County.

Worcester County MAC Program

P.O. Box 159

Snow Hill, MD 21863

Phone: 410-632-1277

Web site: www.macinc.org/worcester

Services Provided: Information on services and benefits available to older persons, including transportation, income and financial aid, senior citizens centers and clubs, health and nutrition, pharmacy assistance, employment, education, recreation, housing and long-term care.

Worcester County Health Department

P.O. Box 249

Snow Hill, MD 21863

Phone: 410-632-1100 or 410-632-0056 (Prevention Office)

Web site: worcesterhealth.org

Services Provided: Adult evaluation and review services for persons with disabilities; provides information and referral to services. Arthritis Foundation Exercise Program-certified instructors, educational materials, and community education programs are available by request through the Prevention Office.

GLOSSARY:

Arthritis. Arthritis and related diseases encompass more than 100 diseases and conditions that affect joints, the surrounding tissues, and other connective tissues. The three most common forms of arthritis are osteoarthritis, rheumatoid arthritis, and fibromyalgia syndrome⁴.

Ankylosing Spondylitis. This is an autoimmune disease that affects collagen structures, specifically the joints between the vertebrae of the spine. In most cases the cause is unknown.

Fibromyalgia Syndrome. This is a painful condition of muscles and muscle attachment areas throughout the body. In addition to muscle pain, common symptoms include sleep disorders, irritable bowel syndrome, fatigue, and headaches. Depression is another possible complication.

Gout. Gout is a metabolic disease characterized by recurrent attacks of acute arthritis due to the deposition of uric acid crystals in or around the joints.

Juvenile Arthritis. This comprises all childhood rheumatic conditions including juvenile rheumatoid arthritis, juvenile systemic lupus erythematosus, juvenile dermatomyositis, and juvenile scleroderma.

Lyme Disease. Lyme disease, caused by infection with bacteria carried by the deer tick, usually presents with a characteristic "bull's-eye" rash called erythema migrans, and other nonspecific symptoms such as fever, malaise, fatigue, headache, muscle aches, and joint pain.

Osteoarthritis. This is the most common form of arthritis. It is a degenerative joint disease, which most often affects the hip, knee, foot and hand. Degeneration of joint cartilage and changes in underlying bone and supporting tissues can lead to pain, stiffness, and difficulties of movement.

Rheumatoid Arthritis. This is characterized by chronic inflammation of the joint lining. The usual symptoms are pain, stiffness and swelling of multiple joints. It commonly affects the small joints of the hand and wrist, leading to nodules and deformities. Other symptoms include weakness, fatigue, fever, and anemia. Rheumatoid arthritis may also affect connective tissue and blood vessels throughout the body, causing inflammation in a number of organs, including the lungs and heart, and thus increasing a person's risk of dying from respiratory and infectious diseases.

Scleroderma. This is a chronic autoimmune disease of connective tissue also known as systemic sclerosis. It may affect multiple organs of the body including muscles, joints and bones. The cause is unknown.

Systemic Lupus Erythematosus. Systemic lupus erythematosus is a chronic autoimmune disorder in which the body's immune system, for unknown reasons, attacks the connective tissue causing inflammation. This leads to symptoms of unexplained fever, fatigue, inflamed joints, sensitivity to light, and rashes. In about 50% of persons with lupus, the disease progresses to affect the kidneys and nervous system.

What steps should you take once you are diagnosed with arthritis?³

Arthritis is a threat to a person's *physical, psychological, social* and *economic* well-being. It often deprives people of their freedom and independence and can disrupt the lives of family members and other caregivers. Arthritis symptoms, disease progression and quality of life can all be improved with a healthy lifestyle and appropriate medical care. Approaches to preventing and managing arthritis include:

Diagnosis. Getting the correct diagnosis is important because different forms of arthritis require different treatments.

Activity. Be as active as your condition permits. An appropriate exercise program can be determined with the assistance of your health care provider and allied health professionals, such as physical and occupational therapists.

- ♣ **Stretching** keeps the joints and muscles flexible, relieves stress, maintains range of motion and helps to maintain activities of daily living.
- ♣ **Muscle conditioning** strengthens the muscles, which supports the joints and helps to prevent injuries.
- ♣ **Aerobic conditioning** improves heart and lung function, contributes to weight control, and improves general mental and physical health. Swimming and water aerobics are among the safest activities for the joints.

Specific arthritis physical activity programs are available at many organizations. Please call the Arthritis Foundation for listing of their **Exercise Program** and **Aquatics Program** in your area.

Weight. Regular physical activity and a healthy diet are important elements in achieving and maintaining a healthy body weight.

Stress. Relaxation and other stress management skills can help to decrease arthritis symptoms.

Community and public awareness. Local communities can provide accessible sidewalks with curb cuts, ensure access to public swimming pools and ball fields, make school facilities available after hours, or sponsor a community recreation center that promote the prevention and self-management of arthritis, as well as overall physical activity.

Education. It is important for people with arthritis to understand their disease and to develop skills that will help them manage their arthritis to minimize its effects. Please call the Arthritis Foundation for listing of classes such as **Arthritis** and **Fibromyalgia Support Groups**, **Arthritis** and **Fibromyalgia Self-Help Course** in your area.

References

1. Maryland Behavioral Risk Factor Surveillance Year 2003, Department of Health and Mental Hygiene.
2. CDC. Direct and Indirect Costs of arthritis and other rheumatic conditions – United States, 1997. *MMWR* 2004; 53(18): 388-389
3. Arthritis Foundation, Association of State and Territorial Health Officials, and CDC. *National Arthritis Action Plan: a Public Health Strategy*. Atlanta, GA: Arthritis Foundation, 1999.

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations.

The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits and employment opportunities.



Robert L. Ehrlich, Jr., Governor
Michael S. Steele, Lieutenant Governor
S. Anthony McCann, Secretary, Department of Health and Mental Hygiene

Produced by the Center for Health Promotion, Education and Tobacco Use Prevention
Family Health Administration
410-767-1362

This directory was supported by Cooperative Agreement Number U58/CCU322803-02 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Revised September 2005