

## National Jewish Health to Host Arthritis Conference for Patients

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DENVER — Arthritis is the most common cause of disability across the United States, and in Colorado alone, there are approximately 800,000 adults with arthritis. National Jewish Health and the Arthritis Foundation together will be conducting *Arthritis Answers: What's New in Rheumatology Treatment*, a half day seminar to help those living with arthritis on Saturday, March 14, 2009. Topics at the seminar will include: arthritis research, exercise, orthopedic issues, pain management, sleep health and stress management.

Key presenters for the seminar will include [Richard Meehan](#), MD, FACP at National Jewish Health, and [Elizabeth Regan](#), MD PhD, National Jewish Health. The National Jewish Health Physical and Occupational Therapy Team of Chris Morse, MSPT, PT and Rebecca Antonwo, MSPT, PT will also be presenting as well as Elizabeth Clark, O.T.R. Jud Brodhurst, PsyD, MA and Terrance Teis, M.Div from Psychological and Biofeedback Services of Colorado will provide information on managing the stress of not sleeping.

Dr. Richard Meehan is the head of the Division of Rheumatology, Endocrinology and Gastroenterology at National Jewish Health. He specializes in autoimmune diseases and rheumatoid conditions, including lupus, rheumatoid arthritis, scleroderma and Sjogren's Syndrome.

Dr. Elizabeth Regan specializes in Orthopedic and Musculoskeletal Conditions at National Jewish Health. She is currently researching genetic associations with musculoskeletal diseases, osteoarthritis, oxidative stress and strategies for cartilage repair.

*Arthritis Answers: What's New in Rheumatology Treatment* will take place at National Jewish Health, in the Molly Blank Conference Center beginning at 8:15 a.m. A continental breakfast will be provided. This event is free but registration is required by calling Kathy at 303-756-8622.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

### Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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