Your Guide to Health Care in Germany

- Navigating TRICARE
- Family Care
- Utilizing Patient Liaisons
- Physicians Directory & MORE
Your Solution for Healthcare Overseas and at Home

**FOREIGN SERVICE BENEFIT PLAN**

- Generous massage therapy, acupuncture, and chiropractic benefits
- Wellness Incentives with a generous reward program
- Direct Billing Arrangements with international facilities
- Low calendar year deductible for in-network and overseas providers
- 24/7 Nurse Advice Line and Emergency Translation Line
- Nutritional Counseling and Weight Management Program
- Secure online claim submission & Electronic Funds Transmission (EFT) of claim reimbursement

[www.afspa.org/fsbp](http://www.afspa.org/fsbp)

This is a brief description of the features of the **FOREIGN SERVICE BENEFIT PLAN (FSBP)**. Before making a final decision, please read the Plan’s Federal brochure (RI 72-001). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.
Whether this is your first time stationed in a new country, or you’re a PCS-ing pro, navigating the German healthcare system can be overwhelming. From setting up your TRICARE overseas benefits, to understanding the differences you may find while navigating the German healthcare system, to keeping your pet’s health up to par, you’ll find the Stripes Health & Medical Guide useful for many of your medical needs in Germany.
Welcome to Europe! The U.S. Army Regional Health Command-Europe (RHCE) provides responsive, reliable, quality health services influencing health and wellness, improving readiness, and saving the lives of those we are privileged to serve.

We are proud to offer world-class health care to U.S. military personnel and their families serving U.S. Army Europe, U.S. European Command, U.S. Africa Command, U.S. Central Command and U.S. Special Operations Command Warriors serving in Iraq and Afghanistan. RHCE's vision is to be the premier integrated health command ... leading the transformation of military medicine in Europe, saving lives, and striving to exceed all expectations.

We provide a trained, ready and capable medical force at Army Medical Treatment Facilities (MTFs) in Germany, Italy and Belgium, and other health services at military installations throughout Europe. We also partner with providers at more than 40 host-nation hospitals, who work hand-in-hand with MTFs to meet the healthcare needs of U.S. military personnel and their families.

Our Medical Treatment Facilities focus on increased access and continuity of care, responding to individual beneficiary and community medical needs, and delivering quality care following a Primary Care Manager (PCM) and PCM team Patient-Centered Medical Home model.

Landstuhl Regional Medical Center is RHCE's forward-stationed health readiness platform for combat casualty care and theater evacuees. Since the 1990s, LRMC has had a successful partnership with the 86th Medical Group at Ramstein Air Base, to augment staffing at the hospital. This integration has been highly successful in providing high-quality health care and strategic theater health support to EUCOM, AFRICOM, CENTCOM and SOCOM. RHCE also offers a full range of comprehensive dental services, to include specialty care. Those services are available for active-duty personnel, and to other than active-duty personnel on a space-available basis (as per Army Regulation 40-3).

Dental services are offered at clinics located throughout Germany, Italy and Belgium. Our dental team provides warrior-focused oral health care with an exceptional team of professionals, dedicated to excellence and unified in service.

RHCE is also responsible for providing comprehensive military public health programs in support of garrisons, training areas and contingency/combat forces operating in the EUCOM and AFRICOM areas of operation to sustain force health protection and readiness.

Those programs include medical entomology, environmental health engineering, food and water sanitation, veterinary care, industrial hygiene, occupational health, and preventive medicine readiness planning and training.

While the command is challenged with continuing deployments and beneficiary population shifts as the transformation of U.S. Army Europe continues, RHCE strives to meet peacetime healthcare needs in Europe and provide responsive care for the Army’s Soldiers in Transition.

We are committed to the U.S. Army Medical Command's transformation to a System for Health, which MAINTAINS health through fitness and illness/injury prevention, RESTORES health through patient-centered care, and IMPROVES health through informed choices.

To achieve that goal, the Army has implemented the Performance Triad, a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The focus of the Performance Triad is Sleep, Activity and Nutrition — key actions that influence health in the "lifespace" of time that isn't spent with a healthcare provider.

We look forward to meeting your health needs throughout your assignment here in Europe. Remember, the strength of the Army is its Soldiers and families. Healthy choices related to activity, nutrition and sleep can improve cognitive and physical performance, minimize injuries, and help maintain good health.

There is no question about it — Health Powers Readiness. From our health and dental clinics to our veterinary and public health services and multinational interoperability initiatives — everything we do is aimed at building a healthy force, ready to respond to our nation’s call.
On-Base Health Services

### Medical Facilities

**52nd Medical Group Spangdahlem**
- Bldg 550
- Spangdahlem 54529
- DSN 452-8333; (06565) 61 8333
- www.spangdahlem.af.mil/Units/52nd-Medical-Group

**52nd Medical Group Ramstein**
- Bldg 2114, 2nd Floor
- Ramstein-Miesenbach 66877
- DSN 479-2273; (06371) 46-2273
- www.facebook.com/AFMS-Ramstein-86th-Medical-Group

**470th Medical Flight NATO Geilenkirchen**
- Bldg 208
- Geilenkirchen 52511
- DSN 458-3200; (02451) 99 3200
- http://newpreview.afnews.af.mil/spangdahlem/units/470thairbasesquadron

**Baumholder Army Health Center**
- Bldg 8740, 8741 and 8742
- Baumholder 55774
- DSN 452-8193; (06565) 61 8193
- www.spangdahlem.af.mil/Units/52nd-Medical-Group

**Grafenwoehr Army Health Center**
- Bldg 475, Graf Main Post
- Grafenwoehr (Grafenwohr) 92655
- DSN 479-2210; (06371) 9464 2210
- www.facebook.com/86th-Dental-Squadron-Ramstein-AB-Germany

**Hohenfels Army Health Center**
- Bldg 50, Kennedy Straße
- Hohenfels 92366
- DSN 466-1720; (09472) 83 1720
- www.dencom-europe.amedd.army.mil

### Dental Facilities

**52nd Dental Squadron Spangdahlem**
- Bldg 137, Spangdahlem 54529
- DSN 452-8193; (06565) 61 8193
- www.spangdahlem.af.mil/Units/52nd-Medical-Group

**86th Dental Squadron Ramstein**
- Bldg 301
- Ramstein-Miesenbach 66877
- DSN 479-2210; (06371) 46 2210
- www.facebook.com/86th-Dental-Squadron-Ramstein-AB-Germany

**Kaiserslautern Army Health Center**
- Bldg 3287, Daenner Straße, Kleber Kaserne
- Kaiserslautern 67657
- DSN 458-3200; (02451) 99 3200
- www.dencom-europe.amedd.army.mil

**Klever Dental Center**
- Bldg 3287, Daenner Straße, Kleber Kaserne
- Kaiserslautern 67657
- DSN 458-3200; (02451) 99 3200
- www.dencom-europe.amedd.army.mil

**LMIC Dental Clinic**
- Bldg 3703, Langwiedener Straße
- Landstuhl/Kirchberg 66849
- DSN 486-8136; (06371) 8136
- www.dencom-europe.amedd.army.mil

**Pulaski Dental Clinic**
- Bldg 2921, Washington Square
- Kaiserslautern 67657
- DSN 493-4443; (0631) 3406 4443
- www.dencom-europe.amedd.army.mil

**Stuttgart Dental Clinic**
- Bldg 2996, Panzer Kaserne
- Böblingen 71022
- DSN 450-2800; (06371) 9464 2800
- www.dencom-europe.amedd.army.mil

**Vilsbach Dental Clinic**
- Bldg 154, Truppenuebungsplatz
- Vilsbach 92249
- DSN 476-1720; (09662) 83 1720
- www.dencom-europe.amedd.army.mil

**Wiesbaden Dental Clinic**
- Bldg 1040, Wheaton Ave, Clay Kaserne, Wiesbaden 65205
- DSN 476-1720; (06371) 705 1720
- www.dencom-europe.amedd.army.mil

### Other On-Base Health Services

- **Landstuhl Regional Medical Center**
  - Dr. Hitzelberger Straße
  - Landstuhl/Kirchberg 66849
  - DSN 590-5762; (06371) 9464 5762
  - rhce.amedd.army.mil/landstuhl

- **Stuttgart Army Health Center**
  - (Bldg 8001)
  - Stuttgart-Vaihingen 70569
  - DSN 590-2900; (06371) 9464 2900
  - rhce.amedd.army.mil/stuttgart

- **Vilseck Army Health Center**
  - Bldg 250, Rose Barracks
  - Vilseck 92249
  - DSN 590-2300; (06371) 9464 2300
  - rhce.amedd.army.mil/vilseck

- **Wiesbaden Army Health Center**
  - Bldg 1040, Wheaton Ave, Clay Kaserne
  - Wiesbaden 65205
  - DSN 590-5762; (06371) 9464 5762
  - rhce.amedd.army.mil/Wiesbaden
The Nurse Advice Line allows you to speak to a registered nurse, 24 hours a day, 7 days a week. You receive advice or information about your health at no cost. Just call 00800-4759-2330.

In the event of an emergency, on or off base, beneficiaries will dial “112.” In case of emergency while away from the local area, call International SOS 0800-589-1599.

If care is needed after hours, the Landstuhl Regional Medical Center emergency room is available to the military community.

TRICAREOnline.com links you to routine appointment scheduling 24 hours a day/7 days a week. It also offers 86th MDG information and helpful TRICARE benefit information.
Your Team for Maternity Care & Birth:

Landstuhl Regional Medical Center (LRMC) Division of Women’s Health & Newborn Care

Captain Kelly Orgel

WELCOME...

From the first time I meet newly expectant parents at a nursing appointment, through the continued prenatal visits, labor and birth experience, and finally at the postpartum follow-up, I am delighted with the privilege to be a part of this special time in our patients’ lives! As soon as you find out you’re pregnant, chances are, you’ll quickly be filled with wonder, questions and excitement. The LRMC Division of Women’s Health & Newborn Care is happy to be involved and to help with the many decisions you’ll have ahead.

WHY LRMC?

As a nurse who works closely alongside your team of providers, nurses, health technicians and other support staff, I am confident in the compassion, knowledge, experience and skilled care that you’ll receive at LRMC. After first working in Labor and Delivery, and now in the Ob/Gyn Clinic, I’ve had an incredible opportunity to be a part of the full course of maternity care at a unique center of excellence; LRMC is the largest military hospital outside of the continental United States, where our patients and families are truly the center of care. I’m here to help you make informed and deliberate decisions and to set goals with your healthcare team. Throughout my time at LRMC, I’ve witnessed nothing less than the highest quality of care, not just from your medical team, but from all the support services as well.

WE WANT THE BEST FOR YOU!

Here at LRMC, I’ve also been lucky to help with several special initiatives for enhancing the patient experience for maternity care. In late 2015, we previewed and selected designs for an upcoming renovation for our division. The new designs feature state-of-the-art natural labor rooms on L&D and private bathrooms for the Mother-Baby Unit! In addition, we’ve recently created a LRMC guide to maternity care to help introduce you to our units early on and outline general expectations for your care. We’ve also been at the forefront of broader maternity care initiatives, such as the new MEDCOM Breastfeeding and Lactation Support Policy and TRICARE benefits coverage for breastfeeding moms.

But, we couldn’t have successfully implemented these improvements without you! We started with a small group of interested women in the community and are now in the process of forming an enduring Patient Advisory Council, to continue productive mutual feedback between our patients and LRMC staff. And, what’s not so new and here to stay (thanks to your input!):

On-Base Optometry Centers

In his lifetime, he will have over 160 DENTAL CHECK - UPS but just 16 EYE EXAMS.

Think about your eyes! We recommend starting with a comprehensive eye examination at age 5

Call Panzer at Panzer Mall for an appointment today! 0049-70312042350

Hours of operation: Tuesday-Sat 10:00 to 18:00

On-Base Optometry Centers

52nd Medical Group
Spangdahlem
Bldg 550
Spangdahlem 54529
DSN 452-8333;
(0655) 61 8333

86th Medical Group Ramstein
Bldg 2121
Ramstein-Miesenbach 66877
DSN 479-2350;
(06371) 46 2350

Bauholder Army Health Center
Bldg 8740, Room 302
Bauholder 55774
DSN 485-8080;
(0638) 360 8080

Exchange Optical Center, Grafenwoehr
Bldg 700, Tower Barracks
Grafenwoehr 09114
(09641) 924 596

Exchange Optical Center, Ramstein Air Base
Bldg 3336, KMC
Ramstein-Miesenbach 66877
(06371) 802 0450

Exchange Optical Center, Stuttgart
Bldg 2903, Panzer Kaserne
Böblingen 71032
(07031) 204 2350

Exchange Optical Center, Wiesbaden-Hainerberg
Bldg 7763, Wiesbaden 65189
(0611) 9411 9320

Fronleichnam Army Health Center
Bldg 1040, Room 202
Stuttgart-Kirchberg 66849
DSN 590-5762;
(06371) 9464 5762

Buttgenbach Army Health Center
Bldg 5810, Katterbach 91522
DSN 590-3060;
(06371) 9464 3300

Landstuhl Regional Medical Center
Dr. Hitzelberger Straße
Landstuhl/Kirchberg 66849
DSN 590-5762;
(06371) 9464 5762

Stuttgart Army Health Center
Bldg 2300
Stuttgart-Unterpaar 70569
DSN 590-2900;
(06371) 9464 2900

Vilseck Army Health Center
Bldg 2300, Patch Barracks
Vilseck 92249
DSN 590-2300;
(06371) 9464 2300

Wiesbaden Army Health Center
Bldg 1040, Room 202, Clay Kaserne, Wiesbaden 65205
DSN 590-5762;
(06371) 9464 5762

Boblingen 71032
(07031) 204 2352

Exchange Optical Center, Wiesbaden-Hainerberg
Bldg 7762, Wiesbaden 65189
(0611) 9411 9320

Exchange Optical Center, Ramstein Air Base
Bldg 3336, KMC
Ramstein-Miesenbach 66877
(06371) 802 0450

Exchange Optical Center, Stuttgart
Bldg 2903, Panzer Kaserne
Böblingen 71032
(07031) 204 2350

Exchange Optical Center, Wiesbaden-Hainerberg
Bldg 7763, Wiesbaden 65189
(0611) 7238 6164

Grafenwoehr Army Health Center
Bldg 475, Graf Main Post
Grafenwoehr 09255
DSN 590-3072;
(06371) 9464 3072

Hohenfels Army Health Center
Bldg 51, Room 317
Hohenfels 92366

DSN 590-3300;
(06371) 9464 3300

Katterbach Army Health Center
Bldg 5810, Katterbach 91522
DSN 590-3060;
(06371) 9464 3300

Landstuhl Army Health Center
Bldg 550, Katterbach 91522
DSN 590-3060;
(06371) 9464 3300

Landstuhl Army Health Center
Bldg 550, Katterbach 91522
DSN 590-3060;
(06371) 9464 3300

Landstuhl Army Health Center
Bldg 550, Katterbach 91522
DSN 590-3060;
(06371) 9464 3300

Wiesbaden Army Health Center
Bldg 1040, Room 202, Clay Kaserne, Wiesbaden 65205
DSN 590-5762;
(06371) 9464 5762

We Want the Best for You! Here at LRMC, I’ve also been lucky to help with several special initiatives for enhancing the patient experience for maternity care. In late 2015, we previewed and selected designs for an upcoming renovation for our division. The new designs feature state-of-the-art natural labor rooms on L&D and private bathrooms for the Mother-Baby Unit! In addition, we’ve recently created a LRMC guide to maternity care to help introduce you to our units early on and outline general expectations for your care. We’ve also been at the forefront of broader maternity care initiatives, such as the new MEDCOM Breastfeeding and Lactation Support Policy and TRICARE benefits coverage for breastfeeding moms.

But, we couldn’t have successfully implemented these improvements without you! We started with a small group of interested women in the community and are now in the process of forming an enduring Patient Advisory Council, to continue productive mutual feedback between our patients and LRMC staff. And, what’s not so new and here to stay (thanks to your input!):
The primary mission of the military health system is to maintain the health of military servicemembers and be prepared to deliver health care in times of war. Governmental policy regulates who can utilize MTFs, and health benefits for servicemembers and their families are administered through the TRICARE managed care system.

Beneficiaries must be registered in the Defense Enrollment Eligibility Reporting System (DEERS), a computerized database that monitors eligibility for TRICARE benefits and access to MTFs. While servicemembers are automatically registered in DEERS, sponsors must register dependents prior to care and update information as needed. For more on DEERS, visit at www.tricare.mil/DEERS or call the Defense Manpower Data Center Support Office toll-free from Germany at 001-800-538-9552.

MTFs provide health care to beneficiaries according to these priorities:

**PRIORITY 1**

**Active-duty servicemembers** – Servicemembers enroll with an MTF and are assigned a primary care manager at a primary care clinic. If the type of service needed is not available, TRICARE Service Center staff can help locate the same level of care at another MTF or through host-nation providers, and will assist with appointments and referral authorizations. There is no cost to servicemembers if they have a referral and prior authorization from the managed care support contractor, International SOS.

**PRIORITY 2**

**Active-duty family members enrolled in TRICARE Prime** – As with servicemembers, if health care is not available at the MTF, they will be referred to host-nation providers. TSC staff can help with making appointments with host-nation providers and provide copies of authorizations for care outside the MTF. There is no cost with referrals and prior authorization.

**PRIORITY 3**

**Retirees and their family members enrolled in TRICARE Plus** – This program is for direct care and is available at overseas MTFs on a case-by-case basis. An MTF’s participation in the TRICARE Plus program is determined by the MTF commander. Beneficiaries must enroll, and they are only eligible for care at the MTF where they are enrolled. When service is not available, TSC staff can provide host-nation provider lists to the beneficiary and assist with making appointments. If an MTF does not offer specialty care, TRICARE Plus enrollees may need to seek care from host-nation providers. A cost share and deductible will apply. In Germany, host-nation providers may require up-front payment before care is given.

**PRIORITY 4**

**Active-duty family members who are TRICARE Standard (not enrolled in TRICARE Prime)** – Care is received on a space-available basis, and cost share and deductibles may apply based on the sponsor’s rank.

**PRIORITY 5**

**All other TRICARE-eligible persons** – This applies to retirees, their family members and survivors who are not enrolled in TRICARE Plus or TRICARE Standard; they will receive care on a space-available basis.

**PRIORITY 6**

**U.S. civilian personnel who are not TRICARE eligible (e.g. GS/NS federal employees, AAFES and DoDEA civilian employees, contractors assigned to Europe)** – Civilian employees are seen at an MTF only on a space-available basis with the exception of emergency medical care and on a fully reimbursable basis.

The VA administers the Foreign Medical Program which is a VA healthcare benefits program for U.S. veterans with a VA-rated service-connected condition living overseas or traveling abroad. With the exception of healthcare services received in the Philippines, all services provided in foreign countries fall under the jurisdiction of the FMP. More information about FMP is available at:

- Phone 303-331-7590
- Fax 303-331-7803
- www.va.gov/purchasedcare/programs/veterans/fmp
Enrollment in TRICARE Prime can be completed during in-processing or at the TRICARE Service Center (TSC). TRICARE Prime access-to-care standards assure that beneficiaries receive timely, quality care. If timely care is unavailable at the military treatment facility (MTF) near you, you may be referred to another MTF or to a host-nation provider or hospital.

Active-duty military and their family members will be scheduled for appointments in accordance with these standards:

**TRICARE PRIME ACCESS**

**NON-TRICARE PRIME**

Beneficiaries, including military retirees, DOD civilian employees and eligible third-party payees, may be seen at an MTF on a space-available basis. They should check appointment schedules regularly. To assure continuity of care, it is recommended that military retirees and third-party payees also establish relationships with host-nation providers.

“Except for emergencies involving the immediate threat of loss of life, limb or eyesight, all off-post care you receive must be authorized by International SOS first”. In most cases you will work with your TRICARE Service Center to obtain authorization.”

Your local TRICARE Service Center (TSC) during in-processing to verify your TRICARE eligibility and enrollment status. Don’t forget to take your ID card and check your DEERS registration and address. You can update your address in DEERS online at www.tricare.mil/DEERS.

The TSC located at Landstuhl Regional Medical Center (LRMC) in Building 3744. The phone number is DSN 590-4830 or civilian number 06371-9464-4830. TSC staff can explain how to access care at an MTF or at a TRICARE-approved host-nation facility. This is important prior to treatment or prior to hospitalization at a host-nation medical facility, particularly for military retirees over 65 years old enrolled in TRICARE for Life, which requires concurrent enrollment in Medicare Part B.

Advisors at your local TSC can give you host-nation provider names and phone numbers, a map with driving directions and other useful information. They can also help you understand medical documentation and bills. TSC staff can also help schedule your initial appointment with a host-nation provider, or you can call the host-nation provider office directly to book your own appointment, or contact International SOS at 0800-589-1599 to assist you in booking your appointment.

For more information, please visit TRICARE online at - HTTPS://WWW.TRICARE.MIL/
When space-available health services at MTFs are not available for U.S. citizens living in Germany, patients may be referred to host-nation providers. A comprehensive “Your Guide to Host Nation Health Care” is available for each Army military community. The guide provides practical information such as maps to host-nation facilities, driving directions and specific information about each facility. For more, visit https://rhce.amedd.army.mil/MTF/index.html.

However, unlike billing procedures at an MTF, patients may have to pay the entire bill prior to care and are reimbursed through their private insurance company. Utilizing host-nation providers who have joined the Host Nation Preferred Provider Network established by TRICARE can help alleviate some of the billing issues and communication barrier concerns.

Preferred Provider Network (PPN)

The International SOS Preferred Provider Network, or PPN, consists of host-nation healthcare providers who agree to provide care to TRICARE Overseas Prime beneficiaries and assist them in filing TRICARE claims. In most cases, PPN providers will not require up-front payment from TRICARE Overseas Prime beneficiaries. At the end of your care, your results will be translated into English and added to your permanent electronic medical treatment record.

However, unlike billing procedures at an MTF, non-TRICARE Overseas Prime patients may have to pay the entire bill prior to care and are reimbursed through their private insurance company. Utilizing host-nation providers who have joined the Host Nation Preferred Provider Network established by International SOS can help reduce communication barrier concerns. It may also help alleviate some of the billing issues for TRICARE Standard patients.

The PPN offers these benefits:

**Comfort:** To join the network, providers must demonstrate that they can communicate with TRICARE beneficiaries in English or provide translation services. They are also informed about cultural differences U.S. military personnel and their families may encounter in their facilities.

**Confidence:** A provider’s credentials and experience are verified before being approved to join the network.

**Convenience:** Preferred providers agree to file on a cashless, claimless basis, filing claims for patients. If you are a TRICARE Overseas Prime beneficiary, you will not have to file a claim or pay out of your pocket when you get authorized, covered care from a PPN provider.

Your local TSC staff will help you find a PPN provider or hospital when you are referred for host-nation care. You can also use the PPN provider search tool on the International SOS website, www.tricare-overseas.com/ProviderSearch/SearchContent.aspx.

International SOS Website

International SOS’ website (www.tricare-overseas.com/Beneficiaries.htm) offers a wealth of information for beneficiaries, including beneficiary forms and education products, PPN contact information and much more.

Beneficiaries are entitled to the following appointment standards:

**ACUTE APPOINTMENTS ARE MADE WITHIN 24 HOURS**

An urgent (acute) care appointment is reserved for non-emergent, urgent care that is typically delivered by an MTF or network provider. Acute care services for active duty and TRICARE Prime enrollees shall be scheduled no greater than 24 hours from the time the need for this appointment is determined.

**ROUTINE APPOINTMENTS ARE MADE WITHIN 7 CALENDAR DAYS**

A routine primary care appointment is designated for patients who require a visit with their primary care manager for a new healthcare problem that is not considered urgent. Routine care for active duty and TRICARE Prime and TRICARE Plus enrollees shall be scheduled within seven calendar days from the time the need for this appointment is determined.

**WELLNESS APPOINTMENTS ARE MADE WITHIN 28 CALENDAR DAYS**

A wellness care appointment is designated for patients who require a visit for a wellness or preventive health concern, or with their primary care manager for an initial visit. This wellness care for active duty and TRICARE Prime enrollees shall be scheduled within 28 calendar days from the time the need for this appointment is determined.

**SPECIALTY APPOINTMENTS ARE MADE WITHIN 28 CALENDAR DAYS**

A specialty care appointment is designated for patients who require an initial consult, referral or initial self-referral. Specialty care for active duty and TRICARE Prime enrollees shall be scheduled within 28 calendar days from the time the need for this appointment is determined. A specialty care appointment also includes procedures designated for patients in need of medical procedures.
Employee health insurance policies for DOD civilians and contractors vary by organization.

Review your policy carefully to determine deductibles, out-of-pocket maximums and scope of care (i.e. whether you have coverage when traveling beyond Germany).

Depending on your carrier and the medical/dental facility, you may be required to pay a co-pay or the full price for treatment up front. Some facilities will file claims directly with your insurance carrier, while others leave that up to you. Your carrier may require that claims are filed online, by fax or by mail. Make sure you have an original itemized bill on hand if you will be submitting the claim. Also keep track of prescription receipts for filing.

Except in the case of emergency care, imaging, surgeries and hospitalizations may need to be pre-approved by your carrier. Also keep in mind that some care considered as standard practice in Germany may be “experimental” in the United States and will not be reimbursed.
Living overseas can bring changes and challenges for Americans in Europe. One difference that may present a challenge is host-nation healthcare. Although this can be a dissimilar experience to what Americans are used to, it does not have to be one in which you go it alone. You do not have to be intimidated if you go to a medical facility on the local economy. There are things that can be done to help ease the worry when facing a visit to a host-nation treatment center.

Patient Liaisons

Located on all MTFs in Europe, host-nation patient liaisons are available for U.S. citizens seeking access to host-nation providers. Patient liaisons can:
- Accompany patients to their first visit to a host-nation provider (per request).
- Help plan transfers from an MTF to a host-nation medical facility or from a host-nation facility to MTF by civilian ambulance or a privately owned vehicle.
- Ease language barriers between the patient and host-nation providers.
- Talk to host-nation providers about a patient’s medical condition and treatment plan.
- Answer questions about treatment, medical forms, host-nation hospital environment or culture, and are familiar with host-nation medical practices.
- Assess and interpret patient concerns to determine specific assistance needs.
- Visit daily to assess treatment progress or plans for the patient’s transfer to other hospital or MTF.
- Assist with the discharge of a patient from a host-nation treatment center.

When appointments are made with host-nation clinics already on file with the local military treatment facility, a patient liaison is contacted directly.

If you need emergency care, ask the hospital to contact a patient liaison or call your local MTF or TSC to arrange a meeting. Once you have made contact, your patient liaison will help with any questions or needs.

The patient liaison program is available through RHCE and is open to all U.S. ID cardholders. Patient liaisons are available for calls 24 hours a day.

To find your local TRICARE service center and patient liaison, go online to www.tricare.mil/ContactUs/callus/TSC/EA.aspx and click on the TSC link. To contact your ERMC liaison, go to rhec.amedd.army.mil/MTF. Click on your local clinic to view their page — once there, you will have access to information on how to contact your local liaison.

Treatment Differences

Medication is another area that differs from the American medical system. Many European doctors try homeopathic remedies to medicate their patients. If you are in pain or are not responding well to these treatments, stronger prescriptions are available. Talk with your doctor and patient liaison about your needs and concerns. Communication is the key while in the care of host-nation physicians. Inform your medical team of prescriptions you currently use, ask your doctor questions and seek help with your patient liaison if a language barrier exists.

You may find a difference in privacy, as well. Hospital rooms are double occupancy and may have no privacy screens between beds. Take appropriate clothing that allows you to remain semi-dressed during exams. Additionally, host-nation doctors may not always have a chaperone when examining a patient of the opposite sex. If you feel uncomfortable, it is appropriate to ask for an additional person. Remember, you can say no. If you want to leave your room, make sure to get dressed. Most European patients will not stay in their gowns all day. Also, if you plan on leaving the ward, let the nursing staff know.

Be Prepared

Anticipate any healthcare emergency you may have and learn the location of local clinics and hospitals both in close proximity and in the general area. Have a bag packed of key items you would need in an emergency, including a list of medications, local currency and toiletries. Host-nation hospitals do not provide personal effects or toiletries, but if you forget or are unable to bring those, the hospital will generally have a store where you can purchase them. For a complete list of what to bring, see the suggestions below:

- Photo ID card
- Bilingual dictionary
- List of current medications
- Local currency
- Bottled water
- Notebook and pen
- Towel/washcloths
- Pajamas, slippers, robe
- Personal hygiene items/lip balm
- Reading materials
- Snacks/hard candy
- Clothing for discharge
- Tablet device or laptop with earphones

Despite the differences between host-nation and American healthcare, treatment standards are the same; you will be treated fairly and with a great deal of respect. As one patient of a German hospital put it, “The staff makes you feel like it’s a pleasure to assist you.”
# American Medications and their German equivalents

These equivalents are provided to help you purchase over-the-counter medication at the Apotheke.

*If you have any questions about how to take the medication please call your doctor.*

<table>
<thead>
<tr>
<th>Antacid</th>
<th>Generic: Aluminiumhydroxid, Brand: Maaloxan 25mval liquid in 10ml packets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrhea</td>
<td>Generic: Loperamid-Hcl 2 mg, Brand: Loperamed akut bei akutem Durchfall</td>
</tr>
<tr>
<td>Antifungals / Foot</td>
<td>Generic: Terbinafin, Brands: Lamisil Spray/Creme/DermGel, Canesten Spray/Creme, Canesten Extra Spray/Creme</td>
</tr>
<tr>
<td>Antifungals / Jock Itch</td>
<td>Generic: Ketoconazol, Brand: Nizoral Creme/Shampoo</td>
</tr>
<tr>
<td>Antifungals / Vaginal</td>
<td>Generic: Clotrimazol, Brands: Kade-Fungin 3, Kombi-Packung Canesten GYN 3-Tage-Therapie</td>
</tr>
<tr>
<td>Antihistamine</td>
<td>Generic: Loratadin, Brand: Claritin, Generic: Cetirizin, Brand: Zyrtec</td>
</tr>
<tr>
<td>Artificial Tears</td>
<td>Generic: Hypromellose/Polyvidon, Brand: Lacrisic Augentropfen</td>
</tr>
<tr>
<td>Children’s Ibuprofen</td>
<td>Generic: Ibuprofen 100mg/5ml, Brand: NUROFEN Junior FieberSaft</td>
</tr>
<tr>
<td>Children’s Tylenol (Syrup)</td>
<td>Generic: Paracetamol, Brands: Ben-u-ron Saft (200mg/5ml), Paracetamol Saft – gegen Fieber und Schmerzen</td>
</tr>
<tr>
<td>Antifungals / Jock Itch</td>
<td>Generic: Ketoconazol, Brand: Nizoral Creme/Shampoo</td>
</tr>
<tr>
<td>Common Warts</td>
<td>Generic: Dimethyl ether, Brands: Wartner Remover (adults), for children: Wartner Kids</td>
</tr>
<tr>
<td>Constipation</td>
<td>Generic: Macrogol 400 (Polyethylene Glycol), Brand: Laxoberal (sachet, tablets / drops)</td>
</tr>
<tr>
<td>Cough Medicine</td>
<td>Generic: Dextromethorphan, Brands: Wick Formel 44 Husten-Stiller Sirup (Sirup), Wick Form 44 Plus Husten-Pastillen (Lozenges)</td>
</tr>
<tr>
<td>Ear Wax Remover</td>
<td>Generic: Docusat-Natrium, Brand: Otoxawol Lösung</td>
</tr>
<tr>
<td>Head Lice</td>
<td>Generic: Permethrin, Brand: Infectopedic</td>
</tr>
<tr>
<td>Oral Electrolyte</td>
<td>Contains: sodium, potassium chloride and glucose, Brand: Elotrans Pulver (sachets, powder for oral solution)</td>
</tr>
<tr>
<td>Saline Nasal Spray</td>
<td>Generic: Sodium Chloride, Brand: Emser Nasenspray</td>
</tr>
<tr>
<td>Throat Lozenges</td>
<td>Brand: Lemocin (with Lidocain) Brand: DoloDobendan (with Benzocain)</td>
</tr>
<tr>
<td>Topical Anesthetics</td>
<td>Active Ingredient: Lidocain, Brand: Kamistad-Gel N</td>
</tr>
<tr>
<td>Children’s Ibuprofen</td>
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<tr>
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<tr>
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### Pharmacies off base

A pharmacy in Germany is called an **Apotheke**, easily identified by a large, red “A” on the outside of their locations. There are thousands of **Apotheken** in Germany and German law requires that an **Apotheke** be owned and operated by a pharmacist. An individual pharmacist is only allowed to own up to three locations. Consequently, there are not any large drugstore chains that are found throughout countries like the USA. In fact, a “drug store” in Germany (**Drogerie**) sells toiletries and other consumer items, but not medicines.

All medications, including non-prescription drugs, are kept on shelves behind the counter or in large drawers behind the counter or in a back room. There is normally a selection of different types of non-medicinal health-related products in the pharmacy. Included in that selection you could expect homeopathic products. Pharmacists are highly trained and will always ask if you understand the dosages regarding prescriptions. They can also offer advice on non-prescription medicines, ointments and other products that you can use to treat minor ailments. Most drugs are in packs that come in three different sizes – N1, N2 and N3 (small, medium and large). The actual number of pills packaged depends on the medication itself. There is always a paper in the packaging that explains in detail what the medicine is designed to treat, recommended dosages, contra-indications and other important information.

A wide variety of name brand drugs as well as generic drugs are normally kept on hand. If a medicine you need is not in stock, it can usually be ordered for pick up in a few hours or the following day.

Apotheken are generally closed evenings, Saturday afternoons, Sundays and holidays. (Some may even close early on Wednesdays.) Each of them has a list on the door, though, of pharmacies that have remained open to handle emergencies (called notdienst).
The moment I found out I was pregnant, I felt overwhelmed with questions and decisions to make. As an American overseas, should I have my baby in the American military hospital, or a German hospital? What are the German hospitals like? Would there be different birth practices, or a language barrier? Would I be comfortable with the doctor? All of these questions compounded the normal anxiety one feels about the body changes, parenting and, oh yeah, the realities of giving birth! It is easy to get overwhelmed, but once pregnancy is confirmed, there is no stopping the momentum.

First things first

I read books, websites and blogs, and interrogated anyone with experience; it was informative yet overwhelming. I learned that everyone has a unique childbirth experience, and I had many options. Ultimately, I chose to have my baby at a local German hospital.

Choosing your doctor

Since I decided to give birth off post, I found a local, English-speaking obstetrician gynecologist (OBGYN) who accepted my insurance, was close to my work, and whose office utilized modern equipment for monitoring my pregnancy.

I was nervous during the first few visits and there were a few things I had to get used to. For example, it's customary that a patient is not given an examination gown to put on before the doctor performs the exam. If this makes you uncomfortable, plan to wear a skirt or long shirt that you can adjust as you lay on the table. They also have unique waiting room procedures. There is a lot of waiting involved, but I found it was a good time to read or relax.

One thing I wish I had known — if you choose a doctor who does not work out of the Krankenhaus (hospital), she will not be the one to deliver your baby. She will perform all routine exams and oversee the pregnancy until labor begins, then the hospital of choice takes over. At first, I was disappointed. I was hoping to build a trust relationship with my doctor over the course of my pregnancy so I would feel more at ease during labor. However, I was comfortable with my chosen OBGYN, so I decided to stay in her care.

Your Mutterpass is your best friend

This passport to motherhood is issued at your doctor's office after you are declared pregnant, and tracks every doctor visit, blood test and weigh-in. Bring the Mutterpass everywhere — to each examination and to the hospital. This is an especially important document since the doctor who performs your examinations may not be the one delivering the baby. Not only will the pass be necessary in an emergency, it also entitles you to park your car in designated spots for expectant mothers.

Choosing a hospital

This decision may be tied to choosing your doctor; if you want your OBGYN to be at the delivery, then choose one affiliated with the hospital where you want to deliver.

I chose a German hospital near my village. Most hospitals offer scheduled information sessions so you can tour the maternity ward. I wasn’t able to attend during the regular tour times, so we simply asked if we could come by another time. I highly recommend this. We ended up getting a personal tour of the delivery ward, met the staff and discussed our options. The delivery rooms were very cozy and looked more like physical therapy/wellness rooms.

During the tour, we pre-registered for maternity care. Once you choose a hospital, pre-register for their maternity care in week 33 to 36 of your pregnancy. Since I chose a private OBGYN, pre-registering at the hospital was important so they would have all of my information (insurance, room and meal preference, etc). I also registered with the anesthesiologist so my...
paperwork would be on file in case I chose to have an epidural.

**Delivery**

Although a doctor would be present, it was standard practice at this hospital for the midwives to deliver the babies. There were several midwives on duty when my daughter was born. Not all spoke English, but they were all extremely friendly. While in labor I was treated with the utmost respect and care. I didn't need a rigid birth plan; I was given many options to help me throughout the discomfort of labor.

**Hospital stay**

My experience from check-in to discharge was wonderful. My baby and husband were allowed to stay with me the whole time, and I had a clean, private room for most of my stay that provided both a mini-fridge and bathroom with shower. The last night I was asked if I minded sharing my room since the delivery ward was busy.

**Notes:**

The room was not air-conditioned. Many things are not provided by the hospital. You will need to bring all comfort items. I brought toiletries, towels, hairdryer (220v), clothes, slippers, snacks and beverages. Although the food was good, I was always hungry outside of scheduled mealtimes. Hospitals vary in what they provide, so make sure you ask about these items during your tour. This way you will know exactly what to bring.

I tried to resist the standard stay of three nights but numerous checks on both the baby and me turned into a leisurely four-day stay. The midwives answered questions and taught me important skills for taking care of my daughter. If I needed a break at any time, they would watch the baby. In hindsight, I should've embraced their help a little more.

Looking back on my experience, it was a wonderful journey. Now, knowing what to expect, I will be more confident and relaxed in my choices the next time around.

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Dental care for family of active duty

by Jeana Coleman

A variety of factors affect whether or not dental care is available for the family of active-duty servicemembers stationed overseas. These factors include facility location, branch of service, deployments and staffing fluctuations. When space is not available, dependents must rely on host-nation providers for their dental needs.

Through a voluntary dental program with TRICARE, military family members stationed in Europe can be sure they receive quality, affordable dental care. Low monthly premiums provide coverage for treatment from civilian providers at host-nation facilities for most dental procedures like cleanings, sealants, braces and dental implants. Although this TRICARE Dental Plan (TDP) in Europe is the same as that in the States, the European plan provides additional coverage and no cost shares for treatments like fillings and root canals.

To locate a preferred provider, visit https://employeedental.metlife.com/dental/public/SearchDentist.do then click on "TRICARE preferred OCONUS dentist." You will be prompted to fill in your country, and a list will be provided of preferred providers in your area. Host-nation dentists who qualify as preferred providers must speak English, be licensed in their country and meet a list of more than 15 standards of quality. Also, senior dental officers on installations periodically visit the offices of preferred providers to assess the quality of care and clinic customer service. For information about TDP enrollment, claims or covered benefits, contact one of the numbers provided in the sidebar or visit www.tricare-overseas.com/ContactUs.

Tooth decay is the most common chronic, infectious disease affecting U.S. children. According to the Centers for Disease Control and Prevention (CDC), nearly 20 percent of children ages 5-11 have untreated cavities, or caries; untreated decay can lead to pain and infection that may hinder a child's ability to eat, speak, play and learn.

Tooth decay can be prevented if families develop daily brushing regimens and schedule routine dental examinations and cleanings. Although all dentists can provide medical exams, treatment and advice, consider visiting a pediatric dentist who specializes in children's dental health and provides an office environment and equipment that are designed specifically for kids.

Cleaning Routine by Age

0-2: Before your baby's first tooth erupts, use a soft cloth and gently wipe gums after feedings, during bath time and before bedtime. Gently brush first teeth with an infant finger brush and non-fluoride paste. Avoid nighttime bottles with anything but water, or dipping pacifiers into anything sweet. The American Academy of Pediatrics (AAP) and the American Dental Association (ADA) recommend that you take your child to a dentist by his or her first birthday.

2-5: Help your child brush his/her teeth twice daily (morning and night) with an age-appropriate brush and small amount of fluoride paste. Begin flossing when teeth grow to touch. Limit juices and carbonated drinks, and schedule routine dental exams and cleanings every six months. Discuss your routine and any additional treatments like sealants or fluoride supplements. Sucking on fingers, thumbs or pacifiers can affect teeth and promote decay. If a child does not stop on his own, ask your dentist for helpful tips to discourage the habit by age 3.

5 and up: A child's hand muscles are still developing, so assist with brushing until age 7 or 8. Floss each day, and seek resources for tips in how to floss. Use fluoride toothpaste. Children playing sports should wear appropriate mouth guards. Continue to avoid juices and carbonated drinks, and maintain dental exams and cleanings every six months. Talk with your dentist about your current cleaning routine and areas of improvement.

Promoting Healthy Habits

Brushing and flossing don't have to be such a chore. Several organizations provide educational resources and fun tools that encourage healthy dental habits: AAP's Brush, Book, Bed; ADA's Mouth Monsters; 2min2x; Brushing Fun Coloring Book.

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www.dentistry4kidzlandstuhl.de
Understanding Mental Health Care in Germany

Arriving in a foreign country, one faces many challenges, and navigating an unfamiliar healthcare system may seem like an undertaking best left avoided. Yet military life presents stresses beyond adjusting to a different culture, and understanding what choices are available can lead to a difference in quality of life and mental well-being. Germany offers a range of options to visitors, and U.S. military personnel and their families also have the option to use TRICARE coverage for psychological services.

Mental health is defined by the World Health Organization (WHO) as “a state of well-being in which an individual can realize his or her own potential, cope with the normal stresses of life, work productively and make a contribution to the community.” This definition includes that psychological problems not only affect the people suffering, but also their families, friends, caregivers and society. About one-third of adults suffer from at least one mental disorder over the course of their lives. Yet despite mental illness being frequent and the leading cause of disability in many Western countries, those suffering are not only faced with the direct consequences of their illness, but also with stigma and discrimination. Therefore, the WHO strives to improve promotion, prevention, care and treatment.

Germany leads Europe in its commitment to treating mental illness by providing financial support for patients, access to healthcare services, help finding or staying in work, outreach programs and awareness campaigns. Inpatient and outpatient services are included in German mental health care, and general practitioners (GPs) play a key role in dealing with mental health problems on a daily basis. They identify patients, diagnose and treat problems, and refer people to specialists. Aside from primary care, patients can seek help directly with psychiatrists (for psychopharmacological treatment), licensed clinical psychologists (for psychotherapy), or specialists for psychosomatic medicine (MDs who conduct psychotherapy). In most cases, psychiatrists do not offer psychotherapy due to time constraints. Off-base licensed psychologists can be found through the psychology state board’s website (for example, for Hessen: http://lppkjp.de/fur-patienten-und-ratsuchende/psychotherapeutensuche), which allows you to narrow the search to your specific needs (e.g., language, specialty, group vs. individual therapy). Near major cities, some therapists also offer their services in English. Physicians can be found through the medical counterpart: the states’ medical association (for Hessen: https://portal.laekh.de/artsuche).

If inpatient psychological treatment is required, two options exist: psychosomatic clinics — which treat depression, anxiety, obsessive-compulsive disorder (OCD), and eating disorders, for example — and psychiatric hospitals. Both of these can exist as stand-alone clinics or as wards of general hospitals. Even though there is wide overlap, psychiatric treatment is usually necessary for more severe mental problems such as acute suicidal ideations, addiction or psychotic symptoms. Psychiatric hospitals offer support for a few days (emergencies) up to several months, while the average length of stay at a psychosomatic clinic ranges between four to six weeks. In addition, psychiatric hospitals often provide an integrated outpatient clinic. Furthermore, Germany offers partial inpatient treatment (Tagesklinik) to ease the transition from clinic to home. In these settings, patients spend the entire day at the clinic, but go about their everyday lives afterward and sleep at home.

Various doctors or clinics are part of the International SOS/TRICARE Overseas Program (TOP) Network. If you seek help from a TRICARE Participating Provider, you will not be required to make an up-front payment. Your local TRICARE Service Center can provide you with a list of physicians/clinics in the overseas network. Overall, coverage depends on the beneficiary and plan. For off-base care, you usually need to receive pre-authorization. TRICARE Overseas Program (TOP) Prime family members and TOP Standard members, however, receive eight sessions of psychotherapy per fiscal year without authorization, except for analysis and therapy provided by a substance use disorder rehabilitation center. Aside from benefit coverage through the military, one always has the option to pay out of pocket for any service.

The most important step is to seek help, and hopefully this is made easier by knowing that host-nation choices are accessible.

Contributed by Dr. Eileen Wollburg, a licensed clinical psychologist at the PARURE Private Practice for Mental Health in Frankfurt, a facility offering medical services, psychotherapy, psychological testing, evaluations and coaching services in multiple languages, including English. Learn more at www.parure.de.
Do you want to lose weight? Do you want to eat healthier? Do you just want to improve your overall health? This may even seem unattainable, but it doesn’t have to be. Making small changes every single day can improve your health and well-being.

Use the SIMPLE strategy to get you on track to a healthier life.

**Sip on more water.**
You need water. Your body needs it for metabolism, circulation, waste removal and temperature regulation. Your health can be adversely affected if you aren’t drinking enough H2O. A recent study in the European Journal of Nutrition found that even mild dehydration may impair cardiovascular function. (1)

**How much do you need?**
According to the USDA, your water needs depend on your age, activity level and outdoor temperature. Most children require around four cups a day and adults need no fewer than eight cups a day. (2)

**Signs you aren’t drinking enough water:** (3)
- Thirst
- Dry mouth
- Decreased urine output and darker urine
- Sleepiness or tiredness
- Headache
- Dizziness
- Constipation

**Increase your fruit and vegetable intake.**
You can decrease your risk for chronic diseases like heart disease, diabetes and cancer just by increasing your fruit and vegetable intake. Only 6 percent of Americans eat their recommended amount of vegetables, and only 8 percent of Americans eat the recommended amount of fruit. You can save yourself trips to the doctor by using food as preventive medicine. Fruits and vegetables contain antioxidants and fiber that help prevent disease.

The USDA’s MyPlate key message of making half your plate fruits and vegetables gives a great visual of what we need each day. Make it a goal get in no fewer than two servings of fruit a day and three servings of vegetables. Seven to 12 servings a day has shown even more health benefits. Make fruits and vegetables an intentional part of your day.

**Plan your meals and snacks.**
Planning ahead makes healthy eating so much easier. Choose a day to map out your week for breakfast, lunch, dinner and snacks. Keep a binder to stay on track, and use it to store your favorite go-to recipes. Prepping fresh veggies or fruit for snacks ahead of time will save you time, and they will be ready to go when you need them.

**Limit your sugar intake.**
The USDA’s 2015-2020 Dietary Guidelines for Americans has finally addressed sugar consumption. The recommendation is limiting added sugar consumption to 10 percent or less of your total daily caloric intake. (10)

It’s important to know the difference between added sugars and natural sugars:

- **Natural sugars** occur in fruit and milk/milk products.
- **Added sugars** are added to products and have no nutritional value.
- The FDA has recently updated the Nutrition Facts Label. Added sugar has been added to the label under carbohydrate.

**7 easy ways to get more produce in your day**
1. Eat fruit for breakfast! Place it on your cereal, oatmeal or yogurt.
2. Grab fresh fruit when heading out the door.
3. Have fruit with nuts for a mid-morning snack.
4. Make half your plate fruit and vegetables at lunch and dinner.
5. Have veggies with dip for a snack.
6. Dip apples slices in peanut butter.
7. Have a fruit and veggie plate on hand if your family tends to snack a lot, especially before dinner. (4)(5)(6)(7)(8)

**Move more.**
The Physical Activity Guidelines for Americans recommends a minimum of 150 minutes of physical activity a week for adults; this includes both aerobic and resistance training. Children and adolescents should be getting at least 60 minutes of physical activity a day. (9)

**Ways you can move more**
- Take a walk with your family.
- Park farther away from a store or building.
- Take the stairs.
- Enroll in a fitness class with a friend or family member.
- Utilize online fitness videos or DVDs.
- Workout in the morning.
- Walk your pet
- Ride your bike.
- Play ball with your kids.

**RESOURCES:**
(2) http://www.nationalacademies.org/hmd/Global/News%20Announcements/~/media/442ADB89994D949AAD9D86144C75B.ashx.
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We are there for you and for your child. From newborn to teenagers – we strive to provide excellent medical care to all age groups. We are the largest pediatric health and medical provider in this region with approximately 4,000 inbound and 11,000 outbound patients per year. In conjunction with our gynecological clinic, we are perinatal center level 1, which is the highest level for medical care and therapy to newborn and premature babies.

Aside from general pediatric care that encompasses all illnesses of children and teenagers, we provide the following specialized patient care:

- Pediatric cardiology
- Pediatric electrophysiology (we are one of eight centers in Germany)
- Pediatric neurology
- Pediatric gastroenterology
- Pediatric diabetology
- Pediatric gynecology

In total, our pediatric clinic employs 34 doctors and 120 nurses that all pursue one goal: to care for the wellbeing of children and teenagers.

For more information please visit our website [www.westpfalz-klinikum.de/pediatry](http://www.westpfalz-klinikum.de/pediatry)

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**BREAST CANCER CENTER**

Our center in Kaiserslautern is certified by the German Association of Senology and the German Cancer Association. We are proud to be awarded with this renowned certificate, for our expertise in medical diagnostics and therapy concerning benign and malignant breast tumors.

57,000 new breast cancer diagnoses occur yearly in Germany. Studies have shown that women who are treated in specialized Breast Cancer Centers have better chances than patients who get treatment elsewhere. We provide a network of specialists under one roof to find the right individual treatment for each patient.

This network includes medical experts from various fields such as:

- Gynecology
- Radiology
- Radiation Therapy
- Pathology
- Psychosomatic medicine
- Oncology
- Medical genetics

Plastic reconstructive surgery is another important component of full physical and psychological recovery that we offer. In collaboration with our partner hospital in Ludwigshafen, we have achieved wonderful results. We also provide general aesthetic plastic surgery and are proud to be one of the leading facilities in the region for breast enlargement and reduction surgeries.

For more information please visit our website [www.westpfalz-klinikum.de/breastcancercenter](http://www.westpfalz-klinikum.de/breastcancercenter)

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**INTERNAL MEDICINE**

The Clinic for Internal Medicine 2 offers the full range of modern internal medicine diagnostics and treatment, with special emphasis on heart and lung diseases. We cover the subspecialties of cardiology, pneumology, angiology and internal medicine intensive care.

We offer all contemporary diagnostic and treatment options for patients with cardiovascular and pneumological conditions, including not only state-of-the art care, but also the latest innovations in: Non-invasive cardiology

- Invasive cardiology
- Structural heart disease
- Electrophysiology and pacemakers / defibrillators
- Pneumology

The services are offered on an ambulatory or in-patient basis, 4 state-of-the art catheterization laboratories (including 2 laboratories for EP procedures with CARTO 3D, NavX and Cryoablation).

We have an exceptionally close in-house with our colleagues in the heart surgery, a true heart team. Our specialists provide not only the acute diagnostic workup and treatment, but also give our patients recommendations and treatment plans for the future.

For more information please visit our website [www.westpfalz-klinikum.de/cardiology](http://www.westpfalz-klinikum.de/cardiology)

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**VISCERAL-ONCOLOGIC CENTER**

All kinds of visceral oncologic cases are treated in a multidisciplinary approach in this over-regional cancer center (oesophageal-, gastric-, pancreatic-, hepatic-, biliary-, and colorectal cancer, as well as orphan forms of abdominal tumors). Main goal of this center is the best possible treatment of cancer in all stages, including diagnosis, staging, surgical and medical therapy, as well as follow up investigations.

The center was founded by a group of hospital specialists including surgical oncology, medical oncology and gastrointestinal oncology supported by many other disciplines inside and outside the hospital.

Various other medical specialists are complementing the center with their expertise in:

- Psycho-Oncology
- Stoma Therapy
- Dietetic Treatment
- Physical Therapy
- Pain and Palliative Therapy
- Support Groups

Due to close and continuous collaboration and communication of all medical experts about each individual case, the patient can be treated outboard or by local practitioners.

For more information please visit our website [www.westpfalz-klinikum.de/centerforvomedicine](http://www.westpfalz-klinikum.de/centerforvomedicine)
Register international micro-chip with tasso.net.

Keep rabies vaccination current.

Register with military vet and Rathaus.

Find German vet clinic.

Get pet passport and ID tags.

Purchase pet insurance.

Give flea and tick treatment.

Schedule Lyme disease vaccination.

**THE BASICS**

The majority of regulations for domestic animals are related to dogs, cats and ferrets. To enter Germany, you should have furnished proof that your pet has an international micro-chip, a current rabies vaccination that meets OIE standards and a certificate of health. Rabies (Tollwut) is an issue in Germany, so keep this vaccination current while stationed here. Because fleas and ticks are also prevalent, consider preventive treatments. There is also a Lyme disease vaccination available for dogs.

Within 14 days of your pet’s arrival or adoption, you should register with the local military vet clinic and register the micro-chip with www.tasso.net. Your pets must have identification tags and should not wander freely. You are responsible — and can be sued — for damages to individuals or property caused by your pet, so purchase liability insurance. Coverage is inexpensive and will save you from any future headaches. If you live off base, you may be required to register your dog at your village’s Rathaus. Ask your veterinarian about local requirements.

**TRAVEL**

Planning to travel without your pet? Find a kennel now. They often book up months in advance for the summer and Christmas season, and additional vaccines, such as the nasal Bordetella series, may be required prior to boarding.

Taking Fido along? Like the rest of the family, your pets need passports before traveling around Europe. Pet passports are issued by veterinarians and provide certified records of vaccinations.

**EMERGENCIES**

Most installation vet offices do not provide after-hours emergency care, so ask for a list of clinics (Tierarztpraxis) on the German economy. Visit a couple to find one that is right for you, and establish a relationship so that you will feel confident going there if an emergency arises. Many vet clinics have English-speaking staff and accept VAT forms.

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**Checklist for Pet Parents**

- Register international micro-chip with tasso.net.
- Keep rabies vaccination current.
- Register with military vet and Rathaus.
- Find German vet clinic.
- Get pet passport and ID tags.
- Purchase pet insurance.
- Give flea and tick treatment.
- Schedule Lyme disease vaccination.

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This sign translates to “Rabies! Endangered district,” meaning animals with rabies have been found nearby. Take your pets into these areas at your own discretion.
Installation Vet Clinics

ANSBACH
Ansbach U.S. Army Garrison
Bldg 9003, Von Steuben St, Katterbach
Katterbach 91522
DSN 467-3179; (09802) 83 3179

BAUMHOLDER
Baumholder U.S. Army Garrison
Bldg 8758, Baumholder Health Clinic
Baumholder 55774
DSN 485-6636; (0678) 36 6636

Hohenfels
Hohenfels U.S. Army Garrison
Bldg 746, Camp Lindenburg
Hohenfels 92287
DSN 466-4560; (0947) 283 4560

Kaiserslautern
Kaiserslautern U.S. Army Garrison
Bldg 2928, Pulaski Barracks
Kaiserslautern 67661
DSN: 493-4444; (0631) 3406 4444

Spangdahlem
Spangdahlem Air Base
Bldg 559, Spangdahlem AB
Spangdahlem 5429
DSN 452-9388; (0656) 561 9388

STUTTGART
Stuttgart U.S. Army Garrison
Bldg 2996A, Panzer Kaserne
Stuttgart 71032
DSN 431-2681; (07031) 15 2681

Vilseck
Vilseck U.S. Army Garrison
Bldg 222, Rose Barracks
Vilseck 92249
DSN 476-2370; (0662) 83 2370

Wiesbaden
Wiesbaden U.S. Army Garrison
Bldg 1038, Wurter St., Clay Kaserne
Wiesbaden 65205

Berlin, Chantal D.V.M., Schröder, Reinhard D.V.M.,
Tierärztliche Praxis Küke
Winzebachstrasse 51, Darmstadt 64283
(06151) 9381013
Emergency service available
www.tierarztpraxis-kueke.de

Vet consultants

Dr. Birgit Weigl
Kleintierpraxis
Burglengenfeld 91333
(09471) 200 300

Schmidt, Josef D.V.M.
Ressach 23, Vilseck 92249
(09662) 8875

Seitz, Drs. Gertaund and Bernhard
Scheidhöferstrasse 12, Brettenbrunn 92363
(09492) 1483
www.tierarzt-seitz.de

Bründl, Peter D.V.M.
Paul Dietrich Straße 12, Burglengenfeld 91333
(09471) 71159

Burkhard, Hartmut d.V.M.
Goethestrasse 6, Sulzbach-Rosenberg 92237
(09661) 810753; (0171) 3108974 emergency
www.hartmut-burkhard.de

Graf, Dieter D.V.M.
Berreuthstraße 18, Auerbach 91275
(09643) 91151
auf-dem-meere.de/dr-med-dieter-graf.html

Kasper, Astrid D.V.M.
Von-Butler-Straße 22, Amberg-Raigering 92224
(09621) 24455
www.kleintierpraxis-kasper.de

Kröninger, Eduard D.V.M.
Hammereweg 64, Weiden 92637
(09661) 31799
http://weiden-tierarzt.de

Küfner, Hans-Joachim D.V.M.
Jahnstraße 80, Kaiserslautern 67659
(06301) 5552

Kornberg, Marion D.V.M., Elmer, Steffen D.V.M.,
Koch, Hans-Joachim D.V.M.
Am Schönental, Birkenfeld 55765
www.tierklinik-birkenfeld.de

Krönlein, Daniel D.V.M.
Talstrasse 10, Amberg 92676
(09644) 300 000

Krause, Peter D.V.M.
Am Schönenberg, Birkenfeld 91522
www.tierklinik-birkenfeld.de

Küllersfield, Markus D.V.M., Schmid, Gisela D.V.M.,
Tierärztliche Klinik Bretten
Köllnstraße 6, Bretten 76388
(07243) 911812
www.tierarzt-breitenheim.de

Krause, Fabian D.V.M.
Kriegerlingstrasse 6, Heidelberg 69120
(06221) 2150

Steinbrink, Jan D.V.M.
Kriegerlingstrasse 6, Heidelberg 69120
(06221) 2150

Kronberg, Marion D.V.M.,
Tierärztliche Klinik Kaiserslautern
Am Klingenweg 21, Kaiserslautern 67659
(06123) 703740
www.kleintierpraxis-kaiserslautern.de

Krug, Ulf D.V.M.
Grenzstraße 28, Frankfurt am Main 60487
(069) 7075211
www.vetconsult.de

Krug, Florian D.V.M.
Am Bergwern 13, Wiesbaden-Dotzheim 65199
(0611) 42 2250
www.neurovet.de

Riedel, eduard d.V.M.
Kriegerlingstrasse 6, Heidelberg 69120
(06221) 2150

Tierärztliche Praxis Siedlung Tann
Otto-Hessen-Straße 10, Darmstadt 64293
(06151) 82 4416
www.tierarztpraxis-siedlungtann.de

Passavant, Natalie D.V.M., Werner, Thorsten D.V.M.,
Tierärztliche Praxis Sprati Kerne
Philippstraße 14, Kaiserslautern 67659
(06371) 18815
www.tierarztpraxis-passavant.de

Tierärztliche Praxis Sprat Kerne
Christianstrasse 1, Kaiserslautern 67659
(06371) 18815
www.tierarztpraxis-passavant.de

Tierärztliche Praxis Siedlung Tann
Otto-Hessen-Straße 10, Darmstadt 64293
(06151) 82 4416
www.tierarztpraxis-siedlungtann.de

Kleintierpraxis
Dr. Birgit Weigl

Clinical examination in stress-free surroundings
Vaccination and parasite control, microchip implantation, ultrasound, x-ray, spay/neuter, teeth cleaning, lab work, behavior therapy, nutrition and diet consultations, home visits.

Office Hours
M-F mornings, 9:30-12:00
M, W-F afternoons, 16:30-18:30
Saturday 10:30-11:30
No consultations Tuesday afternoons.

Office phone: 09662-70 16253
Emergency phone: 0151-28895883
Tierarztpraxis Dr. Sascha Schütz
Konradinstraße 2, Wiesbaden 65205
(0611) 7168866
www.tierarzt-schuetz.de

Tierarztpraxis Hofheim
Bockmeyer-Cuntz, Sabine D.V.M.
Marbod Strasse 25, Hofheim 65719
(06192) 6304
www.tierarzt-praxis-hofheim.de

Tierdermatologie
Wildermuth, D.V.M. Brett and Kerstin
Borsigstrasse 7a, Wiesbaden 65205
(06122) 7072800
www.tierdermatologie-wildermuth.de

Tierklinik Hofheim
Kessler, Martin D.V.M. and team
Katharina-Kemmler-Straße 7, Hofheim 65719
(06192) 290 290
www.tierklinik-hofheim.de

STUTTGART
Benetka, Marek D.V.M., Brüning, Claudia D.V.M.
Griegstraße 27C, Stuttgart-Botnang 70195
(0711) 690 813
www.stuttgart-tierarzt.de

Christiansen, Erika D.V.M.
Südliche Alleenstraße 6, Ludwigsburg 71679
(07141) 299 3299
www.tierarztpraxis-asperg.de

Dachswald Klinik
Industriestraße 3, Stuttgart-Vaihingen 70565
(0711) 679 670
www.dachswald-klinik.de

Dauner, Hans-Martin D.V.M.
Hinterweiler Straße 58, Sindelfingen 70633
(07031) 807 090

Essig, Carl Joachim D.V.M.
Wolboldstraße 5, Sindelfingen 70633
(07031) 81 43 61
www.tierarztpraxis-essig.de

Geiger, Wolfgang D.V.M.
Filderhauptstraße 59C, Plieningen 70599
(0711) 4570024, www.tierarzt-geiger.de/flashpage.htm

Grassmann, Matthias D.V.M.
Liebigstraße 9, Leonberg-Höfingen 71229
(0715) 292 9882

Groß, Fritz D.V.M.
Sachsenstraße 9a, Zuffenhausen 70437
(0711) 870 2626
Erbsenbrunogensasse 17, Stuttgart 70372
(0711) 582881
www.tierarzt-hausbesuche-stuttgart.de

Gross, Susanne D.V.M.
Ingeborg-Drewitz-Hof 11, Büblingen 70334
(0711) 449 4252
www.susanne-gross.de

Habel-Pöllmann, Hildegunde D.V.M.
Jahnstraße 51, Büblingen 70332
(07031) 236 226

Häusler, Kirsten D.V.M.
Julius-Hölder-Straße 60, Stuttgart 70597
(0711) 605 435
www.dr-haeusler.com

Heine, Christine D.V.M.
Bernhauser Straße 32, Leonfelden-Echterdingen 70771
(0711) 946 9964
www.tierarztpraxis-heine.de

Korn, Susanne D.V.M.
Böblingenstraße 3, Leonfelden-Echterdingen 70771
(0711) 754 4725

Morlock, Petra D.V.M.
Julius-Hölder-Straße 60, Stuttgart-Degerloch 70597
(0711) 767 6760
www.doormorlock.de

Reibel, Andrea D.V.M., Reibel, Ralf D.V.M.
Berlinerstraße 7, Schönach 7101
(07031) 653 965
www.tierarztpraxis-boeblingen.de

Reif, Ullrich D.V.M.
Friedrichstraße 53A, Stuttgart 70195
(07173) 8080
www.tierklinik-reif.de

Röscke, Rolf D.V.M.
Schönhardtstraße 36, Bübingen-Nord 73560
(07173) 8080
www.tierklinik-reif.de

Rupp, Sabine D.V.M., Schube, Sybille D.V.M.
Daimlerstraße 13, Herrenberg 71083
(07032) 92 9200
www.dres-rupp-schube.de

Schneider-Hais D.V.M.
Karl-Heinrich-Käferle-Straße 2,
Ludwigsburg 71679
(07141) 299 9030
www.tierklinik-ludwigsburg.de

Schott, Andreas D.V.M., Schaefers, Nicole D.V.M.
Wilhelm-Hasel-Straße 19, Sindelfingen 71065
(07031) 876 469

Späth, Daniela D.V.M.
Rembrandtstraße 15, Stuttgart 70567
(0711) 712434
www.kleintierpraxis-moehringen.de/team-praxis

Straub, Hermine D.V.M.
Dochselbronn Weg 34, Bondorf 71149
(07457) 93 910
www.kleintierpraxis-spaeth.de

Tierklinik am Hasenberg
Sinzinger, Drs. Wolfgang and Sonja DVM
Dr. Himmelsbach, Peter, DVM
Hasenbergstraße 80, Stuttgart 70176
(0711) 637 380
Emergency service available
http://tierklinik-stuttgart.de

Veterinary Clinic Ernst
Einwald-Ernst, Mechthilde D.V.M.
Ernst, Theresa D.V.M.
Birkenwaldstraße 214, Stuttgart 70191
(0711) 256 6408, (0711) 625 3614
(Entrance at the corner of Robert-Mayer-Strasse)
Emergency service available
info@kleintierpraxis-ernst.de
www.kleintierpraxis-ernst.de

Veterinary Dental Practic
Eickhoff, Markus DVM
Iptinger Straße 48, Weissach 71287
(07044) 909 5966
www.vet-dent.com
Medical Services Directory

**Klinikum Weiden**
Söllnerstraße 16, Weiden 92637
(0961) 303 4100
www.klinikum-nordoberpfalz.de

**Krankenhaus Barmherzige Brüder Regensburg**
Prüfeninger Straße 86, Regensburg 93049
(0941) 369 0
www.barmherzige-regensburg.de

**Krankenhaus St. Josef Schweinfurt**
Ludwigstraße 1, Schweinfurt 97421
(09721) 570
www.josef.de

**Kreiskrankenhaus Parsberg**
Lupburgerstraße 11, Parsberg 92331
(0942) 603 0
www.en.parsberg.klinikum-neumarkt.de

**Leopoldina Krankenhaus**
Gustav-Adolf-Straße 8, Schweinfurt 91522
(09872) 7200
www.leopoldina-krankenhaus.com

**Praxisklinik Feuchtwangen**
Ringstraße 96, Feuchtwangen 91555
http://anregiomed.de/feuchtwangen

**Sozialstiftung Bamberg**
Buger Straße 80, Bamberg 96049
(0951) 5030
www.sozialstiftung-bamberg.de

**St. Anna Krankenhaus Sulzbach-Rosenberg**
Krankenhausstraße 16, Sulzbach-Rosenberg 92237
(09661) 5200
www.kh-as.de

**Universitätsklinikum Erlangen**
Ulmenweg 19, Erlangen 91054
(09131) 850

**MENTAL HEALTH**
**Pronath, Michael** - Psychotherapie
Bahnhofstraße 22, Heilsbronn 91560
(09872) 443

**NEUROSURGERY**
**Universitätsklinikum Regensburg**
Brawanski, Alexander
Franz-Josef-Strauss-Allee 11, Regensburg 93053
(0941) 944 9001
www.uniklinikum-regensburg.de/neurochirurgie

**OBSTETRICS & GYNECOLOGY**
**Beier, Hans Jürgen M.D.**
Kanalstraße 16-18, Ansbach 91522
(0981) 94 224

**Brackertz, Michael M.D.**
Pödeldorfer Straße 142, Bamberg 96053
(0951) 120 59

**Dennhoefer, Karl M.D., Schuh-dennhoefer,**
Dagmar M.D.
Pödeldorfer Straße 12, Ansbach 91522
(09872) 5030
www.praxisdennhoefer.de

**Ermich, Frank M.D., Stein, Jacek**
Lindenplatz 3, Heilsbronn 91560
(09872) 93 333

**Frauenärzte Ansbach**
Siewert-Neudeck, Kristin M.D., Schwarz, Stefan M.D., Eichhorn, Ulrike, Weihmann, Karolin
Würzburgerlandstraße 7, Ansbach 91522
(09872) 421 000
www.frauenarztes-ansbach.de

**Frauenärzte im Gewerbeplatz**
Im Gewerbeplatz C 15, Regensburg 93059
(0941) 464 440
www.frauenarzte-im-gewerbeplatz.de

**Gampe, Michael M.D.**
Michael-Wolgemuth-Straße 2
Bad Windsheim 91438
(09841) 757 99
www.dr-gampe.de

**Geburtshaus Bamberg**
Heinrich-Weber-Platz 10, Bamberg 96052
(0951) 303 637
www.geburtshaus-bamberg.de

**Gemeinschaftspraxis für Frauenheilkunde**
Dr. Schwind und Kollegen
Schwind, Stefan M.D., Böckenhoff, Alexandra M.D.
Hirschenstraße 4, Schweinfurt 97421
(09721) 229 80
www.dr-schwind.de

**Hebamme Gemeinschaft Klinik St. Hedwig**
Hirschenstraße 1-3, Regensburg 93049
(0941) 369 5201
www.barmherzige-regensburg.de/heimammen.html

**Klinik Rothenburg**
(Bundesverwaltungsklinik Landkreis Ansbach)
Ansbacher Straße 131
Rothenburg ob der Tauber 91541
(09861) 707 70
http://reanregiomed.de/rothenburg

**Asklepios Klinik im Städtedreieck**
Dr. Sauberbruch Straße 1, Burglengenfeld 93133
(09471) 702620
www.askslopios.com

**Krankenhaus St. Josef Schweinfurt**
Ludwigstraße 1, Schweinfurt 97421
(09721) 570
www.frauenarzte-kubiak.de

**Nickl, Jürgen M.D.**
Moosburger Straße 13, Weiden 92637
(0961) 31079

**Peisl, Julia M.D.**
Willy-Lessing-Straße 9, Bamberg 96047
(0951) 519 370
www.frauenarzt-bamberg.com/

**Peters, Jürgen M.D.**
Bgm. Prechtstraße 32, Weiden 92637
(09465) 35888

**Ponath, Heinrich M.D., Pollak, Dieter M.D.**
Eschenbacher Straße 4, Eschenbach 92676
(0941) 944 9001
www.frauenarzt-regensburg.de

**Pränatalmedizin Nürnberg/Bayreuth/ Ansbach**
Ansbach (MVZ)
Bankgasse 3, Nürnberg 96047
(0911) 206 1010
www.praenatal.com

**Augenlaserzentrum Dr. Gamringer**
Dr. Pfleger Straße 4, Weiden 96037
(0961) 398 98 380
http://dr-gamringer.de

**Augenklinik und Augenlaserzentrum Dr. Frank M.D.**
Mainfranken (Rücker-Center)
Am Oberen Marienbach 1, Schweinfurt 97421
(09721) 474 2390
www.domark.de

**Fehn, Axel M.D.**
Marienstraße 3, Amberg 92224
(09621) 13480

**Jaksche & Kollegen Eye Center**
Am Schüsselmarkt 1, Bad Windsheim 91438
(09841) 797 99
www.jaksche-kollegen.de

**Sendtner, Raimund M.D.**
Karlplatz 12, Eschenbach 92676
(09645) 91 388

**ORTHODONTICS**
**Angermann, Reinhold M.D.**
Fleurystraße 7, Amberg 92224
(09621) 369 000
www.orthopaedie-bamberg.de

**ORTHOPEDICS/SPORTS MEDICINE**
**Amon, Dietrich M.D., Krös, Patrick M.D.**
Kohl, Klaus-Peter M.D.
Emallfabrikstraße 12, Amberg 92224
(09621) 60 2866

**Bambach, Thomas M.D.**
Bahnhofstraße 2A, Neumarkt 92318
(09181) 511 0608
www.schmerztherapie-bambach.de

**Orthopädisch Schultechnik Huber**
Pruefeninger Schloss Straße 13, Regensburg 93051
(0941) 354 14

**Orthopädisch Unfallchirurgische**
Praxisklinik Alphamed
Kärntenstraße 2, Bamberg 96052
(0951) 974 440
www.alphamed-bamberg.de

**Orthopädische Gemeinschaftspraxis**
In Gewerbeplatz C10, Regensburg 93059
(0941) 463 170
www.orthopaedie-regensburg.de

**Brych, Roland M.D.**
Obertiefenbacher Straße 3, Bad Windsheim 91438
(09641) 5015
www.orthopaedie-brych.de

**Praxisklinik Orthopädische Ansbach**
Draisstraße 2, Ansbach 91522
(0981) 972 5780
www.praxisklinik-orthopädische.de

**Sozialstiftung Bamberg**
Bahner Straße 80, Bamberg 96049
(0951) 5030
www.sozialstiftung-bamberg.de

**OTOLARYNGOLOGY (ENT)**
**HNO Burglengenfeld**
Bethe, Florian M.D., Von Foerster, Ulrike M.D.
Bahnhofplatz 1, Ansbach 91522
(0981) 970 650
www.hno-ansbach.de

**Gemeinschaftspraxis Dr. med Silvia and Peter Wolf**
Wolf, Silvia M.D., Wolf, Peter
Rosenberger Straße 99, Sulzbach-Rosenberg 92237
(09661) 10191
www.hno-wolf.de
Christ, Matthias M.D.
Holzengraben 2, Kaiserslautern 67657
(0631) 371170
www.christundcoll.de

Christmann, Achim D.M.D.
Bismarckstraße 21, Kaiserslautern 67655
(0631) 61 265
http://zahnarzt-christmann.de

Dental Group Practice Ramstein
Marktstraße 4, Ramstein-Miesenbach 68677
(06371) 509 64
www.zahnarzt-ramstein.de

Dentistry 4 Kidz
Kaiserstraße 171, Landstuhl 66849
(0631) 1300 921
www.dentistry4kidzlandstuhl.de

Dittrich, Ute
Parkstraße 36, Kaiserslautern 67655
(0631) 27 778

Doryumu, Bernard D.M.D.
Sonnenstraße 41E, Landstuhl 66849
(06371) 181 69
www.drdoryumu.com

Engelhardt, Andreas D.M.D.
Leipziger Straße 154, Kaiserslautern 67663
(0631) 521 838
www.zahnarztpraxis-engelhardt.de

Ewald Dental GmbH
Ewald, Bernd M.D. and partners
Schulstraße 4, Ramstein-Miesenbach 68677
(0630) 953 030
www.ewald-dental.de

Fachpraxis für MKG-Chirurgie Kaiserslautern
Lustmännstraße 2 (Fuchsbau), Kaiserslautern 67655
(0631) 361 4100
www.mkg-peters.de

Fachzahnärzte Mehlingen
Schulstraße 12, Mehlingen 67678
(06303) 6214
www.zahnarzt-mehlingen.de

Garçon, Joseph MSc
Luftbahnhweg 13, Bexbach 66450
www.praxis-garcon.de

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<td><a href="http://www.monikahumbsch.de">www.monikahumbsch.de</a></td>
<td><a href="http://www.kogel-orthopaedie.de/index.php">www.kogel-orthopaedie.de/index.php</a></td>
</tr>
<tr>
<td>Sobo, Jana</td>
<td>Voss, Birgit</td>
</tr>
<tr>
<td>Vaihinger Markt 17, Stuttgart 70563</td>
<td>Vaihinger Markt 24</td>
</tr>
<tr>
<td>(0711) 459 6495</td>
<td>Stuttgart 70563</td>
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<tr>
<td><a href="http://www.logopaede-sobo.de">www.logopaede-sobo.de</a></td>
<td>(0711) 753 2434</td>
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<td><a href="http://www.frauenaerzte-im-netz.de">www.frauenaerzte-im-netz.de</a></td>
<td><a href="http://www.klinikverbund-suedwest.de">www.klinikverbund-suedwest.de</a></td>
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<tr>
<td><strong>RADIOLOGY</strong></td>
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<tr>
<td>Gesundheitszentrum</td>
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</tr>
<tr>
<td>Arthur Gruber Straße 70</td>
<td>Arthur Gruber Straße 70</td>
</tr>
<tr>
<td>Sindelfingen 71065</td>
<td>Sindelfingen 71065</td>
</tr>
<tr>
<td>(07031) 469 0860</td>
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<td><a href="http://www.klinikverbund-suedwest.de">www.klinikverbund-suedwest.de</a></td>
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<tr>
<td>Grimeley, Elizabeth</td>
<td>Grimeley, Elizabeth</td>
</tr>
<tr>
<td>Robert Koch Straße 2</td>
<td>Robert Koch Straße 2</td>
</tr>
<tr>
<td>Stuttgart 70563</td>
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</tr>
<tr>
<td>(06201) 389 7444</td>
<td>(06201) 389 7444</td>
</tr>
<tr>
<td><strong>Gynecology</strong></td>
<td><strong>ENT</strong></td>
</tr>
<tr>
<td>Zaar, Peter</td>
<td>Keitel, Uwe M.D.</td>
</tr>
<tr>
<td>Stuttgart 70376</td>
<td>(0711) 7802066</td>
</tr>
<tr>
<td>(0151) 2105 9600</td>
<td><a href="http://www.keitel.de">www.keitel.de</a></td>
</tr>
<tr>
<td><strong>ORTHOPEDICS/SPORTS MEDICINE</strong></td>
<td><strong>ENT</strong></td>
</tr>
<tr>
<td>Lux, Stefan M.D.</td>
<td>Keitel, Uwe M.D.</td>
</tr>
<tr>
<td>Sonnengasse 9, Neckarsulm 74172</td>
<td>Ruppmannstr. 33A, Stuttgart 70565</td>
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<tr>
<td>(07132) 6312</td>
<td>(0711) 7802066</td>
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<tr>
<td><a href="http://www.dr-lux.de">www.dr-lux.de</a></td>
<td><a href="http://www.keitel.de">www.keitel.de</a></td>
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<tr>
<td>Pfeil, Ulrich</td>
<td>Labor Enders und Kollegen, MVZ Stuttgart</td>
</tr>
<tr>
<td>Waldburgstraße 23</td>
<td>Rosenbergerstraße 85, Stuttgart 70193</td>
</tr>
<tr>
<td>Stuttgart 70563</td>
<td>(0711) 63570</td>
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<tr>
<td>(0711) 731 042</td>
<td><a href="http://www.labor-enders.de">www.labor-enders.de</a></td>
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<tr>
<td><a href="http://www.ulrichpfeil.de">www.ulrichpfeil.de</a></td>
<td>Scheu, Thomas M.D.</td>
</tr>
<tr>
<td>Scher, Thomas M.D.</td>
<td>Bahnhofstraße 41, Leinfelden-Echterdingen 70771</td>
</tr>
<tr>
<td>Bahnhofstraße 41, Leinfelden-Echterdingen 70771</td>
<td>(0711) 751 015</td>
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<tr>
<td>(0711) 751 015</td>
<td><a href="http://www.orthopaedie-leinfelden.de">www.orthopaedie-leinfelden.de</a></td>
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<tr>
<td>Schneider, Michael M.D.</td>
<td>Schneider, Michael M.D.</td>
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<tr>
<td>Libanonstraße 4-6, Stuttgart 70184</td>
<td>Libanonstraße 4-6, Stuttgart 70184</td>
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<tr>
<td>(0711) 236 4044</td>
<td>(0711) 236 4044</td>
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<tr>
<td><a href="http://www.xn--stuttgart-orthopdie-vwb.de">www.xn--stuttgart-orthopdie-vwb.de</a></td>
<td><a href="http://www.xn--stuttgart-orthopdie-vwb.de">www.xn--stuttgart-orthopdie-vwb.de</a></td>
</tr>
</tbody>
</table>

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Email: praxis@oxidio.com  
Phone: 07034-647729-66

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info@boeblingendental.com • www.boeblingendental.com](http://www.boeblingendental.com)
All emergency numbers can be dialed from a cellphone without an active or valid service provider.

**German Emergency Numbers**

<table>
<thead>
<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Wiesbaden</td>
<td>0611-705-114</td>
</tr>
<tr>
<td>Stuttgart (area)</td>
<td>0711-680-114</td>
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<tr>
<td>Ramstein</td>
<td>06371-47-2050</td>
</tr>
<tr>
<td>Spangdahlem</td>
<td>06565-61-6666</td>
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**Symptoms/Conditions**

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<tr>
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<td>Husten (Hoos-ten)</td>
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**Vaccinations/Allergies**

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<td>Asthma</td>
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**Risk Factors**

<table>
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</thead>
<tbody>
<tr>
<td>I take ... / I am on medication</td>
<td>Ich nehme Medikamente gegen...</td>
</tr>
<tr>
<td>I drink</td>
<td>Ich trinke</td>
</tr>
<tr>
<td>I smoke</td>
<td>Ich rauche</td>
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</tbody>
</table>

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**German Language Medical Terms**

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**All emergency numbers can be dialed from a cellphone without an active or valid service provider.**

**Poison Control** 00-800-444-88444

**Ansbach** 09802-83-110

**Baumholder** 06783-61-114

**Bitburg** 06565-61-6666

**Garmisch** 08821-750-114

**Geilenkirchen** 02451-63-2222

**Germersheim** 0631-536-6060/7070

**Grafenwoehr** 09472-83-114

**Hohenfels** 09641-83-114

**Kaiserslautern Area** 0631-536-6060/7070

**Kaiserslautern** 06371-47-2050

**Spangdahlem** 06565-61-6666

**Stuttgart Area** 0711-680-114

**Vilsbühl** 09662-83-114

**Wiesbaden** 0611-705-114

**Geilenkirchen** 02451-63-2222

**Germersheim** 0631-536-6060/7070

**Grafenwoehr** 09472-83-114

**Hohenfels** 09641-83-114

**Kaiserslautern Area** 0631-536-6060/7070
German language medical terms

Hepatitis (A/B/C)  
Hepatitis (A/B/C) (Hepatitis A/B/C)  
Hepatitis  
Tetanus (Tetanus)  
Tetanus/Wundstarrkrampf  
Tetanus (Tetanus)  
Chicken pox  
Windpocken (Windpocken)  
diphtheria  
Diphtherie  
pertussis  
Kinderlähmung  
poliomyelitis  
Poliomyelitis  
rabies  
Rabies  
smallpox  
Pocken (Pocken)  
yellow fever  
Gelbfieber (Gelbfieber)  
I have a skin allergy  
Ich habe eine Hautallergie (Ich habe eine Hautallergie)  
I’m allergic to …  
Ich bin allergisch gegen … (Ich bin allergisch gegen …)  
antibiotics  
Antibiotika (Antibiotika)  
anti-inflammatories  
Entzündungshemmende Mittel (Entzündungshemmende Mittel)  
aspirin  
Aspirin (Aspirin)  
bees  
Biene (Biene)  
codeine  
Kodein (Kodein)  
penicillin  
Penizillin (Penizillin)  
pollen  
Pollen (Pollen)  
antihistamines  
Antihistamine (Antihistamine)  
inhaler  
der Inhalator (Inhalator)  
Injection  
die Injektion (Injektion)  
sulfur-based drugs  
Arzneimittel auf Schwefelbasis (Arzneimittel auf Schwefelbasis)  
OB/GYN  
Could I see a female doctor?  
Könnte ich von einer Ärztin behandelt werden? (Könnte ich von einer Ärztin behandelt werden?)  
pregnancy test  
der Schwangerschaftstest (Schwangerschaftstest)  
I think I’m pregnant (Ich glaube, ich bin schwanger)  
I’m on the pill  
Ich nehme die Pille (Ich nehme die Pille)  
I haven’t had my period for … weeks  
Ich habe seit … Wochen meine Periode nicht gehabt (Ich habe seit … Wochen meine Periode nicht gehabt)  
contraception  
Verhütungsmittel (Verhütungsmittel)  
PHARMACY  
I’ve run out of my medication  
Ich habe keine Medikamente mehr (Ich habe keine Medikamente mehr)  
My prescription is …  
Mein Rezept ist … (Mein Rezept ist …)  
Is there a (night) pharmacy nearby?  
Gibt es in der Nähe eine (Nacht-)Apotheke? (Gibt es in der Nähe eine (Nacht-)Apotheke?)  
I need something for …  
Ich brauche etwas gegen … (Ich brauche etwas gegen …)  
Do I need a prescription for …  
Brauche ich für … ein Rezept? (Brauche ich für … ein Rezept?)  
How many times a day?  
Wie oft am Tag? (Wie oft am Tag?)  
Will it make me drowsy?  
Macht es müde? (Macht es müde?)  
Once/ twice a day (with food)  
Einmal/Zweimal am Tag (Zweimal am Tag)  
DENTAL  
I have a broken tooth  
Ich habe einen gebrochenen Zahn (Ich habe einen gebrochenen Zahn)  
I have a toothache  
Ich habe Zahnschmerzen (Ich habe Zahnschmerzen)  
I need a filling  
Ich brauche eine Füllung (Ich brauche eine Füllung)  
I’ve lost a filling  
Ich habe eine Füllung verloren (Ich habe eine Füllung verloren)  
I don’t want it extracted  
Ich will ihn nicht ziehen lassen (Ich will ihn nicht ziehen lassen)  
My gums hurt  
Meine Zahnfleisch tut weh (Meine Zahnfleisch tut weh)  
My braces are broken  
Meine Zahnersatzpfeife ist kaputt (Meine Zahnersatzpfeife ist kaputt)
We are a certified provider for TRICARE Overseas Program and are accepting new patients for TRICARE.

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• Ophthalmic imaging

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• Glaucoma: laser treatment & surgery
• Vitreoretinal diseases, e. g. diabetic retinopathy:
  Laser treatment and surgery
• Macular disease: injections and intraocular drug treatment
• Strabismus: squint surgery in children and adults
• Keratokonus: Crosslinking
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Temple University School of Dentistry
Philadelphia, PA
Chief Dentist; Wiesbaden Dental Care
Former Contractor US Army Wiesbaden Dental Clinic

Dr. Paul Brown, DMD
University of Pittsburgh School of Dental Medicine, Pittsburgh, PA
USAF Colonel (Ret), former OIC Special Missions Dental Clinic Pentagon, Washington, DC

Dr. Joan Rubino, DDS
Loma Linda University School of Dentistry, Loma Linda, CA
US Army Dental Corps, former US Army Military Contract Dentist

Dr. Judith Yang, DMD, MS
University of Pennsylvania School of Dental Medicine, Philadelphia, PA
University of Medicine and Dentistry of New Jersey, Newark, NJ – Specialized in Orthodontics
Former US Army Military Contract Orthodontist, Pulaski Dental Clinic for 15 yrs

Dr. Glenn Casey, DDS
University of Missouri-Kansas City School of Dentistry, Kansas City, MO
US Army Colonel (Ret)
Orthodontics
Former Contractor US Army 17 years Wiesbaden Dental Clinic

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