

Stripes

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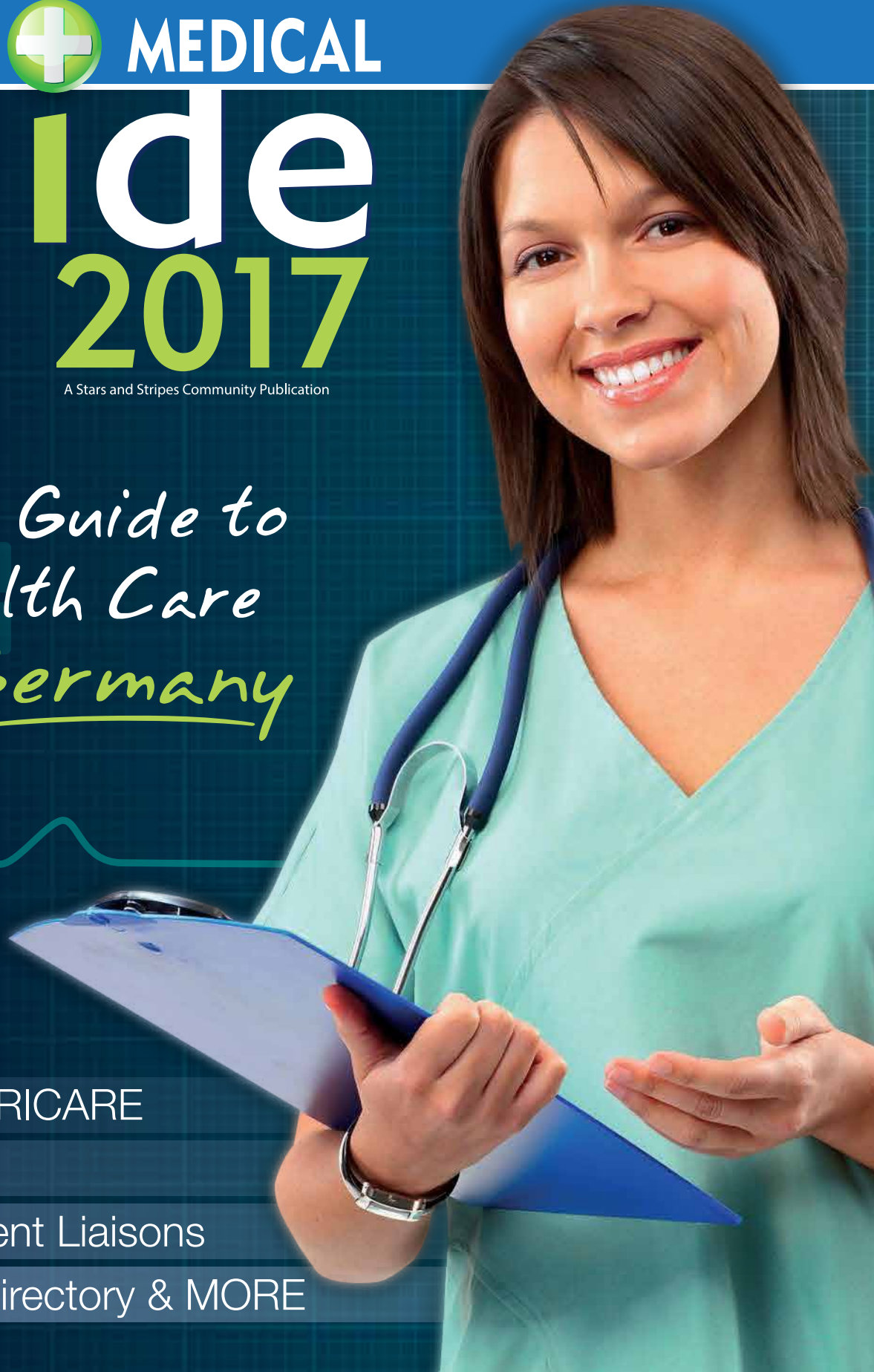
HEALTH  MEDICAL

guide 2017

A Stars and Stripes Community Publication

*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

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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.

YOUR HEALTH & MEDICAL GUIDE TO GERMANY



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.

- ON-BASE HEALTH SERVICES
- OFF-BASE HEALTH SERVICES
- INSURANCE PROVIDER INFORMATION
- PATIENT LIASONS
- SPECIALTY CARE
- DIRECTORY & RESOURCES



RHCE

REGIONAL HEALTH COMMAND-EUROPE

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, LPMC 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

86th Medical Group Ramstein

Bldg 2114, 2nd Floor
Ramstein-Miesenbach 66877
DSN 479-2273; (06371) 46-2273
www.facebook.com/AFMS-Ramstein-86th-Medical-Group-21562487178492

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 590-5762; (06371) 9464 5762
rhce.amedd.army.mil/baumholder

Grafenwoehr Army Health Center

Bldg 475, Graf Main Post
Grafenwöhr (Grafenwoehr) 92655
DSN 590-3000; (06371) 9464 3000
rhce.amedd.army.mil/grafenwoehr

Hohenfels Army Health Center

Bldg 51, SPC Marlow Jackson St.
Hohenfels 92366
DSN 590-3300; (06371) 9464 3300
rhce.amedd.army.mil/hohenfels

Kaiserslautern Army Health Center

Bldg 3287, Daenner Straße,
Kleber Kaserne
Kaiserslautern 67657
DSN 590-5762; (06371) 9464 5762
rhce.amedd.army.mil/kleber

Katterbach Army Health Center

Bldg 5810
Katterbach 91522
DSN 590-3600; (06371) 9464 3600
rhce.amedd.army.mil/Katterbach

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 (#30401) Bldg 2300

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



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-417260598460435

Baumholder Dental Clinic

Bldg 8647, Dental Street,
Smith Barracks
Baumholder 55774
DSN 485-2210; (06783) 99 2210
www.dencom-europe.amedd.army.mil

Grafenwöhr Dental Clinic

Bldg 475, Kelley Straße
Grafenwöhr 92655
DSN 475-1720; (09641) 83 1720
rhce.amedd.army.mil/grafenwoehr

Hohenfels Dental Clinic

Bldg 50, Kennedy Straße
Hohenfels 92366
DSN 466-1720; (09472) 83 1720
rhce.amedd.army.mil/hohenfels

Illesheim Dental Clinic

Bldg 6546, Storck Bks
Illesheim 91471
DSN 467-4500/4757; (09841) 83
4500/4757
www.ansbach.army.mil/DentalMedical.html

Katterbach Dental Clinic

Bldg 5810, Von Steuben Str,
Katterbach Kaserne
Katterbach 91552
DSN 590-3700; (06371) 9464 3700
www.ansbach.army.mil/DentalMedical.html

Kleber Dental Clinic

Bldg 3287, Daenner Straße, Kleber
Kaserne
Kaiserslautern 67657
DSN 590-2620; (06371) 9464 2620
www.dencom-europe.amedd.army.mil

LRMC Dental Clinic

Bldg 3703, Langwiedener Straße
Landstuhl/Kirchberg 66849
DSN 486-8136; (06371) 86 8136
www.dencom-europe.amedd.army.mil

LRMC Oral Surgery Clinic

Bldg 3772, Langwiedener Straße
Ward 14B Landstuhl/Kirchberg
66849
DSN 590-6588; (06371) 9464 6588
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 71032
DSN 590-2800; (06371) 9464 2800
www.dencom-europe.amedd.army.mil

Vilseck Dental Clinic

Bldg 154, Truppenuebnungsplatz
Vilseck 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 337-1720; (0611) 705 1720
www.dencom-europe.amedd.army.mil



86TH MEDICAL GROUP RAMSTEIN AIR BASE

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MTF APPOINTMENT LINE:

COMMERCIAL:

06371-46-2273

DSN:

479-CARE (2273)

**NURSE ADVICE
HOTLINE**



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.

**EMERGENCIES
CALL 112**



In Case of Emergency

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.

After Hours Care

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.

MTF INFORMATION

- Address:** Unit 3215, Ramstein, Germany APO AE 09094-3215
- Hours:** Mon. - Fri. 7 a.m.-4:30 p.m.
- Closed:** Weekends, U.S. Holidays, Goal Days, and Family Days
- Closed:** Second Thursday of the month from 7 a.m.-1 p.m. for training
- Closed:** All day for training in March, June, September and December (second Thursday of the month)

BENEFICIARY POPULATION SERVED

- Priority 1:** Active Duty (AD) Service Members
- Priority 2:** AD Family Members enrolled in TRICARE Prime Overseas
- Priority 3:** Retirees and their family members, Direct Care eligible Command-Sponsored Dependents of AD members, and beneficiaries enrolled in TRICARE Plus

OFFICIAL SOCIAL MEDIA PAGES

- www.ramstein.af.mil/ramsteinmtf
- www.facebook.com/pages/AFMS-Ramstein-86th-Medical-Group/215624871784925

COMMON CLINIC TELEPHONE NUMBERS

Clinic	Location	Phone
Dental Clinic	Bldg. 301	479-2210
Exceptional Family Members Program (EFMP)	Bldg. 2114, 1st Flr.	479-2375
Family Advocacy Clinic	Bldg. 2123	479-2370
Family Health Clinic	Bldg. 2114, 2nd Flr.	479-2273
Flight Medicine Clinic	Bldg. 2121, 2nd Flr.	479-2282
Force Health Management	Bldg. 2121	479-2459
Health Promotions	Bldg. 2117	480-4292
Immunization/Allergy	Bldg. 2114, 1st Flr.	479-2549
Laboratory	Bldg. 2114, 1st Flr.	479-2580
Mental Health Clinic	Bldg. 2121, 3rd Flr.	479-2390
MTF Enrollments	Bldg. 2114, 1st Flr.	479-2557
Optometry Clinic	Bldg. 2121	479-2350
Pediatrics Clinic	Bldg. 2114, 1st Flr.	479-2273
Physical Exams	Bldg. 2114, 2nd Flr.	479-2273
Physical Therapy Clinic	Bldg. 2117	480-1559
Public Health - CDC	Bldg. 2114	479-2086
Radiology Clinic	Bldg. 2114, 1st Flr.	479-2575
Referral Management Center	Bldg. 2114, 1st Flr.	479-2101

RAMSTEIN PHARMACY

- Phone:** 06371-46-2542 or DSN: 479-2542
- Hours:** Mon. - Fri. 7 a.m.-4:30 p.m.
- Phone-in Refills:** 06371-86-5601

Your Team for Maternity Care & Birth:

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

Captain Kelly Origel

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!):

Group Centering Prenatal Care and Continuity Teams, teaming with New Parent Support for additional prenatal and basic parenting classes, and partnering with local community groups in support of your care. With seven private labor rooms, our L&D is equipped with comforts you can always expect: wireless monitoring capabilities, private bathrooms, birthing balls, natural labor kits, sleeper recliners and much more!

THE LRMC CHOICE

We want to be *your first choice* for maternity care! Your experience is our priority, and we are happy to answer any questions you might have. If you have questions about your benefits, what's covered here at LRMC or at other host-nation facilities, or would like more information, please feel welcome to visit or call the LRMC TRICARE Service Office. I look forward to every day that I get to help you have the best experience at LRMC and hope you will choose our team for your care! ■



On-Base Optometry Centers

52nd Medical Group Spangdahlem
Bldg 550
Spangdahlem 54529
DSN 452-8333;
(06565) 61 8333

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

Baumholder Army Health Center
Bldg 8740, Room 202
Baumholder 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, KMCC
Ramstein-Miesenbach 66877
(06371) 802 0358

Exchange Optical Center, Stuttgart
Bldg 2903, Panzer Kaserne

Böblingen 71032
(07031) 204 2352

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

Exchange Optometry Care, Ramstein Air Base
Bldg 3336, KMCC
Ramstein-Miesenbach 66877
(06371) 802 0450

Exchange Optometry Care, Stuttgart
Bldg 2903, Panzer Kaserne
Böblingen 71032
(07031) 204 2350

Exchange Optometry Care, Wiesbaden-Hainerberg
Bldg 7762, Wiesbaden 65189
(0611) 7238 6164

Grafenwoehr Army Health Center
Bldg 475, Graf Main Post
Grafenwoehr 92655
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 590-3600;
(06371) 9464 3600

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

Stuttgart Army Health Center (#30401)
Bldg 2300
Stuttgart-Vaihingen 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



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UNDERSTANDING THE MILITARY TREATMENT FACILITY PRIORITY FOR CARE

Access to a **Military Treatment Facility (MTF)** is based on governmental policy and the needs of the defense mission. Therefore, a priority for care was established by the DOD to regulate access to MTFs. It is important to understand the priority for care and where you and your family can access medical treatment when you need it.

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/NAF 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](tel:303-331-7590)
[Fax 303-331-7803](tel:303-331-7803)
www.va.gov/purchasedcare/programs/veterans/fmp

GET SET UP WITH TRICARE OVERSEAS



TRICARE PRIME ACCESS

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:

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

Be sure to visit 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. ■

RECEIVING MEDICAL TREATMENT on the local economy

By Genevieve Northup

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

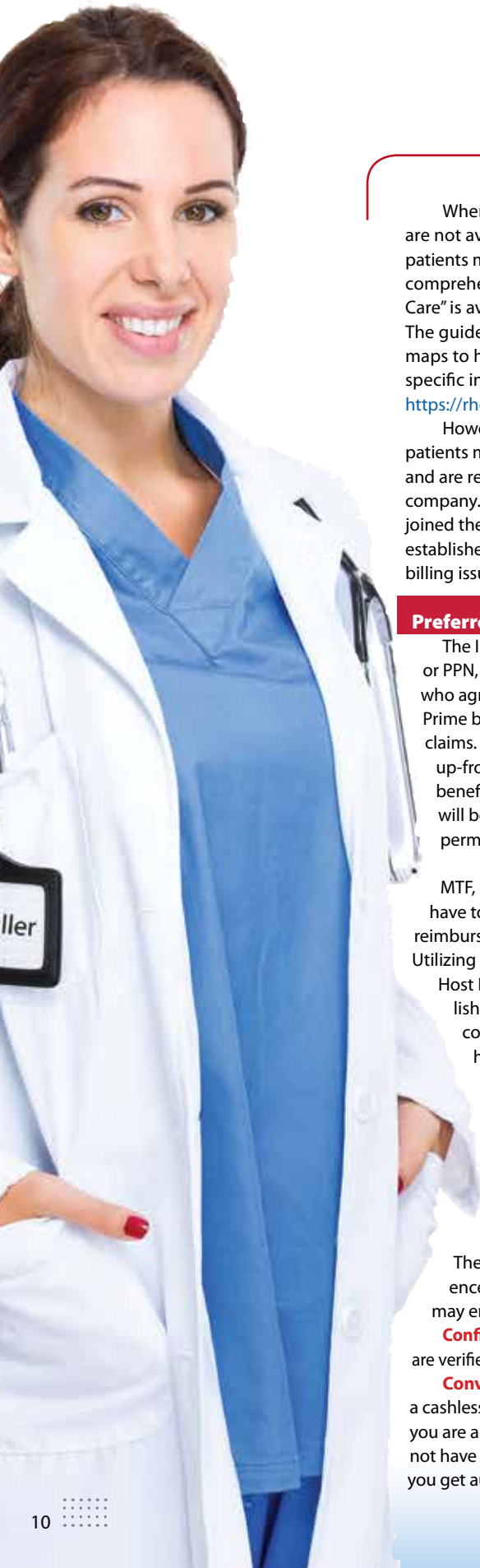
A routine primary care appointment is designated for patients who require a visit with their primary care manager for a new healthcare problem that is not considered urgent. Routine care for active duty and TRICARE Prime and TRICARE Plus enrollees shall be scheduled within seven calendar days from the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



NON-TRICARE Health Insurance Policies



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. ■

Patient Liaisons and treatment differences

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 a



nd patient liaison, go online to www.tricare.mil/ContactUs/callus/TSC/EA.aspx and click on the TSC link. To contact your ERMCI liaison, go to rhce.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

What to bring with you to the hospital

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

where you can purchase them. For a complete list of what to bring, see the suggestions below: 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.

ANTACID

Generic: Aluminiumhydroxid, Brand: Maaloxan 25mval liquid in 10ml packets
Generic: Calcium Carbonate, Brand: Rennie Kautabletten

ANTIDIARRHEAL

Generic: Loperamid-Hcl 2 mg, Brand: Lopedium akut bei akutem Durchfall

ANTIFUNGAL/ FOOT

Generic: Terbinafin, Brands: Lamisil Spray/Creme/DermGel
Generic: Clotrimazol, Brands: Canesten Spray/Creme
Generic: Bifonazol, Brands: Canesten Extra Spray/Creme

ANTIFUNGAL/JOCK ITCH

Generic: Ketoconazol, Brand: Nizoral Creme/Shampoo

ANTIFUNGAL/VAGINAL

Generic: Clotrimazol, Brands: Kade-Fungin 3, Kombi-Packung Canesten GYN 3-Tage-Therapie

ANTIHISTAMINE

Generic: Loratadin, Brand: Claritin
Generic: Cetirizin, Brand: Zyrtec

ARTIFICIAL TEARS

Generic: Hypromellose/Polyvidon, Brand: Lacrisic Augentropfen

CHILDREN'S IBUPROFEN

Generic: Ibuprofen 100mg/5ml, Brand: NUROFEN Junior Fiebersaft

CHILDREN'S TYLENOL (SYRUP)

Generic: Paracetamol, Brands: Ben-u-ron Saft (200mg/5ml), Paracetamol Saft –gengen Fieber und Schmerzen

COMMON WARTS

Generic: Dimethyl ether, Brands: Wartner Remover (adults), for children: Wartner Kids

CONSTIPATION

Generic: Macrogol 400 (Polyethylene Glycol), Brand: Laxoberal (sachet, tablets / drops)

COUGH MEDICINE

Generic: Dextromethorphan, Brands: Wick Formel 44 Husten-Stiller Sirup (Syrup), Wick Forem 44 Plus Husten-Pastillen (Lozenges)

EAR WAX REMOVER

Generic: Docusat-Natrium, Brand: Otowaxol Lösung

HEAD LICE

Generic: Permethrin, Brand: Infectedopedicul

ORAL ELECTROLITE REPLACEMENT (FOR ADULTS)

Contains: sodium, potassium chloride and glucose
Brand: Elotrans Pulver (sachets, powder for oral solution)

SALINE NASAL SPRAY

Generic: Sodium Chloride, Brand: Emser Nasenspray

THROAT LOZENGES

Brand: Lemocin (with Lidocain)
Brand: DoloDobendan (with Benzocain)

TOPICAL ANESTHETICS

Active Ingredient: Lidocain
Brand: Kamistad-Gel N

Pharmacies off base



A large red "A" identifies an *Apotheke*.

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*).



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My Birth Experience

IN GERMANY

By Carrie Farrell

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. T

here 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.

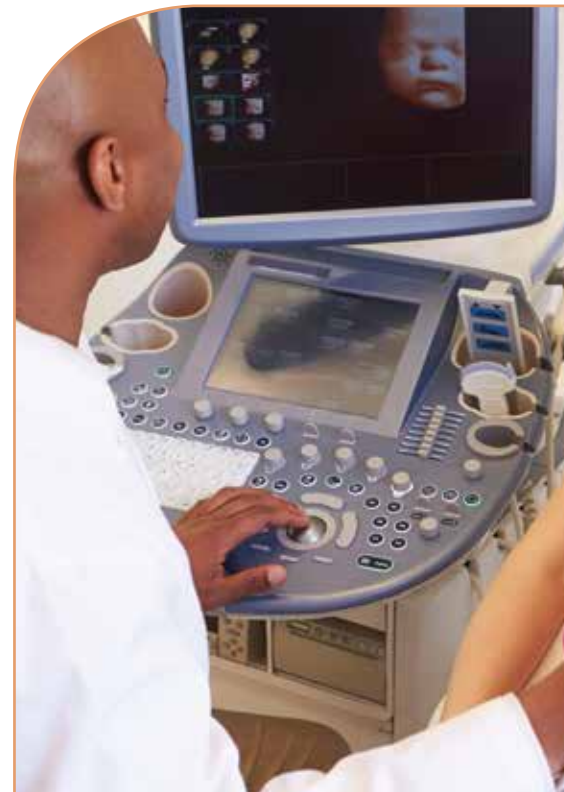
Choosing a hospital

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://employeeedental.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.

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www.addp-ucci.com

TRICARE Dental Program
 MetLife 1-855-MET-TDP2
 (1-855-638-8372) (OCONUS)
 1-855-MET-TDP3
 (1-855-638-8373) (TDD/TTY)
mybenefits.metlife.com

TRICARE Retiree Dental Program
 1-888-838-8737 (24 hours automated)
 1-866-847-1264 (TTY/TDD)
 +866-721-8737 (International,
 AT&T USA Direct Access)
www.trdp.org

milConnect Website
 Update DEERS Information
milconnect.dmdc.mil

Beneficiary Web Enrollment
www.tricare.mil/bwe

TRICARE Website
www.tricare.mil

Dental Care

Pediatric Dental Care

by Jeana Coleman

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.

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.

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

Promoting Healthy Habits

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



MY DENTIST WIESBADEN

ZAHNÄRZTE AM KURHAUS



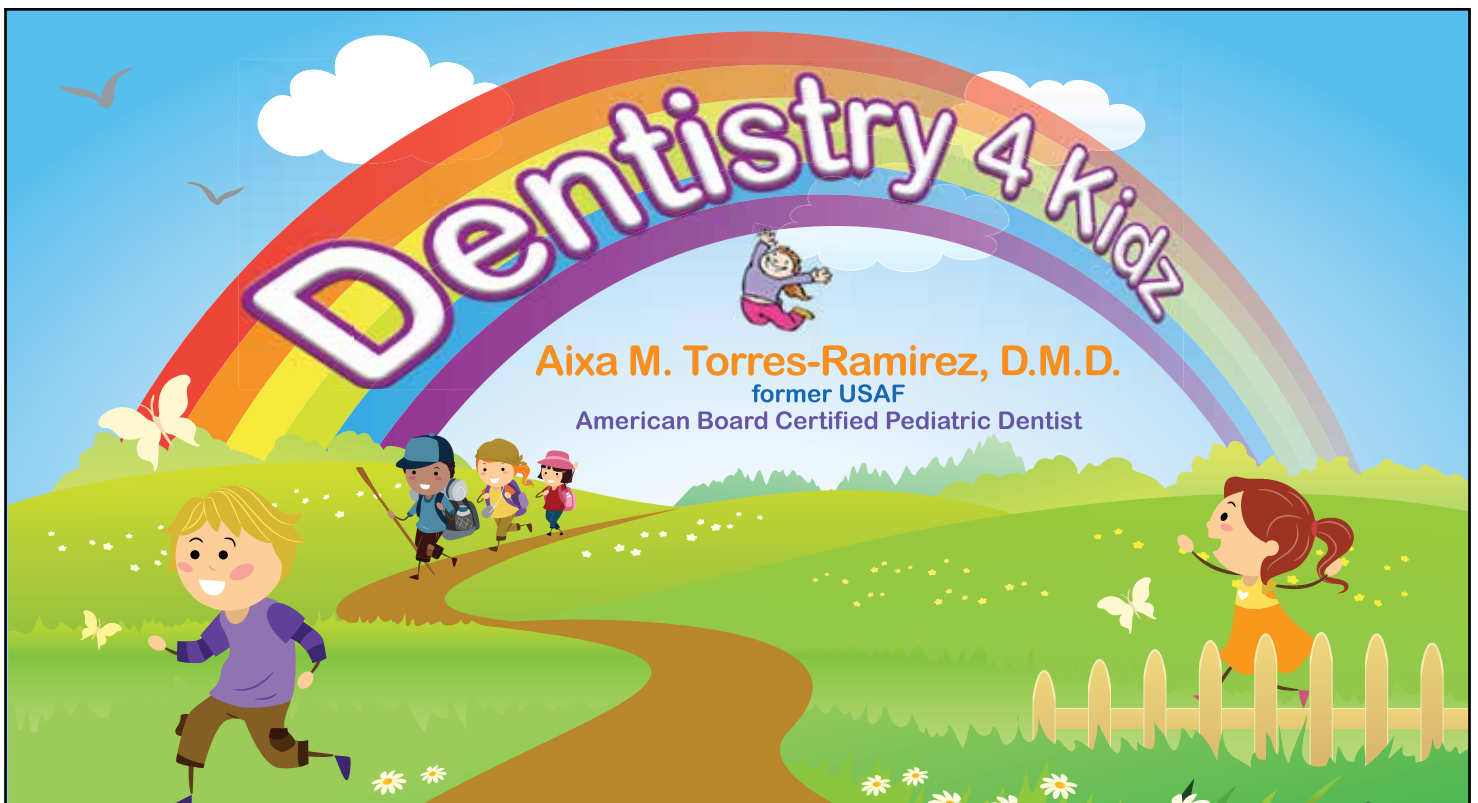
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Understanding Mental Health Care in Germany



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, preven-

tion, 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/arztsuche>).

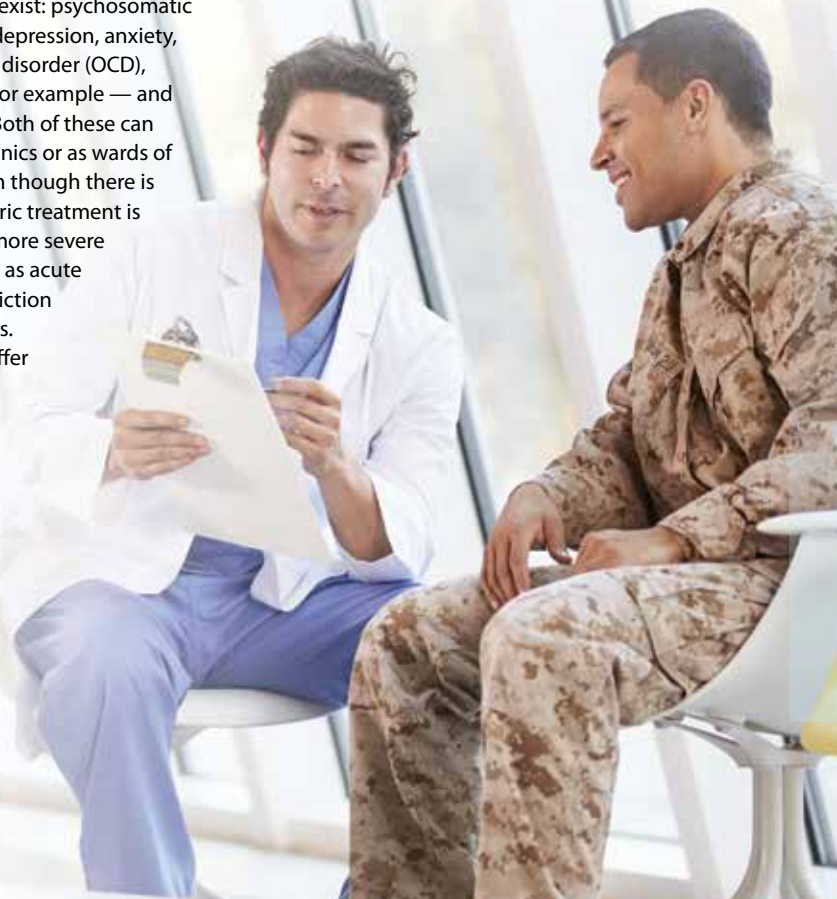
If inpatient psychological treatment is required, two options exist: psychosomatic clinics — which treat depression, anxiety, obsessive-compulsive disorder (OCD), and eating disorders, for example — and psychiatric hospitals. Both of these can exist as stand-alone clinics or as wards of general hospitals. 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.



SIMPLE Strategies to Improve Your Health



By Betsy Ramirez, MEd, RDN

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⁾

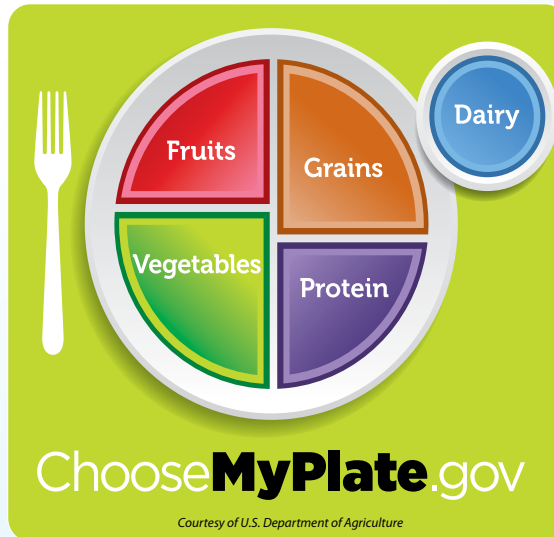
- Thirst
- Dry mouth
- Decreased urine output and darker urine
- Sleepiness or tiredness
- Headache
- Dizziness
- Constipation

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.



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.

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.

Evaluate where you are.

Take the time to evaluate where you are in your life and what small changes you can make. Talk to you doctor about your intentions to make these changes and see if you can enlist the help of other healthcare professionals, like a dietitian. Look for local classes in your area that are offered to help meet your goals. Finally, be mindful of how you treat your body. Ask yourself if the foods you are choosing are nourishing. If you aren't moving, start small and add in physical activity one to two times a week. ■

RESOURCES:

- (1) The effect of hypohydration on endothelial function in young healthy adults. European Journal of Nutrition, 2016; DOI: 10.1007/s00394-016-1170-8.
 (2) <http://www.nationalacademies.org/hmd/Global/News%20Announcements/~media/442A08B899F44DF9AAD083D86164C75B.ashx>.
 (3) <http://www.mayoclinic.org/diseases-conditions/dehydration/basics/symptoms/con-20030056>. (4) <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm>.
 (5) http://www.pbhfoundation.org/pdfs/about/res/pbh_res/State_of_the_Plate_2015_WEB_Bookmarked.pdf. (6) <http://www.fruitsandveggiesmorematters.org/research>.
 (7) <http://www.choosemyplate.gov/myplate-graphic-resources>. (8) http://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf.
 (9) <http://health.gov/paguidelines/guidelines/summary.aspx>. (10) http://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf.



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BREAST CANCER CENTER



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With a total of 4,000 employees, we are proud to offer high-end patient care to almost 160,000 patients per year. Read more about us and visit us at www.westpfalz-klinikum.de



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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/pediatrics

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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 malign 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. What we provide is 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.

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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.

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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

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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 outbound or by local practitioners.

For more information please visit our website www.westpfalz-klinikum.de/centerforvomedicine



Pet health

by Genevieve Northup



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.



Tollwut!

Gefährdeter bezirk.

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.

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.



Installation Vet Clinics

ANSBACH

Ansbach U.S. Army Garrison
Bldg 9003, Von Steuben Str, Katterbach
Kaserne
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 Linderburg
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 54529
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; (09662) 83 2370

WIESBADEN

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

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Adalbert, Christoph D.V.M.
Weiherstrasse 15, Eschenbach 92676
(09645) 918085

**Baur-Schmelcher, Veronika D.V.M.,
Schmelcher, Siegfried D.V.M.**
Lettenstrasse 20, Pressath 92690
(09644) 300
Emergency service available
www.tierarztpraxis-pressath.de

Bründl, Peter D.V.M.
Paul Dietrich Straße 12, Burglengenfeld 93133
(09471) 7159

Burkhardt, Hartmut D.V.M.
Goethestrasse 6, Sulzbach-Rosenberg 92237
(09661) 810755, (0171) 3108704 emergency
www.hartmut-burkhardt.de

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

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

Krinninger, Eduard D.V.M.
Hammerweg 64, Weiden 92637
(0961) 31791
http://weiden-tierarzt.de

Lukas, Bernd D.V.M.
Jahnstraße 6, Amberg 92224
(09621) 24 848 (24-hr ER)
www.tierarzt-amberg.de

Tierärztlichen Fachzentrum
Friedrich-von-Schiller-Straße 3c, Auerbach
91275
(0921) 787 78880
www.klinik-bayreuth.de

Plank, Monika D.V.M.
Regensburger Straße 36

Burglengenfeld 93133
(09471) 200 300

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

Seitz, Drs. Gertaud and Bernhard
Schöndorferstraße 2, Breitenbrunn 92363
(09492) 1483
www.tierarzt-seitz.de

Weigl, Birgit D.V.M.
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(09662) 701 6253
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www.tierarztpraxis-weigl.de

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Emergency service available
www.tierarztpraxis-kueke.de

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**Delorme, Sandrine D.V.M., Goldberg,
Yaron, D.V.M.**
Daimlerstraße 7, Landstuhl 66849
(06371) 914 314, (0171) 930 3179 emergency
Wadgasser Str. 3a, Kaiserslautern 67657
(0631) 366 00 530
www.landstuhlvet.de

Grüning, Georg D.V.M. (Ophthalmology)
Grüning, Svenia D.V.M.
Hohenfelsstraße 14, Zweibrücken 66482
(06332) 568 388, (0171) 650 5883 emergency
www.tierarzt-gruening.de

Koch, Hans-Joachim D.V.M.
Am Schönenwald, Birkenfeld 55765
(06782) 10 9090, (0160) 7114440 emergency
www.tierklinik-birkenfeld.de

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www.tierklinik-trier.de

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Speckgärten 12, Zweibrücken 66482
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www.tierklinik-zw.de

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(06371) 700 40
www.tierarzt-michelberger.de

Rahimi, Moussa D.V.M.
Lothringer Dell 48, Kaiserslautern 67659
(0631) 630 63
www.tierarzttrahimi.de

Rösch, Xaver D.V.M., Rösch, Bärbel D.V.M.
Dr. Siebenpfeifferstraße 13, Haßloch 67454
(06324) 989 498
www.roesch-tieraerzte.de

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Gaugasse 7, Wiesbaden-Biebrich 65203
(0611) 1472655
www.tierarzt-geyer.de

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Saarbrücker Allee 7, Wiesbaden 65201
(06371) 188 5815
www.tierarztpraxis-kindler.de

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(06123) 703740
www.kleintierzentrum-walluf.de

König, Florian D.V.M.
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(0611) 42 2250
www.neurovet.de

Krug, Philipp D.V.M.
Siemmenstrasse 17, Kelkheim 65779
(06195) 725 7755
www.tierpraxis-kelkheim.de

Riedel, Ulf D.V.M.
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(069) 7075521
www.vetconsult.de

Smart Vet
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(0611) 240 0641
www.smartvet.de

Tierärztliche Klinik Bretzenheim
Höhner, Frank D.V.M.
In den Zehn Morgen 4, Bretzenheim 55559
(0671) 33264
www.tierklinik-bretzenheim.de

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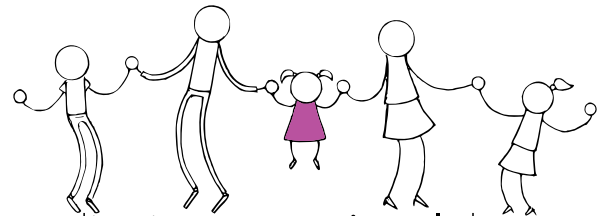
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hospital
das Krankenhaus (*dahs Krahn-ken-hows*)

doctor
der Arzt (*dare Artst*)

pharmacy
die Apotheke (*dee Ah-poh-tay-kuh*)

dentist
der Zahnarzt (*dare Tsahn-artst*)

orthodontist
der Kieferorthopäde (*dare Kee-fair-or-toh-pay-de*)

optometrist
der Optiker (*dare Ohp-tee-kair*)

SYMPTOMS/CONDITIONS

I'm sick/ill
Ich bin krank (*Ik bin krahnk*)

He/ She is sick/ill
Er/Sie ist krank (*Air/Zee ist krahnk*)

I need a doctor (who speaks English)
Ich brauche einen Arzt (der Englisch spricht)
(*Ik brow-ke ine-en artst [dare Ayng-lish shprihkt]*)

It hurts here
Es tut hier weh
(*Es toot here vay*)

My ... hurts
Mein(e) ... tut weh
(*Mine(-uh) ... toot vay*)

I can't move my ...
Ich kann meinen/meine/mein ... nicht bewegen
(*Ik kahn mine-en/mine-uh/mine ... nikt buh-vay-gen*)

I have a cramp in my ...
Ich habe einen Krampf in meinem/meiner
(*Ik ha-buh ine-nen krahm in mine-em/ mine-ur ...*)

My ... is swollen
Mein/ Meine ... ist geschwollen
(*Mine/mine-uh ... ist guh-shvohl-en*)

eye
das Auge (*dahs Ow-guh*)

ear
das Ohr (*dahs Or*)

arm
der Arm (*dare Ahrm*)

hand
die Hand (*dee Hahnd*)

butt
der Hintern (*dare Hin-turn*)

head
der Kopf (*dare Kohpf*)

nose
die Nase (*dee Na-zeh*)

mouth
der Mund (*dare Moond*)

chest
die Brust (*dee Broost*)

stomach
der Magen (*dare Ma-gen*)

leg
das Bein (*dahs Bine*)

I've been vomiting
Ich habe mich übergeben
(*Ich ha-buh mihk oo-burr-gay-ben*)

I can't sleep
Ich kann nicht schlafen
(*Ik kahn nihkt shlah-fen*)

I feel dizzy
Mir ist schwindelig
(*Mere ist shvin-del-lihk*)

I feel hot and cold
Mir ist abwechselnd heiß und kalt
(*Mere ist ab-vek-selnd highs oond kahlt*)

I feel nauseous
Mir ist schlecht/übel
(*Mere ist shlehkt/oo-bel*)

I feel shivery
Mich fröstelt/Ich habe Schüttelfrost
(*Mihk frehs-telt/Ik ha-buh shet-tell-frohst*)

I feel weak
Ich fühle mich schwach
(*Ik foo-luh mihk shvahk*)

I feel anxious
Ich habe Ängste
(*Ik ha-buh ayng-stuh*)

I feel depressed
Ich bin deprimiert
(*Ik bin day-pee-meert*)

I feel better/worse
Mir geht es besser/schlechter
(*Mere gayt es bes-sir/shlek-tur*)

I have (a)...
Ich habe... (*Ik ha-buh...*)

fever
Fieber (*Fee-bur*)

diarrhea
Durchfall (*Doo-rk-fall*)

headache
Kopfschmerzen (*Kohpf-shmair-zin*)

stomachache

Bauchschmerzen (*Bowk-shmair-zin*)

pain
Schmerzen (*Shmair-zin*)

a sore throat
Halsschmerzen (*Halls-shmair-zin*)

a cold
eine Erkältung (*ine-uh Ere-kell-toong*)

a cough
Husten (*Hoos-ten*)

asthma
Asthma (*Ahzt-ma*)

diabetes
Diabetes (*Dee-ah-bay-tis*)

the flu
Grippe (*Grih-puh*)

stomach flu
Magen-Darm-Grippe (*Mah-gen-Dahrm-Grih-puh*)

heart problems
Herzbeschwerden (*Hairs-buh-shver-din*)

nausea
Übelkeit (*Oo-bell-kite*)

a urinary tract infection
eine Harnröhrentzündung
(*ine-uh Harn-roar-en-ent-zoon-doong*)

I have an infection
Ich habe eine Infektion/eine Entzündung
(infected area)
(*Ik ha-buh ine-uh In-fek-see-ohn/ ine-uh Ent-zoon-doong.*)

I have a rash
Ich habe einen Ausschlag
(*Ik ha-buh ine-en Ows-shlahg*)

I'm on medication for ...
Ich nehme Medikamente gegen...
(*Ik nay-muh May-dee-ka-men-tuh gay-gen...*)

RISK FACTORS

I take ... /I am on medication
Ich nehme ... /Ich nehme Medikamente
(*Ik nay-muh ... /Ik nay-muh may-dee-ka-men-tuh*)

I drink
Ich trinke (*Ik trin-keh*)

I smoke
Ich rauche (*Ik row-keh*)

VACCINATIONS/ALLERGIES

He/She has been vaccinated for ...
Er/Sie ist gegen ... geimpft worden
(*Air/ Zee ist gay-gen ... gay-imft vor-den*)

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112

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Germersheim 0631-536-6060/7070
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German language medical terms



Hepatitis (A/B/C)

Hepatitis (A/B/C) (*Hay-pa-tee-tis Ah/ Bay/ Tsay*)

tetanus

Tetanus/Wundstarrkrampf (*Tay-tah-noose/ Voond-shtar-krahmf*)

chicken pox

Windpocken (*Vihnd-pohk-en*)

diphtheria

Diphtherie (*Dif-tair-ee*)

pertussis

Pertussis/Keuchhusten (*Pear-toos-iss/Koych-hoos-ten*)

polio

Polio/Kinderlähmung (*Polio/Kin-dair-lay-moong*)

rabies

Tollwut (*Tohl-voot*)

smallpox

Pocken (*Poh-ken*)

yellow fever

Gelbfieber (*Gelb-fee-burr*)

I have a skin allergy

Ich habe eine Hautallergie (*Ik ha-buh ine-nuh Howt-ahl-air-gee*)

I'm allergic to ...

Ich bin allergisch gegen ... (*Ik bin ahl-air-gish gay-gen ...*)

antibiotics

Antibiotika (*Ahn-tee-bee-oh-tee-kuh*)

anti-inflammatories

entzündungshemmende Mittel (*ent-zoon-doongs-hem-en-duh Mitt-ill*)

aspirin

Aspirin (*Ahs-pee-reen*)

bees

Bienen (*Bee-nen*)

codeine

Kodein (*Co-day-een*)

penicillin

Penizillin (*Pen-ee-zee-leen*)

pollen

Pollen (*Pohl-len*)

antihistamines

Antihistamine (*Ahn-tee-hiss-ta-mean-uh*)

inhaler

der Inhalator (*dare In-ha-la-torr*)

injection

die Injektion (*dee In-yek-see-ohn*)

sulfur-based drugs

Arzneimittel auf Schwefelbasis (*Artst-nigh-mitt-ill owf shvay-fill-ba-ziss*)

OB/GYN

Could I see a female doctor?

Könnte ich von einer Ärztin behandelt werden? (*Kenn-tuh ik fun ine-ur Airz-tin bay-hahn-delt vair-din?*)

pregnancy test

der Schwangerschaftstest (*dare Shvahng-ur-shahfts-test*)

(I think) I'm pregnant

(Ich glaube,) Ich bin schwanger (*Ik gl-ow-buh, ik bin shvahng-ur*)

I'm on the pill

Ich nehme die Pille (*Ik nay-muh dee Pill-uh*)

I haven't had my period for ... weeks

Ich habe seit ... Wochen meine Periode nicht gehabt (*Ik ha-buh zyt ... voh-kin mine-uh Pay-ree-oh-duh nikt gay-hahpt*)

contraception

Verhütung (smittel) (*fair-hoot-oongs-mitt-ill*)

PHARMACY

I've run out of my medication

Ich habe keine Medikamente mehr (*Ik ha-buh kine-uh May-dee-ka-men-tuh mare*)

My prescription is ...

Mein Rezept ist ... (*Mine ray-tsept ist ...*)

Is there a (night) pharmacy nearby?

Gibt es in der Nähe eine (Nacht-)Apotheke? (*Gibbt es in dare Nay-uh ine-uh [Nahkt-] Ah-poh-tay-kuh?*)

I need something for ...

Ich brauche etwas gegen ... (*Ik brow-kuh et-voss gay-gen ...*)

Do I need a prescription for ...

Brauche ich für ... ein Rezept? (*Brow-kuh ik fir ... ine ray-tsept?*)

How many times a day?

Wie oft am Tag? (*Vee ohft ahm Tahg?*)

Will it make me drowsy?

Macht es müde? (*Mahkt es moode?*)

Once/ twice a day (with food)

Einmal/Zweimal am Tag (zum Essen) (*Ine-mall/tsvy-mall ahm Tahg [tsoom Es-sen]*)

EMERGENCY USE

I need help

Ich brauche Hilfe (*ihk brow-kuh hill-fuh*)

I am currently here ...

Ich bin zurzeit hier ... (*ihk bin zoor-zyt here*)

There has been an accident

Es ist ein Unfall passiert (*ess isst ine oon-fahl pahs-seert*)

Please send an ambulance

Schicken Sie mir bitte einen Krankenwagen (*shih-ken zee meer bit-tuh ine-en krahn-ken-vah-ghen*)

I have been injured

Ich wurde verletzt (*ihk voor-duh fehr-letst*)

I work for the U.S. military

Ich arbeite für das US-Militär (*ihk ahr-by-tuh foor doss ooh-ess-mih-lee-tair*)

The injured person is bleeding

Die verletzte Person blutet (*dee fehr-lets-tuh pair-sohn bloo-tett*)

The injured person is unconscious

Die verletzte Person ist bewusstlos (*dee fehr-lets-tuh pair-sohn isst bay-boost-lohs*)

The injured person is not breathing

Die verletzte Person atmet nicht (*dee fair-lets-tuh pair-sohn ant-met nihkt*)

DENTAL

I have a broken tooth

Ich habe einen abgebrochenen Zahn (*Ik ha-buh ine-in ahp-gay-broh-kuh-nin Tsahn*)

I have a toothache

Ich habe Zahnschmerzen (*Ik ha-buh Tsahn-shmair-zin*)

I need a filling

Ich brauche eine Füllung (*Ik brow-kuh ine-uh Fool-oong*)

I've lost a filling

Ich habe eine Füllung verloren (*Ik ha-buh ine-uh fool-oong fair-lorr-in*)

I don't want it extracted

Ich will ihn nicht ziehen lassen (*Ik vill een nihkt zee-hin lah-sin*)

My gums hurt

Mein Zahnfleisch tut weh (*Mine Tsahn-flysh toot vay*)

My braces are broken

Meine Zahnsperre ist kaputt (*Mine-uh Tsahn-shpahng-uh ist ka-put*)

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