

HEALTH & MEDICAL

NAPLES



MILITARY TREATMENT FACILITIES

OFF-INSTALLATION HEALTHCARE

STAYING HEALTHY

PET HEALTH

PROVIDER DIRECTORY

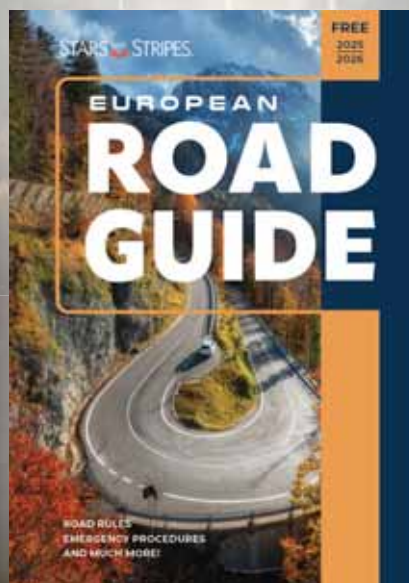
INSIDE

Ready for your next

ROAD TRIP?

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The Stripes European Road Guide will
be available at your installation's
A&FRC, ACS and FFSC!



Check out
the digital
version



GOOD SLEEP. GOOD DAY. GOOD LIFE.

Did you know how risky snoring could be?

We simply stop it.



Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring.

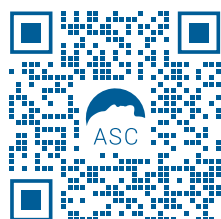
Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

Moreover: Snoring affects your readiness at work, for travel and exploration.

Join his Sleep Clinic in Frankfurt am Main, where he treats patients in a comfortable environment since 2009. Very easy to reach with stop directly in front of the clinic. Extensive examinations and tests are carried out by special measurements with state-of-the-art equipment.

Do not hesitate to contact us today!

Our medical services are covered by most U.S. Health insurances with direct billing services.



American Sleep Clinic
Friedberger Landstraße 406
60389 Frankfurt am Main
+49 69 808 807-777 | Fax -779
info@american-sleep-clinic.com
www.american-sleep-clinic.com

 Zentrum für
SCHLAFMEDIZIN
American Sleep Clinic





Your Guide to Health Care in Italy

Whether this is your first time stationed overseas, or you're a PCSing pro, navigating the Italian healthcare system can be overwhelming. From finding on-installation resources to understanding the differences you'll encounter off installation at an Italian doctor, the Stars and Stripes' Health and Medical Guide can help you along the way.

Disclaimer: The information in this guide is for informational purposes only and is edited annually for accuracy. However, we make no warranty regarding the validity of the content. Your local Medical Treatment Facility (MTF) can provide the most up to date information.

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STARS AND STRIPES®

EUROPE OFFICE

COMMANDER

Dan "DQ" Quinlan, Lt Col, USAF

BUSINESS OPERATIONS MANAGER

John Rodriguez

ENGAGEMENT MANAGER

Kay Moncada

MARKETING COORDINATOR

Kristen Thoennes

COMMUNITY RELATIONS COORDINATOR

Al Green

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

PUBLISHING & MEDIA DESIGN, LEAD EDITOR

Kat Nickola

WRITER-EDITORS

Tamala Malerk, Katie Wells

GRAPHIC ARTISTS

Daniela Gammon, Ryann Joye,
Mandy Mills

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield,
Kandace Blevin, Nathaniel Jamison,
Jeff Teeselink

ADMINISTRATIVE ASSISTANT

Danny Padro

COVER DESIGN BY

Ryann Joye

ADVERTISING OFFICE

Unit 29480, APO, AE 09211
Postfach 1980, 67607
Kaiserslautern, Germany
+49 (0) 631-3615-9000

FOR PUBLICATION REQUESTS

Stars and Stripes Europe, Advertising
Unit 29480, APO AE 09211

or email dougherty.doug@stripes.com

Visit our website for more information
at www.stripes.com

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WASHINGTON OFFICE

PUBLISHER

Max Lederer, Jr.

CHIEF OPERATIONS OFFICER

Laura Law

REVENUE DIRECTOR

Scott Foley

ADVERTISING OFFICE

633 3rd Street NW, Suite 116
Washington, DC 20001-3050
202-886-0003



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SERVICES AVAILABLE

AVIANO 1

Via Gramsci, 14
33081, Aviano
(Pordenone)

AVIANO 2

Viale per Costa, 71
33081, Aviano
(Pordenone)

PORDENONE

Corso Vittorio
Emanuele II, 27
33070, Pordenone

Psychology
Psychiatry
ABA

Physical Therapy
Speech Therapy
Occupational Therapy
Nutrition



U.S. Naval Facility Naples

U.S. Naval Hospital (USNH) Naples is a 29-bed community hospital with one Naval Branch Health Clinic (NBHC) located at Capodichino and a Navy Fleet Liaison Detachment at Landstuhl Regional Medical Center, Landstuhl, Germany. The main hospital and the branch health clinic provide exceptional quality healthcare services and support to approximately 9,800 eligible personnel and family members from 62 U.S. Navy tenant commands, the USS Mount Whitney (LCC 20), and forces from the 22 nations that comprise the Allied Joint Forces Command, Naples, Italy. Annually, the hospital and clinic perform over 84,000 patient care encounters, deliver an average of 130 babies, and execute a budget of over 20 million dollars. All staff members work tirelessly to keep warfighters in the fight. The Status of Forces Agreement (SOFA) permits the U.S. Naval Hospital to provide medical care to U.S. military active duty and other specified U.S. personnel who are present in Italy by virtue of their support of NATO organizations.

Appointments

Comm: 081-568-4786

DSN: 626-4786

Hours: Monday – Friday, 7:30 a.m. to 4 p.m.

Primary Care Clinic

Acute or urgent care appointments may be obtained by calling for a same-day or next-day appointment from the Primary Care Clinic.

Comm: 081-568-4786

DSN: 626-4786.

Hours: Monday – Friday 7:30 a.m. to 4 p.m.

Patient Centered Care Coordinator

Comm: 081-811-6319

DSN: 629-6319

Services Available

- Audiology
- Dental
- Primary Care: Adults, OB/GYN
- Health Promotion
- Laboratory
- Nutritionist
- Pharmacy
- Physical Exams
- Preventive Medicine
- Radiology

EMERGENCY CARE

If an emergency occurs and you need an ambulance, try to have clear directions to the location of the patient. Emergency care is available at the Support Site Hospital Emergency Medical Department.

USNH Naples Emergency Services

Comm: 081-568-4911
DSN: 911 (626-4911)

Support Site Hospital ER

Comm: 081-811-6150, DSN: 629-6150
Hours: 24 hours a day, 7 days a week

The **TRICARE Nurse Hotline** is available 24 hours a day for medical advice.

Comm: 800-877-660.

www.mhsnurseadvice.com

International SOS Medical Assistance

24/7 support for TRICARE Overseas beneficiaries. They can help you locate an ER when traveling and coordinate translation services when available.
Comm: +(44)20-8762-8133 or 800-928-305

BEHAVIORAL CLINIC

The Behavioral Clinic of U.S. Naval Hospital Naples, Italy provides a variety of services, including fitness and suitability evaluations of active-duty service members, short-term outpatient treatment of active-duty personnel and their family members, as well as NATO personnel, and consultation to other medical services.

Comm: 081-811-6682/6306

DSN: 629-6682/6306

Hours: Monday, Wednesday – Friday, 7:30 a.m. to 4 p.m., Tuesday, 7:30 a.m. to noon

PEDIATRICS

There are two pediatricians at Naval Hospital Naples. They, along with the family medicine physicians and other providers in Medical Home Port clinic, provide medical care to eligible children, including newborn nursery and inpatient pediatric care.

The Early Development Intervention Service

(EDIS) clinic provides developmental services (speech and related therapies) for infants and children up to the age of 35 months. For more information about DoDEA-provided developmental services for children three years and older, visit www.dodea.edu/education/student-services/special-education.

Branch Health Clinic Capodichino

The Naval Branch Health Clinic Capodichino offers Pharmacy, Radiology, and Laboratory services to all adult TRICARE beneficiaries as well as U.S. civilian employees and contractors.

Capodichino, Bldg. 457
Monday, Wednesday and Friday,
7:30 a.m. to 4 p.m.
Tuesday, 7:30 a.m. to noon
(closed for training 1-4 p.m.)

Medical Central Appointments

Comm: 081-568-4786
DSN: 626-4786

Dental Central Appointments

Comm: 081-568-4644
DSN: 626-4644

Information Desk

Comm: 081-568-5311
DSN: 626-5311

HEALTH PROMOTION

USNH Naples | DSN: 629-6445/6305

BHC Capodichino | DSN: 626-5717

Email: usn.Naples.navhospnaplesit.list.health-promotions@mail.mil

By appointment only

• Body Composition Assessment (BOD POD)

Determine your body fat percentage.

Scales or BMI cannot identify how much of your weight is fat, muscle or body water, but body composition can. Utilize body composition to track weight loss because it differentiates fat and fat-free weight.

• Resting Metabolic Rate Assessment

Determine how much energy (calories) your body burns at rest (resting metabolic rate). With this assessment, tailored strategies can be provided for weight loss, maintenance or weight gain.

• Strength and Flexibility Assessment

Determine your level of grip strength, back strength and flexibility compared to your peers based on gender and age. This can help identify areas for improvement.

• Health Coaching Sessions

These are one-on-one session to focus on exercise review; evaluate your current plan and progress, or discuss starting a new exercise program that is tailored towards you and your unique health goals.

• Upping your Metabolism

Learn how to influence your metabolism through exercise and nutrition.

• Fueling for Health

Learn the fundamentals of healthy eating, dietary guidelines and food labels.

• Meals in Minutes

Learn how to overcome the challenges and myths associated with healthy meal preparation. Develop the tools and skills to prepare healthy meals in a timely manner.

• Stress Management

Learn stress relief techniques, positive coping skills and training on biofeedback. Deep breathing, guided imagery, progressive muscle relaxation and mindfulness meditation are utilized.

• Performance Optimization

Learn about the aspects of fitness being assessed. Review technique, form and exercise planning to improve overall physical fitness. ■

FIRST RESPONDERS

USNH Naples

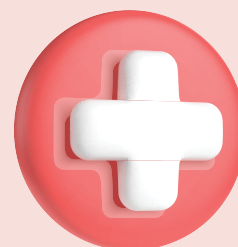
Comm: **081-568-4911**
DSN: 911

European Emergency Number: **112**

Italian Ambulance: 118

Italian Fire: 115

Italian Police: 113



TRICARE Overseas

The local TRICARE Enrollment Office can help you with PCM changes, enrollment of newborns, explanation of benefits, eligibility and any other TRICARE-related inquiry. Advisors can also help with host-nation provider names and phone numbers, a map with driving directions, and can assist you in booking off-base care. They can also help you understand medical documentation and bills.

TRICARE Service Center

U.S. Naval Hospital Naples, Room 1310

Comm: 081-811-4646

DSN: 629-4646

Hours: Monday – Friday, 8 a.m. to 4 p.m.

TRICARE Resources

TRICARE covered services: www.tricare.mil/coveredservices

TRICARE health plan costs: www.tricare.mil/costs

TRICARE plans and programs: www.tricare-overseas.com/beneficiaries/plans-and-programs

DEERS Office

Capodichino

Comm: 081-568-4390

DSN: 626-4390

You can update your address in DEERS online at www.tricare.mil/DEERS.

Remember to verify and update DEERS annually or when you have a change in:

- Military career status (i.e. rank or retirement)
- Activation (Guard/Reserve)
- Change of address
- Marriage or divorce
- Birth or adoption
- New full-time student aged 21 – 23
- Death of dependent family member

TRICARE PRIME

Those on TRICARE Prime will get most care from their assigned primary care manager (PCM) at U.S. Naval Hospital Naples or at the clinic at Capodichino. Your PCM refers you to a specialist for care that he or she cannot provide.

Enrollment

Active-duty service members (ADSM) and their command sponsored dependents MUST transfer their TRICARE enrollment overseas. You have 90 days from arrival to complete this. Coverage begins when your completed enrollment application is received.

- Completed form DD2876 (can be obtained and completed during AO) www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2876.pdf
- A copy of orders

Reservists and National Guard on active-duty orders longer than 30 consecutive days must also transfer enrollment.

To see other options for enrollment, please visit Naples.tricare.mil/Patient-Resources/How-to-enroll.

Enrollment Changes

You can make changes once a year during the open enrollment season (typically the season is from mid-November through mid-December) and up to 90 days after a qualifying life event (QLA) such as moving, getting married, giving birth or adopting a child, and other important life altering situations. To learn more, visit www.tricare.mil/openseason.

SPACE-AVAILABLE CARE

Those not on TRICARE Prime may be seen on a space-available (space-A) basis. This includes beneficiaries such as military retirees, contractors, federal civilians, NATO members (and their families), and those enrolled in TRICARE Select. Please visit Patient Administration at the hospital to register.

Military Retirees

Military retirees, please call ISOS to transfer your TRICARE For Life benefits overseas: +44-20-8762-8384. All retirees must have MEDICARE Part A and B by their 65th birthday in order to keep their TRICARE benefits. Please reach out with questions. Comm: 081-811-6330, DSN: 629-6330

MHS GENESIS

The patient portal is a web services available to all TRICARE beneficiaries which allows them to access their family's health information.

patientportal.mhsgenesis.health.mil

- Make appointments
- See lab and test results
- Access immunization and other records
- Message your medical care team
- Monitor your health information

MYCARE OVERSEAS™ BENEFICIARY APP

The MyCare Overseas™ Beneficiary App is a useful tool for TRICARE users while traveling outside the Naples area.

www.tricare-overseas.com/beneficiary-app

- Find a TRICARE Overseas Program network provider
- Verify TRICARE covered service
- 24/7 access to the local near patient team (in specified locations), the Global First Call Desk (GFCD), Beneficiary Support Center (BSC), and technical support
- Check your appointments and referrals
- Country information (emergency numbers, medical risk ratings, cultural tips)
- Translation help ■



FAQS

What if I checked in to my command but my family (dependents) are arriving a few months later?

In order to enroll your dependents to TRICARE Overseas, they must be in the country. If they are arriving at a later date, please do not make changes to their enrollment until they arrive in Italy.

Are my dependents eligible for TRICARE Select while stationed overseas?

Yes, they are. However, we strongly encourage enrollment to TRICARE Prime. Remember that Select patients can only be seen on Space-A basis.

Can I enroll to Prime Overseas if I received orders to Gaeta?

No. You must enroll to TRICARE Prime Remote Overseas, and register with the local TRICARE Office (081-811-6330, DSN 629-6330) to receive care at U.S. Naval Hospital, Naples. To enroll in Prime Remote, please call International SOS at +44-20-8762-8384.

If I am on unaccompanied orders and my family comes to visit, what do we do to get medical care?

Please stop by our TRICARE Office to register your family to be seen at the hospital.

What if I am enrolled overseas but want to travel to the USA?

If you're only visiting and need medical services call the local TRICARE region for guidance.

Can my extended family (parents, grandparents, etc.) and friends (non-TRICARE eligible) get care at the hospital?

Typically, relatives are eligible only for emergency care at the U.S. Naval Hospital, Naples and their insurance will be billed. For non-emergency care they must go to a provider or facility on the economy.

Do I need to stop by your office prior to my PCS from this area?

Yes. At that time, we will provide you with information and a point of contact for the TRICARE area where you are going and will answer any other TRICARE questions.

Do I go through the TRICARE office for dental and/or vision plans?

No, our office helps with TRICARE inquiries only.

STARS  STRIPES.

welcome to YOUR NEW ADVENTURE

Need help getting settled at your new duty station? Stars and Stripes has you covered.

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INSIDE: Housing Help / Resources for Kids / Key Services / Community Connections / **Much More!**

The Italian Healthcare System

The overall quality and performance of Italy's universal health system ranks favorably compared to international standards. Health care access and quality as well as life expectancy rank among the highest globally. Though healthcare in Italy is not free, the fees are usually reasonable, and emergency medical assistance is provided to anyone in need without asking for up-front payment.



ITALIAN DOCTOR VISITS

The health and dental care culture is different in Italy than what you might be used to. Understanding these differences will help you feel less nervous about going to an Italian provider.

Undressing is normal. Doctors will not hesitate to ask you to undress in front of them as they continue talking to you or calling in a specialist to greet you as you are partly dressed.

Timing. If you can't make it to your appointment, let your provider know. No-shows may be charged. If you find yourself waiting past your scheduled appointment time, be patient or notify the staff and reschedule your appointment.

ITALIAN HOSPITAL DIFFERENCES

In order to have affordable health care, hospitals may not issue basic supplies like towels, gowns, soap and other toiletries. Be prepared to bring your own.

Italian pain medication management is an area that differs from the American medical system. If you are in pain or are not responding well to the prescribed treatment plan, stronger prescriptions may be available. Inform your medical team of prescriptions you currently take, ask your doctor questions and seek help with your **Near Patient Team** if a language barrier exists.

You may find a difference in privacy as well. Hospital rooms are often 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, ask for an additional person. Remember, you can say no.

If you want to leave your room, get dressed. And if you plan on leaving the ward, let the nursing staff know.

Be Prepared

In anticipation of a healthcare emergency, learn the location of local clinics and hospitals. Have a bag packed of key items you would need in an emergency including but not limited to:

- Military ID card or passport
- List of current medications to include name of drug and dosage
- Bottled water
- Notebook and pen
- Towel/washcloths
- Pajamas, slippers, robe
- Personal hygiene items
- Reading materials
- Extra clothing
- Electronic devices and earphones

REFERRAL MANAGEMENT

The Referral Management office offers services to assist TRICARE beneficiaries with referrals and care in the Italian healthcare system.

Referral Management

USNH Naples, Room 1319A

Comm: 081-811-6636/4132/6331/4141/6212

DSN: 629-6636/4132/6331/4141/6212

Hours: Monday – Friday, 8 a.m. to 4 p.m.

(Tuesday closes at noon)

Case Management (CM) is recognized as an essential component to optimize services that can enhance clinical and resource efficiency and improve quality of care. CM interventions result in integration, patient care coordination, and continuity of care. At U.S. Naval Hospital (USNH) Naples, the CM coordinates complex cases that require a multidisciplinary approach.

Case Management services can be initiated either through self-referral or through your primary care provider.

Patient Liaisons are coordinated to bridge the gap between care provided off-installation and at the MTF. They can provide the following services.

- Ease language barriers between patient and Italian providers.
- Accompany patients to their first visit to an Italian provider (per request).
- Answer questions about treatment, medical forms and Italian medical practices, hospital environment or culture.
- Upon request, talk to Italian providers about a patient's medical condition and treatment plan to facilitate patient understanding.
- Assess and interpret patient concerns to determine specific assistance needs.
- Visit in the Italian hospital to assess treatment progress and plans.
- Help coordinate a transfer between Italian medical facilities and/or the MTF.
- Assist with the discharge of a patient from an Italian treatment center.

Utilization Management assists with:

- Specialty referrals to Preferred Provider Network (PPN)
- Billing assistance
- Transportation
- Patient Liaisons
- Translation Services: Some health care providers may not be proficient in speaking English and may not provide documents or bills written in English. Additionally, your insurance company may require bills to be translated to English prior to reimbursements.



OFF-INSTALLATION PAYMENT

In most cases, when you see an Italian provider, you will have to pay your bill at the time of service. Then you will need to submit a claim to your insurance provider for reimbursement. Ask for the cost of the visit in advance so you are prepared to pay for it.

Flexible Spending Accounts

Health Care FSA (HCFSA) reimburses you and your dependents for eligible out-of-pocket health care expenses from copayments to deductibles and more. Check with FSAFeds or your employer program for specific details.

Civilian Employee Insurance

Below is a partial list of insurance companies for civilians in the community. Self-filing processes will vary so contact your insurance agency for specific instructions. Be sure to become familiar with your specific plan, the self-filing process, reimbursement, covered providers, etc. Your insurance company may also cover translation and/or interpreter services. Consult with your insurance company for more information.

• Foreign Service Benefit Plan (FSBP/AFSPA)

Uses the Aetna Choice POS II (Open Access) network and considers all covered providers outside the U.S. and Guam (including Military Treatment Facilities).

www.afspa.org/fsbp

• Blue Cross Blue Shield Federal Employee Program (FEPBlue/GMMI)

For overseas benefits, covered services are paid at the preferred level. Physician care performed outside the U.S. is paid at the preferred level using their Overseas Fee Schedule or a provider-negotiated amount.

www.fepblue.org/overseas-coverage

• Government Employees Health Association (GEHA)

Providers outside the U.S. are paid at the GEHA preferred provider rate for medically necessary covered services. You will need to check your plan brochure for specifics.

www.geha.com

• Compass Rose Health Plan

If you need medical care outside the U.S., you may see any health care provider or visit any hospital.

https://compassrosebenefits.com/CRBG/Health_Plan_Sub/Overseas_Coverage.aspx ■

Italian Pharmacies



An Italian pharmacy is called a “farmacia.” There are no chain pharmacies in Italy, but a farmacia is universally recognizable by the green cross sign. Pharmacies and their opening hours are regulated by law and operate on a “rota” system to ensure an open pharmacy for medical emergencies at any time.

Every pharmacy will display a card identifying its own opening hours, emergency number and instructions for emergency services outside of the opening hours.

Utilize the **EmergenciesFVG App** to find an open pharmacy near you.



When you walk into the farmacia, you will need to wait in line and talk to the pharmacist for medicines, even those considered “over the counter.” Medications such as ibuprofen are not on open shelves, but you will not need a prescription to get them.

Italian pharmacists are likely to ask a series of questions to discern which remedy best suits your symptoms. Since a stuffy nose might be allergies or a head cold,

treatments will differ; Italian pharmacists are well-qualified to provide advice about minor ailments and dispense appropriate prescriptions. Be prepared to talk to the pharmacist by describing symptoms and answering questions.

As with doctors and dentists, pharmacists may speak limited English, so it is a good idea to come prepared with a translated list of symptoms or use a translation app on your phone.

If you have a prescription from your Italian provider, simply hand it to the pharmacist and they will take care of the rest. Note that opiates, narcotics or other closely regulated medications are difficult or sometimes impossible to get filled in Italy without the prescription of an Italian specialist. ■

ITALIAN MEDICATIONS

These common over-the-counter medications are available at Italian pharmacies. Consult the pharmacist or your doctor for proper use and dosage.

ANTACID

Generic: Aluminium hydroxide, Pantoprazole, Esomeprazole
Brand: Maalox, Nexium

ANTIDIARRHEAL

Generic: Loperamid-Hcl
Brand: Imodium, Dissenten

ANTIFUNGAL

Generic: Terbinafine
Brands: Canesten, Pevaryl, Lamisil

ANTIFUNGAL (VAGINAL)

Generic: Clotrimazole
Brands: Gynocanesten, Meclon

ANTIHISTAMINE

Generic: Cetirizine, Fenoxfenadine
Brands: Reactine, Zirtec, Fexallegra

CHILDREN'S IBUPROFEN

Generic: Ibuprofen
Brand: Nurofen

CHILDREN'S TYLENOL (SYRUP)

Generic: Paracetamol
Brands: Tachipirina

CONSTIPATION

Generic: Lactulose, Macrogol
Brand: Portolac, Lactulose, Onligol

COUGH MEDICINE

Generic: Dextrometorphan, Oxolamine, Levodropropizine
Brands: Bronchenolo sedativo, Tussibron, Levotuss

EAR WAX REMOVER

Generic: Docusat-Natrium
Brand: Cerulisina

HEAD LICE

Generic: Permethrin
Brand: Paranix

ORAL ELECTROLITE REPLACEMENT (FOR ADULTS)

Contains: sodium, potassium chloride and glucose
Brands: Polase, Massigen, 4Fuel

SALINE NASAL SPRAY

Generic: Sodium Chloride
Brands: Isomar, Sterimar, Ialumar

Filling an Italian Prescription on Base

It is important to know that the **USNH Naples pharmacy** will only fill a prescription if it is written to standard and is in English. TRICARE Patient Liaisons can assist with translating your Italian network care recommendations and prescriptions. The Medical Officer of the Day or your PCM may need to replicate the recommended prescription to order it at the Naples pharmacy. The medication must be something carried by the USNH Naples pharmacy as a U.S. Food and Drug Administration (FDA) approved medication.

Patient Information

(Informazioni paziente)

(NOME COMPLETO DEL PAZIENTE)

(DATA DI NASCITA DEL PAZIENTE)

(PESO DEL PAZIENTE IN KG SE SOTTO I 12 ANNI)

****SAMPLE PRESCRIPTION****
 (ESEMPIO PRESCRIZIONE DI MEDICINALI)

Patient's Full Name:

Patient's Date of Birth

Patient's Weight in KG if under 12 years old

Date Prescription Written/Signed

Rx: ****SAMPLE USE ONLY**** (Rx: **** SOLO PER ESEMPIO ****)

LISINOPRIL 40 MG
 (LISINOPRIL 40 MG)

TAKE 1 TABLET BY MOUTH EVERY DAY
 (Prendi 1 compressa per via orale ogni giorno)

FOR HIGH BLOOD PRESSURE
 (per ipertensione arteriosa)

QUANTITY: 90
 (Quantità)

REFILLS: 3
 (Ripetibilità prescrizione)


 John Smith, MD
 0444-123456

Directions

(Istruzioni)

- ✓ Name must be specific! (Sii specifico)
- ✓ Route of administration (Via di somministrazione)
- ✓ Anticipated duration (Durata prevista)
- ✓ (Antibiotics, eye drops, etc.) (antibiotici, colliri, ecc)
- ✓ Provide reason for use (Fornire il motivo per l'uso)

When prescribing weight-based medications to a child under 12 years of age, include dosing strategy (example: 90 mg/kg/day) and child weight (Quando si prescrivono farmaci a base di peso a un bambino di età inferiore a 12 anni, includere i valori di dosaggio (esempio: 90 mg / kg / giorno) ed il peso del bambino)

Drug Information

(Informazioni sui farmaci)

- ✓ Name (generic preferred) (Nome (preferibilmente il generico))
- ✓ Strength (principle active) (principio attivo)
- ✓ Dosage form (tablet, capsule) (Forma di dosaggio (compressa, capsula))

Provider Information

(Informazioni del medico)

- ✓ Signature (Stamped or signed) (Firma e timbro)
- ✓ Contact phone (Contatto telefonico)



IMPORTANT!

- ✓ All of the above elements must be met and written in English to be considered valid (Attenzione: tutti i seguenti elementi devono essere compilati e scritti in inglese per venire considerati validi)
- ✓ Be sure prescription is typed or use ink (Assicurati che la prescrizione sia scritta a computer o con inchiostro in modo leggibile)
- ✓ No controlled substances may be prescribed (Non è possibile prescrivere sostanze stupefacenti o psicotrope)

Dental Clinics at Naples

Naval Hospital at the Support Site

Appointments: 081-811-6007

DSN: 629-6007

NBHC Capodichino

Appointments: 081-568-4644

DSN: 626-4644.

Services Available

Support Site

In addition to general dentistry, the dental clinic offers specialty care such as comprehensive dentistry, endodontics, oral-maxillofacial surgery, oral radiology, orthodontics, pediatric dentistry, periodontics and prosthodontics. Please be aware that orthodontics resources are limited. For those who do not qualify for orthodontic care, or wish to seek care out in town, the clinic has information to guide you in your decision. Active duty service members must receive permission from their command to receive care on the economy. Implant dentistry is available for active duty members if all qualifications and indications are met.

NBHC Capodichino

The Capodichino dental clinic provides the following services to active duty service members: general dentistry, restorative dentistry (fillings), prophylaxis treatment (cleanings) and emergency treatment.

CLINIC INFORMATION

- Support Site dental sick call is Monday-Friday from 8 to 9:30 a.m. However, if you experience a dental emergency from 9:30 a.m. to 4 p.m. Monday-Friday you may still proceed to the dental clinic to be evaluated.
- If you experience a dental emergency outside of normal hospital hours (weekdays after 4 p.m. or weekends), please proceed to the Emergency Department, where an on-call dentist is a phone call away. The Emergency Department can be reached at DSN 629-6150 or (+39) 081-811-6150.
- Children 17 and under should be accompanied by an adult guardian in the dental clinic. Children 10 and under must be accompanied by an adult guardian who will attend to them at all times (i.e. the child cannot be left in the waiting area alone while a parent is undergoing dental treatment).
- Please arrive on time for dental appointments and check in at the dental front desk. Due to high patient volume, if you arrive more than five minutes late you may need to be rescheduled.

ELIGIBILITY

The Naval Hospital Naples Dental Clinic ("Support Site") offers services to eligible beneficiaries of the U.S. and NATO active-duty community, as well as their dependents.

Civilian employees, contractors, retirees, veterans, non-activated reservists and their respective dependents are eligible only for limited emergency care and will receive a bill for their visit. However, retirees who completed 20 years of service will not be billed for emergencies. All civilians listed above should see a dentist on the local economy for their routine dental needs. The U.S. Embassy in Italy offers a list of English-speaking dentists at it.usembassy.gov/u-s-citizen-services/doctors. ■





Pediatric Dental Care

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.

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; and the Brushing Fun Coloring Book.

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 recommends that an infant's first dental visit should be scheduled when their first teeth appear, or at the latest their first birthday.

2-5: Help your child brush their 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 with your dentist. Sucking on fingers, thumbs or pacifiers can affect teeth and promote decay. If a child does not stop on their own, ask your dentist for helpful tips to discourage the habit by age three.

5 and up: A child's hand muscles are still developing, so assist with brushing until age 7 or 8 years old. Floss each day and seek resources for tips on 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 for improvement. ■

Mental Health Resources



The **Fleet and Family Support Center** has adult, couple, adolescent and family counseling available for all base personnel, including military members, dependents, civilians and family members.

- Phone: +39 81-811-6372 | DSN: 314-629-6372

Military & Family Life Counselors (MFLCs) provide free non-medical sessions for children up to 18 years old. They are available only to active-duty military and dependents, DoDEA staff and CYP employees.

- Adults, Joint Forces Command: +348-119-6015
- Elementary School: 0444-106-0232
- Middle, High School: 0444-106-0253
- Child and Youth Programs: 344-441-8751, 345-458-1417

Chaplains offer counseling for adults on both religious and non-religious issues for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential.

- Capodichino: 081-568-3539
- Support Site: 081-811-4600
- 24 Hour Duty Phone: 366-680-5972

Behavioral Health at USNH Naples offers mental health appointments for military personnel and adult dependents in addition to substance abuse treatments and other consultations with the behavioral health provider. A PCM referral is needed.

- Phone: 081-811-6306 | DSN: 629-6306

Employee Assistance Program (EAP) helps civilian employees, and their families access local qualified services and confidential support.

- Dept. of Navy (APF) EAP: 001-888-320-2917 or 001-888-262-7878
- NAF EAP: 001-984-664-9724, WhatsApp: 001-984-920-6875

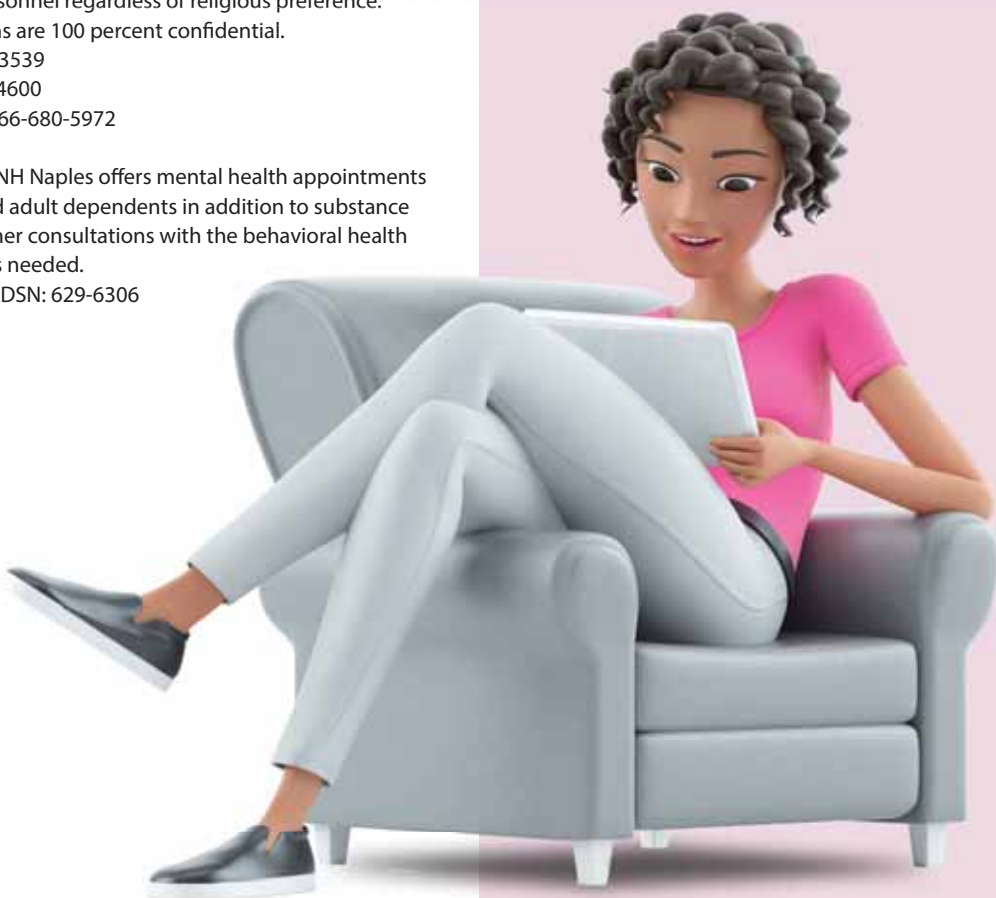
Military OneSource offers free virtual sessions for individuals, couples or families. Learn more at militaryonesource.mil/non-medical-counseling.

The **DOD Safe Helpline** helps those affected by sexual assault. Specifically for the DOD-community, it offers anonymous and confidential support 24/7.

- Phone: +99-00-1-877-995-5247
- Online: www.safehelpline.org

The **Veterans Crisis Line (VCL)** and **Military Crisis Line (MCL)** are available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online: www.veteranscrisisline.net ■



The Mediterranean Diet

By Dr. Nicola Sarandria MD, PhD

Italy is one of the iconic birthplaces of the Mediterranean diet. With its numerous centenarians, the Italian population has been widely studied for its colorful and refreshing diet, based on fruits, vegetables and extra virgin olive oil.

Diet is fundamental to a healthy and balanced lifestyle. For instance, processed meat, nitrites, rich foods, carcinogenic preservatives, lead-rich vegetables and burnt food can have significant negative impacts on one's health. Therefore, foods like these can be harmful and, in some instances, if chronically consumed, could lead to serious pathologies.

It is important to also recognize functional foods with clear benefits to our body. These include superfoods like berries, nuts, legumes, green tea and garlic. Common in different cultures and past rural populations, these foods have shown amazing benefits. The Mediterranean diet nods at the need to return to a more rural lifestyle that includes physical activity and healthier habits. This includes distancing our eating from processed or fast foods and moving closer to raw materials cooked in healthy ways.

There is no better place than Italy to enjoy a healthy, balanced and tasty Mediterranean diet! Incorporating all food groups, this way of eating is common across Italy.

✓ **Vegetables and legumes:** Italy has many different types of legumes, from "fagioli" (beans) to "lenticchie" (lentils), which supply you with fibers, vitamins and proteins.

✓ **Fruit:** Thanks to its climate, Italy has a rich variety of fruits, from Sicilian blood oranges filled with vitamin C to strawberries and lemons.

✓ **Grains:** Italy has a rich history of ancient grains such as "Grano Senatore Cappelli" for amazing pasta dishes and bread.

✓ **Proteins:** Lean and healthy proteins like meat, poultry, fish and eggs are essential for the sustenance of your muscle mass and the production of antibodies in your immune system. Try Italian trout or sea fishes such as seabass or sea bream for healthy proteins and your daily dose of omega-3 fats.

✓ **Dairy (or alternatives):** A great example of a healthy Italian dairy product is the amazing fresh yogurt from the region of Trentino Alto Adige with milk from grass-fed cows that contains many beneficial properties such as Omega-3 fats.

✓ **Oils:** Do not forget to add three tablespoons of extra virgin olive oil to your meals each day, which will keep your skin young and help you fight inflammation. Being in Italy, you will be surprised by the vast geographical areas for production of what is known as "liquid gold."

WHAT TO LIMIT

Foods and beverages like soft drinks, sodas and confectioneries can be very high in glycemic value and calories. This might lead to being overweight or obese (a true epidemic in many countries), causing terrifying effects on the human body. An excessive intake of food combined with an astounding decrease in physical activity, which unfortunately has been recorded in many countries around the globe, can have destructive effects on our health and longevity.

Do you want to live a healthy and long life? Then try the Mediterranean diet, which will surely aid you in your goals while enjoying the colors and flavors of Italian world-renowned foods! ■

Powerful Ways Women Can Boost Self-Esteem

By Courtney Boyer, M.S., M.Ed., CLC

A woman in a military uniform, including a camouflage cap and jacket with an American flag patch, is shown in profile, smiling and looking upwards. The background is a blurred outdoor setting.

I wish there was a switch we could flip when we are struggling to feel good about ourselves. Sadly, that has not been invented (at least not one I'm aware of; please let me know if such a device does exist). As someone who struggled with their self-esteem for years (and some days, I still do), I've realized the power of purposeful living.

Strong self-esteem doesn't just happen. It is cultivated. I've come up with four powerful and practical ways for women to boost their self-esteem. Because who doesn't want to feel better?

BARRIER BREAKDOWN

It may sound super simple, but I want you to ask yourself this question—why don't I feel good about myself? Is it my weight? My wrinkles? My past? Then I want you to ask yourself this question: Who would I be if I accepted those parts of me?

Notice that I didn't say love or celebrate. I said accepted. Consider asking yourself, what if I recognized those parts of me and said, "Hey, I see you." Because at the end of the day, isn't that what we all want? To be seen, accepted and loved? But we can't really receive that from others if we're not first willing to see, accept and love ourselves.

As you consider what it would be like to see, accept and love yourself, identify the barriers that prevent you from doing that. What are the beliefs fueling those barriers (for example: I'm not good enough; I'm not lovable; it's not safe)? The more we understand the stories we tell ourselves, the more we understand what is fueling our behavior. And the more easily we can break them down.

SQUAD SUPPORT

I've had the privilege of having some amazing supporters in my life. If I'm struggling with confidence in my business, I message a certain friend. If I'm lacking motivation with my health and fitness, I message another friend. If I need a pep talk for something big...you get the picture.

How did I get so blessed with an incredible support squad? By being the type of friend I was looking for. By being vulnerable, transparent, encouraging, thoughtful and loving. Like attracts like. Be the type of friend you are wanting, and you'll be surprised at the kind of support squad you will create.

CONSCIOUS CONSUMER

It's so important that we pay attention to what we're watching, listening to and even who we're connected with. I've had friends who deleted social media apps from their phone because they find that it takes a heavy toll on their mental health. If you feel similar, do the same! Or limit your social media time to certain hours or days of

the week. Unfollow or block any accounts (whether they're family or celebrities) that negatively impact your self-esteem.

If the types of shows you watch also take a toll on your self-esteem, find something that's more encouraging, inclusive and uplifting. Follow accounts and listen to podcasts that promote well-being, that make you laugh. Consume media that reminds you how beautiful this life (and you) truly are.

PRIORITIZE PLEASURE

Pleasure is defined as a feeling of happy satisfaction and enjoyment. If you get to the end of your day, and nothing has brought you pleasure, then it's likely that you don't really believe that you deserve a pleasure-filled life.

Create a Pleasure Practice by identifying something small each day that brings you pleasure. Maybe it's that morning cup of coffee. Maybe it's watching the sunset. Maybe it's taking a walk alone in the woods. In those moments, be present. Focus on how that experience made you feel and believe that you are worthy and deserving of that moment (and all the ones to come).

It's important to remember that feeling good, let alone great, about yourself doesn't happen overnight. So many factors (quality of sleep, hormones, monthly cycle) can influence our mood and mindset. Having a strong sense of self, a solid foundation of WHO you are (an amazing human who was born for a reason), makes a massive difference.

And remember that it's never too late to seek professional help. Talking with a therapist or coach or chaplain can really equip and empower you. I hope you know that you're not alone in your journey. It's ok to have joyful days and more somber ones. Neither are good or bad. It's all part of this human experience.

Courtney Boyer, M.S., M.Ed., CLC, the author of "Not Tonight, Honey," is a relationship and intimacy expert and life coach. Find out more about her work at www.courtneyboyercoaching.com. ■



Your Pet in Italy

The majority of regulations for domestic animals are related to dogs, cats and ferrets. To enter Italy, 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. Be sure to keep the Leptospirosis vaccine current as it has a heavy presence in Italy. Because fleas and ticks are also prevalent, consider preventive treatments. There is also a Lyme disease vaccination available for dogs.

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.

Naples Veterinary Treatment Facility

Support Site, Bldg. 2088

Comm: 081-811-7913

DSN: 314-629-7918

Email: usn.Naples.navhospnaplesit.mbx.vet-clinic@mail.mil

- Register your pet at the veterinary clinic within 30 days of arrival or adoption.
- Register your pet in the Italian ASL system and get a pet passport within six months of arrival or adoption.

The VTF does not have emergency pet services. It is necessary to establish a local Italian veterinarian for chronic pet issues, emergencies, EU pet passports and health certificates required by airlines.

REQUIREMENTS

- **Microchip:** All pets must be microchipped within 30 days of arrival, if they are not microchipped already.
- **Leptospirosis:** Leptospirosis has a heavy presence in Italy, and, without proper vaccination, it may cause kidney failure in pets.
- **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.
- **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.
- **Italian ASL registration:** All pets are required to be registered in the Italian ASL system. Call or visit the VTF for details on this process.
- **EU Pet Passport:** A European pet passport is used for pet health records and is required for your pet to travel within the EU. You can get a pet passport during your ASL registration.

TRAVELING WITH YOUR PET

The EU Pet Passport must be kept with your pet when traveling throughout Europe. It must list the pet's microchip number that is registered with the installation veterinarian. The passport must indicate a valid rabies vaccination is up to date. Most countries require muzzles to be carried for dogs, especially on public transportation.

PET TRANSPORTATION ALLOWANCE

When PCSing overseas or outside the continental United States, service members may be authorized a Pet Transportation Allowance for the transportation costs of one pet. The reimbursement cap is \$2,000. ■





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EMERGENCY

In the NSA Naples area call: **081-568-4911**, or DSN: 911

Outside of Naples, the Europe-wide emergency response number is **112**

Other Italian emergency responders:
Police: 113
Ambulance: 118
Fire brigade: 115

When traveling, International SOS can help you locate an ER: +(44)20-8762-8133 or 800-928-305. The **MyCare Overseas™** Beneficiary App can also be helpful.



Visit www.tricare-overseas.com/beneficiaries/resources to search for additional specialists in the TRICARE network.

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80121 Naples NA
081 1952 8005

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reachaut.org

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60019 Senigallia AN
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081 066 5177
studiosadile.it

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80078 Pozzuoli NA
081 866 2762
www.dentalclinicpozzuoli.it

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www.centromedicofederico.it/en

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Via S. Rocco 9
80026 Casoria NA
081 540 8111
www.ospedalecamilliani.it

Pineta Grande Hospital
Via Domiziana Km 30
81030 Castel Volturno CE
0823 85 4111
www.pinetagrande.it

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081 593 6642
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081 68 1944
www.studiooculisticosammartino.com

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081 554 2792
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