

HEALTH & MEDICAL

NAPLES



MILITARY TREATMENT FACILITIES
OFF-INSTALLATION HEALTHCARE
STAYING HEALTHY
PET HEALTH
PROVIDER DIRECTORY

INSIDE



SCAN ME



www.ismilestudio.net

DENTAL CLINIC

VIA STAFFETTA, 143, 80014 LAGO PATRIA (NA)

WE STAND AS SENTINELS OF YOUR SMILE, OFFERING A FREE CONSULTATION AT YOUR BEHEST!

PEDODONTICS

GENERAL DENTISTRY

INVISALIGN

IMPLANTOLOGY

AESTHETIC
ORTHODONTICS

DENTAL VENEERS

ORAL SURGERY

PROSTHETICS



ENGLISH SPOKEN



+39 3208724125



GIUSEPPE CAPONE, M.D.

COUNCILOR OF THE ITALIAN SOCIETY OF
PLASTIC SURGERY
AESTHETIC AND RECONSTRUCTIVE



- ▶ RHINOPLASTY
- ▶ FACE LIFT
- ▶ ABDOMINOPLASTY
- ▶ BREAST REDUCTION
- ▶ BREAST AUGMENTATION



- ▶ LIPOSUCTION

- ▶ AESTHETIC SURGERY OF THE FACE
- ▶ BOTOX AND FILLER ANTI-AGING



For appointments call: Julie 335-6124045

email: jalyoness@gmail.com

Naples - Clinica Villa del Sole - Via Tasso, 480

Cell. 335-6617660 - dr.caponegiuseppe@gmail.com



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 yearly 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.

Contents

06	Military Treatment Facilities	
	U.S. Naval Facility Naples	6
	TRICARE Overseas	8
10	Off-Installation Care	
	Health Care in Italy	10
	Patient Liaisons	12
	Italian Pharmacies	14
	American Medications and their Italian equivalents.....	15
16	Dental Care	
	Dental Care	16
	Pediatric Dental Care.....	17
18	Staying Healthy	
	Birthing in an Italian Hospital	18
	Top 5 Foods to Support Aging and Inflammation.....	19
20	Pet Health	
	Naples Veterinary Treatment Facility.....	20
22	Directory	
	Naples Health Care Directory.....	22



EUROPE OFFICE

COMMANDER

Katie R. Fidler, LTC, U.S. Army

BUSINESS OPERATIONS MANAGER

John Rodriguez

PUBLISHING & MEDIA DESIGN MANAGER

Carrie Farrell

ENGAGEMENT MANAGER

Leah Geier

MARKETING COORDINATOR

Kristen Thoennes

MARKETING ASSISTANT

Al Green

PUBLISHING & MEDIA DESIGN, WRITER-EDITORS

Tamala Malerk, Kat Nickola, Katie Wells

GRAPHIC ARTISTS

Ryvan Joye, Amanda DeHart

ADVERTISING MANAGER

Doug Dougherty

ADVERTISING CONSULTANTS

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

ADVERTISING SALES ASSISTANT

Danny Padro

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

WASHINGTON OFFICE

PUBLISHER

Max D. Lederer, Jr.

CHIEF OPERATIONS OFFICER

Laura Law

REVENUE DIRECTOR

Scott Foley

Visit our website for more information

at www.stripes.com

©2024 Stars And Stripes. All Rights Reserved.



Terry Dickerson is an IRS registered tax preparer with more than 16 years of experience in the Kaiserslautern Military Community.

SERVICES

- ❖ U S Tax Preparation - Federal and State
- ❖ Consultations
- ❖ Tax Solutions
- ❖ Streamline Filing Procedures
- ❖ IRS Letter Preparation
- ❖ Prior Years Preparation
- ❖ E-file Provider
- ❖ FBAR Compliance
- ❖ Preparation for Transfer Certificates

Merkur Strasse 44
67663 Kaiserslautern

tel: +49-631-53445900
fax: 49-631-35027295

cell: +49-151-5837-5127
taxpro.dickersont@gmail.com

STARS & STRIPES

Ready for your next

ROAD TRIP?

GET YOUR FREE COPY

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



H&R BLOCK

**TAX
PREPARATION
IN ITALY?
GET YOUR REFUND!**

Call Roy McGilvray at 334-998-5159
or email at
Roy.mcgilvray@hrblock.com
mcgilvrayroy@gmail.com

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.

DESCRIPTION OF SERVICES

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. 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. Pediatric pharmacy services are also available. COVID-19 screenings of symptomatic TRICARE beneficiaries and U.S. civilian employees is also available.

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.

SERVICES AVAILABLE

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

PATIENT CENTERED CARE COORDINATOR

DSN: 629-6319 or Comm: 081-811-6319

EMERGENCY CARE/ AMBULANCE REQUEST

Emergency services

Comm: 081-568-4911

DSN: 911 (626-4911)

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.

Phone: 081-811-6150, DSN: 629-6150

Hours: 24 hours a day, 7 days a week

For medical advice, the TRICARE Nursing Hotline is available 24 hours a day.

Comm: 800-877-660.

HEALTH PROMOTION

Location:

USNH Naples & BHC Capodichino,
Public Health Front Desk

Email:

usn.naples.navhospnaplesit.list.health-promotions@mail.mil

Telephone Number:

Support Site: DSN 629-6445/6305

Capo: DSN 626-5717

Hours: By appointment

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 (gender and age). This can help identify areas for improvement.

Health Coaching Sessions

- 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.

BEHAVIORAL CLINIC

Phone: DSN: 629-6682/6306

Comm: 081-811-6682/6306

Hours: Mon, Wed, Thurs, Fri, 7:30 a.m. to 4 p.m.

Tue – 7:30 a.m. to noon

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.

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

Location: Capodichino, Building 457

Hours of Operation:

Mon, Wed and Fri, 7:30 a.m. to 4 p.m.

Tuesday: 7:30 a.m. to noon

Tuesday from 1 to 4 p.m. clinic closed for training

Phone:

Medical Central Appts: DSN 626-4786,
Comm: 081-568-4786

Dental Central Appts: DSN 626-4644,
Comm: 081-568-4644

Information Desk: DSN 626-5311,
Comm: 081-568-5311 ■

FIRST RESPONDERS

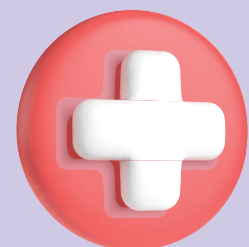
DSN: 911, Comm: 081-568-4911

Italian Ambulance: 118

Italian Fire: 115

Polizia: 113

Carabinieri: 112



TRICARE Overseas



TRICARE CUSTOMER SERVICE

Locations: U.S. Naval Hospital Naples, Room 1310 (next to the Medical Records window)

Comm: 081-811-4646

DSN: 629-4646

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

TRICARE PRIME ACCESS

- Active-duty service members (ADSM) and their command sponsored dependents MUST transfer their TRICARE enrollment overseas.
- Reservists and National Guard on active-duty orders longer than 30 consecutive days must also transfer enrollment.
- Your coverage begins when your completed enrollment application is received. A great opportunity to complete this process is during the Area Orientation (AO). If you are unable to attend AO, you may stop by the office located at the U.S. Naval Hospital, Naples, office 1310 (next to Medical Records window).
- To see other options for enrollment, please visit our website: <https://naples.tricare.mil/Patient-Resources/How-to-enroll>
- You have 90 days from arrival to complete the transfer of your enrollment.

What is needed for enrollment?

- ✓ Completed form DD2876 (provided by TRICARE BSR during AO) www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2876.pdf
- ✓ A copy of orders (to be kept for filing purposes).

How does TRICARE Prime work?

- You will get most care from your 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 he or she cannot provide.

What other help is offered by BSR?

- At the local TRICARE Enrollment Office, we can help you with PCM changes, enrollment of newborns, explanation of benefits, eligibility, and any other TRICARE-related inquiry.

NON-TRICARE Prime

- Beneficiaries, including military retirees, contractors, federal civilians, NATO members (and their families), TRICARE Select enrollees may be seen at the hospital on a space available (Space-A) basis. Please visit Patient Administration at the hospital to register. Military retirees, please call ISOS to transfer your TRICARE benefits overseas: +44-20-8762-8384

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.

How do I get care outside of Naples area?

- An easy way to find care while you travel is to download the MyCareOverseas app (scan the QR code) or visit <https://www.tricare-overseas.com/beneficiaries/resources/beneficiary-app>
- Find a TOP (TRICARE Overseas Program) Network Provider
- Verify TRICARE covered services
- 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

SCAN HERE FOR THE
MyCareOverseas app



Are my dependents eligible for TRICARE Select while stationed overseas?

- Yes, they are; however, we strongly encourage enrollment to 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.

How often can I make changes to my TRICARE coverage?

- 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.

How do I check my DEERS eligibility and make any changes?

- 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
 - Full-time student age 21 – 23
 - Death of dependent family member

The local DEERS office is located at Capodichino.
Comm: 081-568-4390
DSN: 626-4390

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.

How do I access my patient record, make appointments, or refill medications online?

To access the patient portal visit patientportal.mhsgenesis.health.mil. You will log in using your DS Logon credentials or using your common access card (CAC).

TRICARE RESOURCES

- TRICARE covered services: www.tricare.mil/coveredservices
- Health Plan Costs and TRICARE Compare Cost Tool: <https://www.tricare.mil/costs>
- TRICARE Plans and Programs: <https://www.tricare-overseas.com/beneficiaries/plans-and-programs>

TRICARE FOR LIFE

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 at:

Comm: 081-811-6330

DSN: 629-6330

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 (ISOS) first. In most cases you will work with your TRICARE Service Center to obtain authorization.

Important Numbers:

- ISOS: +44-20-8762-8384
- U.S. TRICARE Regions: East: 1-800-444-5445 / West: 1-844-866-9378
- MEDICARE: 1-800-633-4227
- SSA: 1-800-772-1213
- Local DEERS office: 081-568-4390
- U.S. Naval Hospital, Naples Billing Office: 081-811-6974/6129/6224/6510
- U.S. Naval Hospital, Naples TRICARE Enrollment Office: 081-811-6330
- U.S. Naval Hospital, Naples Appointment Center: 081-811-6000

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

NON-TRICARE PRIME

Active-duty military and their command-sponsored family members will be scheduled for appointments in accordance with the following standards.

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.

YOUR LOCAL TRICARE SERVICE CENTER

Be sure to visit your local TRICARE Service Center 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.

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, 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. ■

HEALTH CARE IN ITALY



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.

WHAT TO EXPECT DURING YOUR VISIT

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.

Things may not always happen quickly. Just as in the U.S., Italian health care can be slow. Address your concerns with the receptionist, even rescheduling your appointment if you need to. Going in with a good attitude, patience and understanding will make for a better experience.

In order to have affordable health care, some hospitals do not issue basics such as towels, gowns, soap and other toiletries, so be prepared to bring your own.

WHAT YOUR ITALIAN PROVIDER EXPECTS

Courtesy. Please show up to your appointment. If you can't make it, let your provider know. If you do not show up, you could be charged for the missed appointment.

Patience. If you find yourself waiting past your scheduled appointment time, be patient or notify the staff and reschedule your appointment.

Understanding. Understand that health care in Italy may be different than what you are used to.

INSURANCE PROVIDERS

In most cases, when you see a provider off-installation, you will have to pay your bill up-front, then 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.

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

REFERRAL MANAGEMENT

Location: U.S. Naval Hospital, Naples,
Ground Floor Room 1319A

Clinic Hours:

Monday – Friday, 7:30 a.m. to 4 p.m.

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

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

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, thereby enhancing the quality of care. At U.S. Naval Hospital (USNH) Naples, the CM coordinates complex cases that require a multidisciplinary approach. The CM also works with the Patient Liaison Representatives to bridge the gap between care provided in the Network and at the MTF.

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

UTILIZATION MANAGEMENT

Located on the ground floor in room 1319.

Hours: Mon, Wed and Fri, 7:30 a.m. to 4:30 p.m.

Thurs 7:30 a.m. to noon

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

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

Fax: 629-4128

Mailing Address:

Healthcare Business
US Naval Hospital Naples
PSC 827 Box 16TA
FPO AE 09617

Utilization Management can assist with:

- Specialty referrals to Preferred Provider Network (PPN)
- Billing assistance
- Transportation
- Patient Liaison
- 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.

TRICARE

Hours: Monday – Friday, 8 a.m. to 4:30 p.m.

Phone: DSN: 629-6330

Comm: 081-811-6330

Fax: 629-4128

Services

- Enrollment of TRICARE Prime (active duty and family members), retirees, and DOD civilians to TRICARE Europe.
- Assignment of Primary Care Physicians (PCM)
- Health Benefits ■

Patient Liaisons



Living overseas can bring changes and challenges for many Americans in Europe. One difference that may present a challenge is host-nation health care. There are things that can be done to help ease the worry when facing a visit to a host-nation treatment center.

Located at MTFs in Italy, host-nation patient liaisons are available for TRICARE beneficiaries and as time allows, other U.S. citizens affiliated with the military community.

Patient liaisons can:

- Accompany patients to their first visit to a host-nation provider (per request).
- Help coordinate transportation 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 patient and host-nation providers.
- Upon beneficiary's request, talk to host-nation providers about a patient's medical condition and treatment plan to facilitate patient understanding and comprehension.
- Answer questions about treatments, medical forms and host-nation hospital environment or culture.
- Familiarize you 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 another hospital or MTF.
- Assist with the discharge of a patient from a host-nation treatment center.

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 and is open to TRICARE Beneficiaries.

Contact your local patient liaison or TRICARE Service Center

<https://naples.tricare.mil>

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

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

Fax: 629-4128

BE PREPARED

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

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
- Tablet device or laptop with earphones
- Clothing for discharge

HOSPITAL DIFFERENCES

Medication is an area that differs from the American medical system. Many European doctors first 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. 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, 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.

Despite the differences between host-nation and American health care, treatment standards are the same. You will be treated fairly and with a great deal of respect. As one patient of an Italian hospital put it, "The staff makes you feel like it's a pleasure to assist you." ■



Italian Pharmacies



Understanding an Italian pharmacy, or “farmacia,” is essential while living in Italy. They are the first stop if you have a cold or an upset stomach. There are no chain pharmacies in Italy, but the farmacia is universally recognizable by the green plus-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.

When you walk into the farmacia, you will need to wait in line and talk to the pharmacist to get whatever you need for treatment, even if it is 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 in order to discern which remedy best suits your problem. Since a stuffy nose might be allergies or a head cold, the treatments are different; Italian pharmacists are well-qualified to provide advice about minor ailments and dispense appropriate prescriptions. Be prepared

to talk to the pharmacist as if they were your doctor 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 mobile phone.

If you have a prescription from your Italian provider, simply hand it to the pharmacist and they will take care of the rest. Have your Codice Fiscale on hand, the pharmacist may ask to see it if the medication is something other than “over-the counter.” Note that opiates, narcotics or other closely regulated medications are difficult or sometimes impossible to get filled in Italy. ■

Italian Medicines

These equivalents are provided to help you purchase over-the-counter medication at the Italian pharmacy. If you have any questions about how to take the medication, please call your doctor.

ANTACID

Generic: aluminium hydroxide, pantoprazole, esomeprazole
Brand: Maalox, Maalox plus, Gaviscon Maalox refluxo, Nexium control

ANTIDIARRHEAL

Generic: Loperamid-Hcl 2 mg
Brand: Imodium, Dissenten

ANTIFUNGAL

Generic: Terbinafine
Brands: Canesten spray/creme, Canesten unidie, Pevaryl, Lamisil

ANTIFUNGAL/VAGINAL

Generic: Clotrimazole
Brands: Gynocanesten, Meclon

ANTIHISTAMINE

Generic: Cetirizine, fenoxfenadine
Brands: Reactine 6cps, zirtec 7cps, fexallegra

CHILDREN'S IBUPROFEN

Generic: Ibuprofen 100mg/5ml
Brand: NUROFEN syrup

CHILDREN'S TYLENOL (SYRUP)

Generic: Paracetamol
Brands: Tachipirina syrup

CONSTIPATION

Generic: Lactulose, Macrogol 4000
Brand: Portolac, Lactulose syrup, Onligol

COUGH MEDICINE

Generic: Dextrmetorphan, oxolamine, levodropropizine
Brands: Bronchenolo sedativo syrup, Tussibron syrup, Levotuss syrup

EAR WAX REMOVER

Generic: Docusat-Natrium
Brand: Cerulisina

HEAD LICE

Generic: Permethrin
Brand: Paranix shampoo

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 at your on-installation pharmacy

It is important to know the pharmacy will fill prescriptions in the USAHC-V pharmacy only if the prescription is written to standard. Cut out this handy example and show it to your off-base provider when they are writing prescriptions to be filled. The medication must be carried by the USAHC-V pharmacy as an FDA approved medication.

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

Patient Information
(Informazioni paziente)

(NOME COMPLETO DEL PAZIENTE)

(DATA DI NASCITA DEL PAZIENTE)

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

Patient's Full Name:

Patient's Date of Birth

Patient's Weight in KG if under 12 years old

Date Prescription Written/Signed

(DATA PRESCRIZIONE/FIRMA)

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

Drug Information
(Informazioni sui farmaci)

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

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)

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)

Provider Information
(Informazioni del medico)

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

John Smith
John Smith, MD

0444-123456



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 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 under going 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, available here: <https://it.usembassy.gov/u-s-citizen-services/doctors>.

AT-HOME DENTAL CARE

Here are some recommendations for healthy dental habits at home.

- Brush your teeth at least twice daily for two minutes. Use fluoridated toothpaste and a soft-bristle tooth brush.
- Clean between your teeth (i.e. flossing) at least once daily, preferably at night before going to bed.
- When purchasing dental hygiene products, look for the American Dental Association (ADA) Seal of Acceptance.
- Avoid sugary beverages, such as sodas, energy drinks, fruit juices, sweet teas, sugary coffees, etc. If you do consume these beverages, finish the drink within 20 minutes and drink water after. Always drink plenty of water.
- Limit snacking between meals. Ideally, take four-hour breaks (or longer) between meals/snacks. Frequent sugar consumption and additional snacking between meals is more predictive of tooth decay than total sugar consumption, according to the American Dental Association.
- Avoid tobacco use, including smoking, vaping, and dipping. The use of tobacco puts you at risk for oral cancer, periodontal disease, gum recession, dry mouth, tooth decay, and halitosis (bad breath).
- Schedule your annual dental exam by calling DSN 629-6007/8 or (+39) 081-811-6007/8.





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.

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 seven or eight. 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.

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. ■

My Birthing Experience

at an Italian Hospital

By Ashleigh Link



Birthing our second child, with the exceptional support of San Bortolo Hospital and our Vicenza Health Community, is an experience we will always cherish. Birthing a child, while navigating living abroad, requires trust in the resources and community around you. San Bortolo Hospital and the Vicenza Health Community provided an empowering journey that brought our daughter safely into our family.

I chose to receive prenatal care through the San Bortolo Obstetrics and Gynaecology (OBGYN). After receiving an initial introduction through the Vicenza Health Clinic, all appointments occurred at the OBGYN clinic in the San Bortolo hospital. The nurses and doctors were attentive, caring and ensured I got to see our daughter each visit. The nurses always made sure I took away a clear ultrasound picture for her baby book! Their willingness to give us time to see our daughter while in utero proved the clinic cared for the emotional, not just physical, well-being of the mother and baby.

Potential language barriers are an initial concern for expecting mothers and support partners. While receiving prenatal care, all health care professionals through the San Bortolo Hospital OBGYN spoke English and were able to communicate effectively. Additionally, support provided by the Army Community Services New Parent Support Program (NPSP) proved invaluable to our expectant mother community. The nurses were kind, timely and patient with each expectant mother. The nurses were receptive to questions relevant to prenatal care and postnatal care.

Another key resource to alleviating potential language barriers were the San Bortolo Hospital Patient Liaisons. The liaisons reside in the hospital and

are available upon your arrival to the hospital. The liaisons attend appointments and translate directly between the patient and the health care provider. The patient liaison was present during all stages of my labor and delivery at San Bortolo. Remember, you and your support partner are your best advocates. If you need help with translation, it is your right to request support from the San Bortolo Hospital Patient Liaisons.

As I began to go into labor, I arrived to the San Bortolo Hospital Emergency Room. Once admitted, I labored in a room alongside another expecting mother until I entered active labor. The nurses contacted my husband, who waited nearby and ensured he was present in the delivery room for the birth of our daughter. During labor, the nurses, midwives, doctors, and patient liaison ensured a healthy, medicated (per my request), vaginal delivery. Immediately upon delivery, the midwife placed my daughter on my chest and my husband eventually cut the umbilical cord. We then were placed in a private room to share two hours of skin to skin with our daughter.

The recovery process at San Bortolo Hospital included both a communal room as well as a private suite. I recovered in a shared room with two other mothers—American and Italian—until a private room became available. Upon receiving a private suite, my husband visited daily during established visiting hours and we were able to bond with our daughter. The recovery was peaceful, non-intrusive and I was able to access help if necessary. My daughter stayed in my private room with me where the pediatrician assessed her health periodically. A patient liaison was available, per my request, for any language barrier I encountered. I had

zero issues contacting my husband and family during my stay as well.

Upon discharge from San Bortolo Hospital, our community surrounded us with so much support and love. Living abroad, you are typically without immediate family members. Community is incredibly important for expecting mothers and their families during this experience of birthing abroad. Ways you can support an expecting mother are to organize a meal train as well as care for other children in the family while the mother is in active labor or the support partner visits during recovery. With the support we received from our health care providers and friends, we truly will cherish this experience of birthing abroad for years to follow.

Packing Tips for Your Birthing Experience

- Save the San Bortolo Patient Liaison's contact information.
- Download Google Translate.
- Pack newborn-sized diapers. The diapers given range in a variety of sizes and may not always include newborn size.
- Pack wipes for diaper changes.
- Pack your newborn's first outfit in a resealable bag so you can easily hand it to the nurses after delivery.
- Postpartum care items for yourself are not provided by the hospital. Pack all personal items for your postpartum care.
- Pack personal entertainment items for yourself, such as a book, magazine or headphones.
- Include your favorite snacks and a long, 220V phone charger with extension cord. ■

Top 5 Foods

to Support Aging and Inflammation

By Dr Nicola Sarandria MD, PhD

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

When discussing diet and its impact on aging and inflammation, one must first consider aging as a multifaceted process that the human body undergoes. Aging involves various processes. Inflammation, which is a complex process, can be acute, sub-acute or chronic, and vital for the human body to survive and fight off diseases or infections. But it can also be detrimental and cause disease. As a matter of fact, the silent chronic inflammation is a leading cause of diseases and oftentimes goes hand-in-hand with aging. This process is correlated with several pathologies such as stroke, myocardial infarction, neurological diseases and oncological diseases. Triggers of this type of inflammation include lifestyle and diet choices.

Diet is fundamental to a healthy and balanced lifestyle. For instance, processed meat, nitrites, rich foods (together with other cancerogenic preservatives), lead-rich vegetables and burnt food (which can sometimes be rich in acrylamide, a cancerogenic substance) can have significant negative impacts to 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 categorize foods as functional foods with clear benefits to our body. These include superfoods like green tea and garlic. Common in different cultures and past rural populations, these foods have showed amazing benefits and a need to return to a more rural lifestyle, including physical activity and healthier diets. This includes distancing our eating from fast foods and processed foods and moving closer to raw materials cooked in healthy ways.

A healthy diet must contain the five main food groups. And there is no better place than Italy to enjoy a healthy, balanced and tasty Mediterranean diet!

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

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

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

4 Lean meats/poultry/fish/eggs: Lean and healthy proteins are essential for the sustenance of your muscle mass and the production of antibodies for 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.

5 Milk/yogurt/cheese or alternatives (with reduced-fat content): A great example is the amazing fresh yoghurt from the region of Trentino Alto Adige with milk from grass-fed cows contains many beneficial properties such as Omega-3 fats.

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 of production of what is known as the "liquid gold" of Italy.

Foods and beverages like soft drinks, sodas and confectionaries 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. As humans, we have forgotten how 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 a destructive and perhaps one of the most preventable effects on our health and longevity.

Do you want to live a healthy and long life? Then follow these tips for improving your diet, which will surely aid you in your goal while enjoying the colors and flavors of Italian world-renowned foods! ■

Pet Health



welcome to YOUR NEW ADVENTURE

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

View all welcome guides digitally at stripes.com/special-publications or grab a free copy at your local Commissary, Exchange, Express or Welcome Center.



INSIDE: Finding a Home / Helping Your Kids Adjust /
Life with Pets in Your Host Nation / **Much More!**

THE BASICS

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.

Within ten days of your pet's arrival or adoption, you should register with the local military vet clinic and register the micro-chip. 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 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.



Emergency

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

Italian Emergency Numbers

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

- Fire 115
- Ambulance 118
- Italian Police 112
- Police 113



ACUPUNCTURE

Agopuntura Napoli, Dr. Vincenzo Maffei
Via Chiatamone, 23
80121 Naples NA
+39 081 1952 8005

BEHAVIORAL HEALTH

REACH AUT
Counseling, Occupational Therapy, Psychology, Telemedicine
0444 149 7390
<https://reachaut.org/>

Villa Silvia Casa Di Cura
Counseling, Psychiatry – Adult, Psychology
071 792 7961
www.villasilvia.com

CARDIOLOGY

Dr. Gian Luca Iannuzzi
Viale delle Mimosa 8
80131 Naples NA
347 563 8538
cardiospecialistia.wixsite.com/iannuzzi

CHIROPRACTIC CARE

Dr. Martin J. Silva
Strada Statale Sannitica
81025 Marcianise CE
340 480 6690

DENTISTRY/ORAL SURGERY

Dr. Massimo Buda
Odontology
Via Alessandro Manzoni 184
80123 Naples NA
081 575 2003
www.instagram.com/studio_buda

Dr. Alexander Robert Colaneri
Via Michelangelo Schipa 118
80122 Napoli NA
081 41 2056
www.dentistapro.it/napoli/napoli/dr-alexander-robert-colaneri.asp

Dr. Ferdinando Curci
Via Napoli 116
80010 Villaricca NA
081 506 5723
www.studiodentisticocurci.it

Dr. Francesco Olivieri
Dental Prosthesis
Via Giosuè Carducci 6
80121 Naples NA
081 1863 9631
www.olivierifrancesco.it

STUDIO DENTISTICO SADILE
Corso Umberto 131
81030 Succivo CE
081 066 5177
studiosadile.it

DENTAL CLINIC POZZUOLI
Via Domitiana 6A
80078, Pozzuoli NA
3346994632
www.dentalclinicpozzuoli.it

ISMILE STUDIO ODONTOIATRICO
Orthodontics
Via Staffetta 143
80014 Giugliano in Campania NA
081 509 1705
www.ismilestudio.net

DOCTOR KIDS NAPLES
Pediatric Dentistry
Via Cintia 41
80126 Naples NA
081 890 2073
doctorkids.it

DENTAL CENTER DE ROSA
Via Staffetta 51
80014 Giugliano in Campania NA
081 509 1319
dentalcenterderosa.it

DERMATOLOGY/ALLERGY

Dr. Gabriella Fabbrocini
Via Gaetano Filangieri 36
80132 Napoli NA
334 1691517
www.studiofabbrocini.it

Studio Prof. Pietro Santoianni
Viale A. Gramsci 13
80122 Naples NA
081 68 15 23
dermatologouniversita.wordpress.com/dermatologo-2

DIAGNOSTICS

CASAVATORE HEADQUARTERS EMICENTER
081 1980 7000
www.emicenter.it

SANNIO SRL LABORATORY
Via Paolo Borsellino s.n
81030 Gricignano di Aversa CE
081 890 5604
www.laboratoriosannio.it

EAR, NOSE AND THROAT

Dr. Vincenzo De Maio
Via Gaetano Filangieri
80121 Naples NA
081 41 4808

Dr. Grazia Salerno
Via Fiore 19
80129 Naples NA
336 94 4274
www.otorinolaringoiatrianapoli.com

ENDOCRINOLOGY

Dr. Gerardo Amabile
Endocrinology (Laser Treatment)
347-610-3578
www.thyrobeam.info/pagina-9.html

Dr. Michele Riccio
Endocrinology and Diabetes
Largo Francesco Celebrano 27
80129 Naples NA
081 5788334
www.endocrinologodrmichelericcio.com

GASTROENTEROLOGY

CLAAR GASTROENTEROLOGY AND HEPATOLOGY OFFICE
081 68 0794
Via Francesco Giordani 30
80122 Naples NA
www.studiodigastroenterologiaclaar.com

HOSPITAL/CLINIC

HOSPITAL S. MARIA DELLA PIETÀ
Via S. Rocco 9
80026 Casoria NA
081 540 8111
www.ospedalecamilliani.it

PINETA GRANDE HOSPITAL
Via Domitiana Km 30,00
81030 Castel Volturno CE
0823 85 4111
www.pinetagrande.it

U.S. ABROAD HEALTH CARE

Strada Cà Balbi 84
36100 Vicenza VI
0444 914398
www.usabroadhc.com

VILLA DEI FIORI SRL CASA DI CURA PRIVATA

Corso Italia 157
80011 Acerra NA
081 319 0111
www.villadeifioriacerra.it

MEDICAL EQUIPMENT

JANZ MEDICAL SUPPLY

Durable Medical Equipment
0818 13 2012
www.janzmedicalsupply.com/about/store-locations/naples-nex

MPM ITALIA S.R.L.

Durable Medical Equipment
081 804 7006
www.mpmitalia.it

NEUROLOGY

CNT TERRITORIAL NEUROLOGICAL CENTER

Via Camillo Cucca 102
80031 Bruscianno NNA
081 001 0202
sanitasenzaproblemi.it/strutture/campania/cnt-centro-neurologico-territoriale-napoli

Dr. Giuseppe Marasco

Via Santa Lucia 36
80132 Naples NA
081 7647089
www.dott-giuseppe-marasco.eu

OBSTETRICS & GYNECOLOGY

Dr. Pierluigi Giampaolino

347 311 9916
www.facebook.com/pgiampaolino

ULTRASOUND & PRENATAL DIAGNOSTICS

Obstetrics and Gynecology, Imaging – Radiology
Via dei Fiorentini 21
80135 Naples NA
081 5528030
www.aniellodimeglio.com/pubblico/index.htm

CENTRO IPPOCRATE

Obstetrics and Gynecology
081 593 6642
www.centroippocrate.it

ONCOLOGY

FEDERICO POLISPECIALISTICO MEDICAL CENTER

Via Regina Elena, 44
82030 Faicchio BN
0824 86 3285
www.centromedicofederico.it/en

OPHTHALMOLOGY

OPHTHALMOLOGICAL MICROSURGERY CENTER

Viale Antonio Gramsci 20
80122 Naples NA
081 68 1944
www.studiooculisticosammartino.com

PASCOTTO EYE CENTER

Corso Umberto I 179
80138 Naples NA
081 554 2792
www.oculisticapascotto.it

ORTHOPEDICS/SPORTS MEDICINE

Dr. Gaetano Pezzella

Viale Maria Cristina di Savoia 39
80122 Naples NA
327 286 7931
www.gaetanopezzella.com/sito

PEDIATRIC CARE

Dr. Raffaella de Franchis

Via Epomeo 175
80126 Napoli NA
081 060 9002
www.sicupp.it/raffaelladefranchis/web.asp

Dr. Antonio Improta

Via Bernardo Cavallino 31
80137 Napoli
www.miodottore.it/antonio-improta/pediatra/napoli

PLASTIC SURGERY

Dr. Giuseppe Capone

Via Torquato Tasso 480
80122 Naples NA
335 661 7660
www.giuseppecapone.it

Dr. Paola Della Rocca

Via Guglielmo Marconi 10
84098 Pontecagnano SA
339 230 9347
www.paoladellarocca.it

REHAB CENTER

CASTLE HEALTH

Network of locations in the U.K. and Europe
Scotland, U.K. EH46 7DH
International: +44 1721 360 045
From U.K.: 0808 291 4592
www.castlehealth.eu

U CENTER

Julianastraat 23-A
6285 AH Epen, Netherlands
800 222 444 6
<http://www.u-center.nl>

SLEEP STUDIES

AMERICAN SLEEP CLINIC

Friedberger Landstraße 406,
Frankfurt 60389
069 808 807 777
www.american-sleep-clinic.com

UROLOGY

Dr. Domenico Prezioso

Viale Antonio Gramsci 19
80122 Napoli NA
081 497 6089
www.doctolib.it/urologo/napoli/domenico-prezioso

Dr. Giuseppe Quarto

Via Mergellina 23
80121 Napoli NA
081 011 8555
www.andrologo-urologo.com



For the most current
information, visit:
[www.tricare-overseas.com/
beneficiaries/resources/](http://www.tricare-overseas.com/beneficiaries/resources/)

GOOD SLEEP. GOOD DAY. GOOD LIFE.

Did you know how risky snoring could be? We simply stop it.

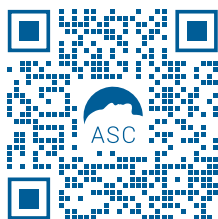


Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes, 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!



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

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

