

# HEALTH & MEDICAL

## SIGONELLA



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

INSIDE

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## Your Guide to Health Care in Italy

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

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## STARS AND STRIPES.

### EUROPE OFFICE

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

**BUSINESS OPERATIONS MANAGER**  
John Rodriguez

**ENGAGEMENT MANAGER**  
Leah Geier

**MARKETING COORDINATOR**  
Kristen Thoennes

**MARKETING ASSISTANT**  
Anna Delange

**COMMUNITY RELATIONS COORDINATOR**  
Al Green

### PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell

**PUBLISHING & MEDIA DESIGN, WRITER-EDITORS**  
Kat Nickola, Tamala Malerk, Katie Wells

**GRAPHIC ARTISTS**  
Daniela Gammon, Kevin Geraci, Ryyan Joye

**MULTIMEDIA ADVERTISING, MANAGER**  
Doug Dougherty

**SIGONELLA ADVERTISING SALES REPRESENTATIVE**  
Sebastiano Saglimbeni

### ADVERTISING CONSULTANTS

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

**ADVERTISING SALES ASSISTANT**  
Danny Padro

**COVER DESIGN BY**  
Ryyan 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](mailto:dougherty.doug@stripes.com)

Visit our website for more information at [www.stripes.com](http://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  
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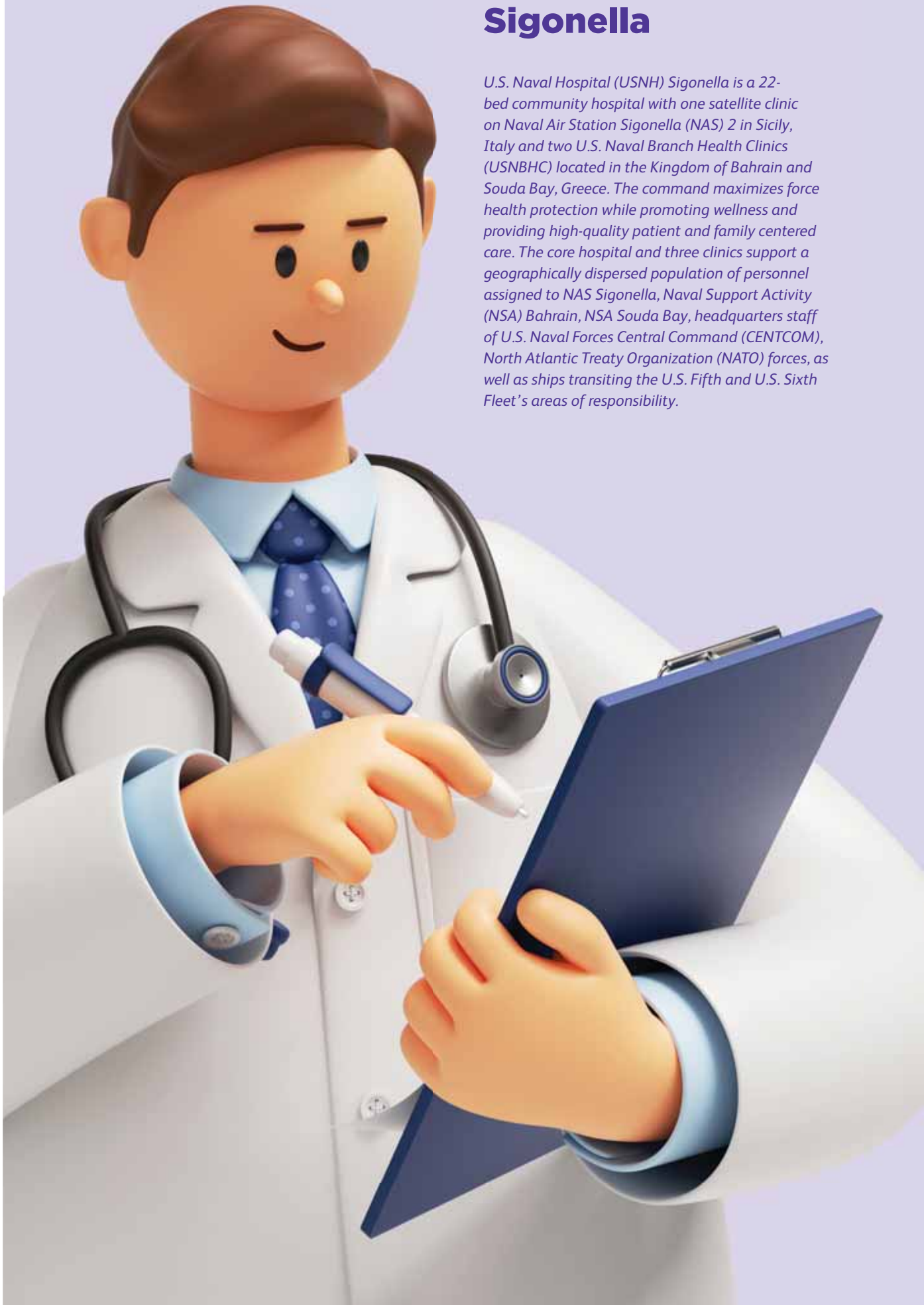
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## U.S. Naval Hospital Sigonella

*U.S. Naval Hospital (USNH) Sigonella is a 22-bed community hospital with one satellite clinic on Naval Air Station Sigonella (NAS) 2 in Sicily, Italy and two U.S. Naval Branch Health Clinics (USNBHC) located in the Kingdom of Bahrain and Souda Bay, Greece. The command maximizes force health protection while promoting wellness and providing high-quality patient and family centered care. The core hospital and three clinics support a geographically dispersed population of personnel assigned to NAS Sigonella, Naval Support Activity (NSA) Bahrain, NSA Souda Bay, headquarters staff of U.S. Naval Forces Central Command (CENTCOM), North Atlantic Treaty Organization (NATO) forces, as well as ships transiting the U.S. Fifth and U.S. Sixth Fleet's areas of responsibility.*



## U.S. Naval Hospital Sigonella

### NAS 1, Bldg. 273

Appointment Line: +39 095-56-2273

[sigonella.tricare.mil](mailto:sigonella.tricare.mil)

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.

### Primary Care Clinic Appointments

NAS 1 Hospital, 2nd floor

- **Routine Primary Care Clinic appointments** are scheduled by calling the appointment office.

Phone: +39 095-56-2273/4599

DSN: 624-2273/4599

Monday – Friday, 7:30 a.m. to 4 p.m.

- Log into the **MHS Patient Portal** 24/7 to book, cancel or reschedule appointments; you can also request medication refills.  
[patientportal.mhsgenesis.health.mil](http://patientportal.mhsgenesis.health.mil)
- **Acute or Urgent Primary Care Clinic appointments** may be obtained by calling for a same-day or next-day appointment from the clinic.

## Flight Line Clinic

### NAS 2, Bldg. 148

Appointment Line: +39 095-56-5445 | DSN: 624-5455

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

Wednesday, 7:30 a.m. to 12 p.m.

*Closed for training Wednesday from 1 to 4 p.m.*

The NAS 2 Flight Line Clinic offers primary care, pharmacy, optometry, dental, occupational health, mental health, Sexual Assault Response Coordinator (SARC), and laboratory services to all adult TRICARE beneficiaries as well as U.S. civilian employees and contractors.

## Emergency Information

For any emergency on or off base, call dispatch who will send proper assistance: +39-095-86-1911.

### Italian emergency services

Italian Ambulance: 118

Italian Fire: 115

Polizia: 113

Carabinieri: 112

### TRICARE Nurse Hotline: +1 800-877-660

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

### Emergency Care/Ambulance Request

Emergency care is available at the NAS 1 Hospital Emergency Department 24 hours a day, 7 days a week.

- Emergency Department phone:  
+39 095-56-3844 | DSN: 624-3844
- Ambulance request phone:  
+39 095-56-1911/5225 | DSN: 911 (624-4911)

If an emergency occurs and you need an ambulance, try to give clear directions to the patient's location.

## Eligibility

Beneficiaries, including military retirees, contractors, GS employees, NATO members (and their families), and TRICARE Select enrollees may be seen at our hospital on a space available (Space-A) basis. Please visit the Patient Administration office at the hospital to register.

- Military retirees, please call International SOS to transfer your TRICARE benefits overseas: +44-20-8762-8384

## Services Available

- Audiology
- Behavioral health
- Dental
- Early Development Intervention Service (EDIS)
- Emergency care
- General surgery
- Primary care
- Health promotion
- Internal medicine
- Laboratory
- Nutritionist
- OB/GYN
- Orthopedics & Podiatry
- Pediatrics
- Pharmacy
- Physical exams
- Physical therapy
- Preventive medicine
- Radiology

## Health Promotions

NAS 1, Midtown Building (above Pizza Hut & Bowling Alley)

Phone: +39 095-56-4950 | DSN: 624-4950  
 Hours: Monday – Friday, 7:30 a.m. to 4 p.m.  
 Email: usn.sigonella.usnmrtc-sigonell.mesg.hp@health.mil  
 Facebook Group: Health Promotion and Wellness - US NMRTC Sigonella

The Health Promotions office has multiple classes and programs designed to help you live and maintain a healthy lifestyle by establishing habits that avoid illness and injury.

- Special events and workshops
- Body composition assessments
- Resting metabolic rate assessments
- Strength and flexibility assessments
- Health coaching
- Metabolism and healthy eating courses
- Stress management techniques
- Tobacco cessation
- Fitness performance optimization
- Nutrition consultations
- Healthy sleep programs

## Mental Health Department and Substance Abuse Rehabilitation Program (SARP)

NAS 2 Flight Line Clinic

Phone: +39 095-86-6095 (Mental Health),  
 +39 095-86-6092 (SARP)  
 DSN: 624-6095 (Mental Health), 624-6092 (SARP)  
 Hours: Monday – Tuesday, Thursday – Friday, 7:30 a.m. to 4 p.m.,  
 Wednesday, 7:30 a.m. to 12 p.m.

This clinic offers medical-based psychotherapy and pharmacotherapy for mental health-related conditions including mood disorders, trauma conditions and serious mental health issues. Services include screening, early interventions and outpatient treatment for substance use conditions. Additional solution-focused mental health support is available through the behavioral health provider embedded with Primary Care. Requests for care can be made directly to the Mental Health Department or with your Primary Care provider; referrals are not required.

## Educational and Developmental Intervention Services (EDIS) Clinic

The EDIS Clinic provides developmental services (speech and related therapies) for infants and children up to the age of 35 months. Developmental services for children 3 years and older are provided at the DoDEA Child Find Program, and more information may be found at [www.dodea.edu/education/student-services/special-education](http://www.dodea.edu/education/student-services/special-education). ■





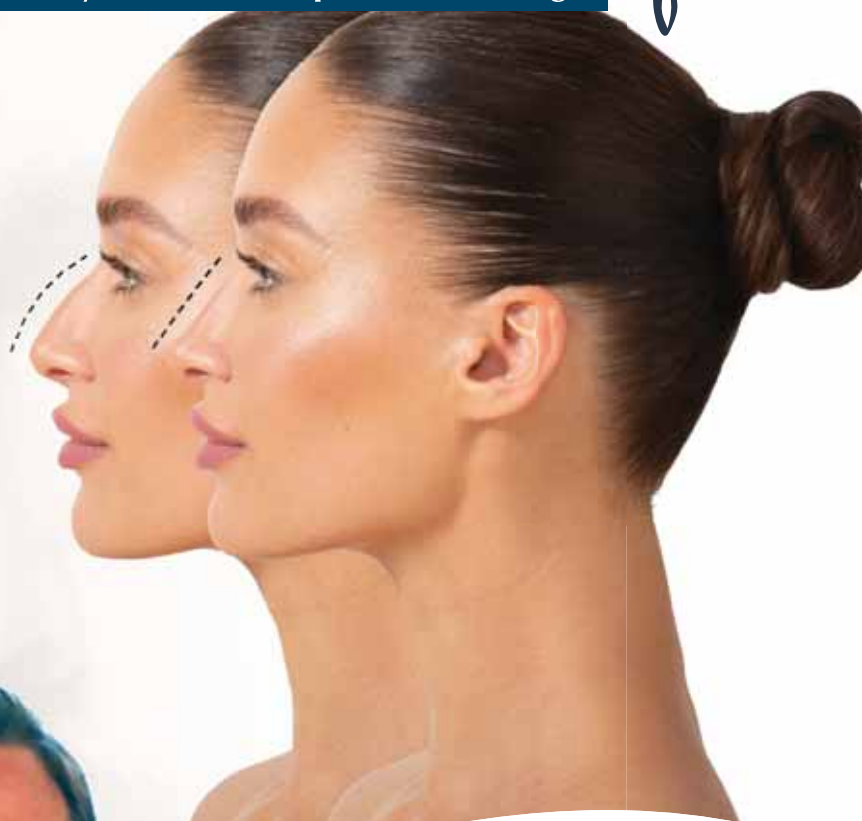
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-  
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  Dr. Antonino De Pasquale

## TRICARE Overseas

### Resources

- **International SOS** provides urgent or emergency medical support 24/7. +44 20-8762-8133 or toll free in Italy: 800-928-305
- **Regional Customer Service** provides a 24/7 phone number for beneficiary questions. +44 20-8762-8384 or toll-free in Italy: 800-915-994
- **Covered services:** [www.tricare.mil/CoveredServices](http://www.tricare.mil/CoveredServices)
- **Local DEERS Office:** +39 095-86-5651
- **U.S. TRICARE Regions:** East: 1-800-444-5445 / West: 1-844-866-9378
- **Medicare:** 1-800-633-4227
- **Social Security Administration:** 1-800-772-1213
- **U.S. Naval Hospital Sigonella Billing Office:** +39 095-56-4788
- **U.S. Naval Hospital Sigonella TRICARE Enrollment Office:** +39 095-56-4880
- **U.S. Naval Hospital Sigonella Appointment Center:** +39 095-56-2273

### Enrollment

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

**You have 90 days from arrival to complete the transfer of your enrollment.**

Your coverage begins when your completed enrollment application is received. A great opportunity to complete this process is during the base indoctrination. If you are unable to attend base indoctrination, you may stop by our office.

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

To see other options for enrollment, please visit [sigonella.tricare.mil/Getting-Care/Appointments-Referrals](http://sigonella.tricare.mil/Getting-Care/Appointments-Referrals).

#### Needed for enrollment

- Completed form DD2876 (provided by TRICARE BSR during AO). Only one form per family is needed.
- A copy of orders (to be kept for filing purposes).

#### 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](http://www.tricare.mil/openseason).

#### DEERS Office

NAS 2, Bldg. 476

Phone: +39 095-86-5651 | DSN: 624-5651

You can update your address in DEERS online at [www.tricare.mil/DEERS](http://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 Overseas Program (TOP)

In Italy, the Tricare Overseas Program (TOP) provides insurance for active duty, retirees and their dependents. Below is a list of program choices.



#### TOP Options

#### TRICARE Prime Overseas

Active-duty service members will enroll in TRICARE Prime. It is highly recommended for command sponsored active-duty dependents. There are no enrollment fees nor copays.

TRICARE Prime beneficiaries will receive most of their care from their primary care manager (PCM) at a military clinic. Specialty care can be obtained with a referral from the PCM or an authorization from International SOS.

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

- [www.tricare.mil/primeoverseas](http://www.tricare.mil/primeoverseas)

#### TRICARE Select Overseas

We strongly encourage active-duty dependents to enroll in TRICARE Prime. TRICARE Select Overseas patients may only be seen on Space-A basis.

This option is available to active-duty family members or retired service members and dependents living overseas. It allows beneficiaries to schedule appointments with any overseas provider. Referrals are generally not required except for certain services. You will pay an annual deductible and a percentage of covered services.

- [www.tricare.mil/Plans/HealthPlans/TSO](http://www.tricare.mil/Plans/HealthPlans/TSO)

**TRICARE for Life**

This is a wrap-around coverage for retirees 65 years old and older. Enrollment in Medicare Part A and B is required to continue TRICARE coverage past age 65. Medicare provides coverage in the U.S. and U.S. territories. When living overseas, TRICARE is the only payer and TRICARE co-pays and deductibles apply. Reach out with questions at +39 095-56-4880 or DSN: 624-4880.

- [www.tricare.mil/tfl](http://www.tricare.mil/tfl)

**TRICARE Young Adult**

Available to dependent children after regular dependent TRICARE coverage ends at age 21, or 23 for those enrolled in college. TRICARE Young Adult offers continued coverage until the beneficiary is 26 years old. Enrollment is required and monthly premium fees apply.

- [www.tricare.mil/TYA](http://www.tricare.mil/TYA)

**MHS Genesis**

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

- [patientportal.mhsgenesis.health.mil](http://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 stationed or traveling overseas.

- [www.tricare-overseas.com/beneficiary-app](http://www.tricare-overseas.com/beneficiary-app)
- Search for TOP network providers.
- Access your referral, authorization, and secure claims portal to track appointments and set reminders.
- Use TOP "Near Patient Team" to communicate with nurses about the local system and your treatment when referred off-installation.
- Find emergency numbers and current medical risk rating when traveling.
- Check your health plan, covered services and access the claims portal.
- Translation assistance.



# TRICARE Service Center (TSC)

## Referral Management Center (RMC)

USNH Sigonella, 2nd Floor (TRICARE office)  
 Phone: +39 095-56-4087 | DSN: 624-4087  
 Hours: Monday – Friday, 7:30 a.m. to 4 p.m.  
 Closed Wednesdays 1 to 4 p.m. for training

International SOS and the RMC work together to support TRICARE Prime beneficiaries (U.S. active duty and active-duty family members) and to obtain authorization of their referral for care in the Italian medical system. The RMC ensures the MTF's capability and capacity are optimally utilized. The RMC works closely with MTF providers, International SOS, and the TRICARE area office for Eurasia-Africa (TAO-EA) to review eligibility and benefits for patients, track all referrals, book patients into their network appointments, and assist with claims issues.

The RMC also assists TRICARE beneficiaries (including non-Prime) and patients who are allowed access to care at the MTF (e.g. NATO and DoD civilians). The RMC has several patient liaison representatives who coordinate appointments, in-patient network transfers and admissions, and provide translation services in-person and for the translation of medical records. The RMC also provides transportation for the patient to and from the outpatient network appointments. For patients under 18 years of age, one guardian is authorized to travel with the patient to their appointment.

## Case Management (CM)

USNH Sigonella, 2nd Floor (TRICARE Office)  
 Phone: +39 095-56-4756 | DSN: 624-4756  
 Hours: Monday – Friday, 7:30 a.m. to 4 p.m.

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 USNH Sigonella, 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 Italian network and at the MTF. CM services may be initiated either through self-referral or through your PCM.

## TRICARE Enrollment Office

USNH Sigonella, 2nd Floor (TRICARE Office)  
 Hours: Monday - Friday, 7:30 a.m. to 4 p.m.  
 Phone: +39 095-56-4087 | DSN: 624-4087

Be sure to visit your local TRICARE Beneficiary Service Representative (BSR) during in-processing to verify your 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](http://www.tricare.mil/DEERS).

Your BSR will assist active duty and family members with enrollment into TRICARE Prime and assists retirees and DOD civilians with enrollment in other TRICARE options here in Europe. They will also assign a PCM for Prime patients and assist with your health benefits questions as well as help you with PCM changes, enrollment of newborns, explanation of benefits and eligibility, and any other TRICARE related enquiry.

## TRICARE Claims Representatives (TSC)

The TSC has two Beneficiary Counsellors and Assistance Coordinators (BCAC) that help TRICARE beneficiaries process claims for reimbursement of upfront medical cost such as network appointments at Italian providers and medications purchased at local Italian pharmacies (*farmacia*).

There is one Debt Collection Assistance Officer (DCAO) that assists beneficiaries with clearing unpaid claims that the member was previously not aware of. Your DCAO may assist you with unpaid healthcare bills that appear on your credit report.

## Uniform Business Office (UBO)

USNH Sigonella 3rd Floor  
 Hours: Monday – Friday, 7:30 a.m. to 4 p.m.  
 Phone: +39 095-56-4788 | DSN: 624-4788  
 Email: [usn.sigonella.usnmrtc-sigonell.list.ubo-collection@health.mil](mailto:usn.sigonella.usnmrtc-sigonell.list.ubo-collection@health.mil)

USNH Sigonella UBO provides Medical Treatment Facility (MTF) medical billing services for the Europe Region. Our mission is to optimize allowable health care cost recovery within compliance guidelines in support of the operational and readiness mission of the Military Health System (MHS). The UBO supports the TRICARE-managed care programs by providing tools and policies to enhance and improve the effectiveness of the financial and collection operations. Additionally, the UBO supports managing and expediting collections from patients and third-party insurers, supports consistent and uniform reporting of expense, manpower and workload data and enhancing third party reimbursements.

Sigonella UBO will submit medical claims to your non-TRICARE health insurance provider if you provided your health insurance information. UBO collects this information through the receipt of a DD 2569 Form, "THIRD PARTY COLLECTION PROGRAM/MEDICAL SERVICES ACCOUNT/ OTHER HEALTH INSURANCE" ([whs.mil](http://whs.mil)) and/or front and back copies of health insurance cards. ■



# Civilian Insurance

Below is a partial list of insurance companies for civilians working at military bases overseas. Visit plan websites to evaluate which is best for you and your family.

Federal employees can visit [www.opm.gov/healthcare-insurance/healthcare](http://www.opm.gov/healthcare-insurance/healthcare) to search for providers.

- **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](http://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](http://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. [www.geha.com](http://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. [www.compassrosebenefits.com](http://www.compassrosebenefits.com)
- **Cigna Global Insurance**—Offers a global network for U.S. citizens overseas, to include government employees, retirees, expats and students. [www.cignaglobal.com](http://www.cignaglobal.com)
- **Foreign Medical Program (FMP)**—U.S. Department of Veterans Affairs (VA). This health care benefit is for U.S. veterans with a VA-rated service-connected condition living overseas or traveling abroad. The FMP covers medical care costs overseas that are associated with the eligible conditions. Registration is required. Visit [www.va.gov/health-care/foreign-medical-program](http://www.va.gov/health-care/foreign-medical-program) or call +1 800-013-0759 for details and registration. ■



## Health Care in Italy

*Italy's health care access and medical 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.

### 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.

### Italian Hospital Differences

In order to have affordable health care, hospitals may not issue basics 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

### Payment

If you are not a TRICARE Prime beneficiary or if you receive care at a non-network civilian facility you will likely have to pay your bill up-front then submit a claim to your insurance provider for reimbursement. Ask the cost of the visit in advance so you are prepared to pay for it. ■



# Support When Visiting Italian Providers



## Patient Liaisons

*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 local host-nation provider (per request).
- Help coordinate a transfer from an MTF to a host-nation medical facility or from a host-nation facility to the 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 the TRICARE service center's RMC (below) 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.

### **Sigonella Patient Liaisons are coordinated by the Referral Management Center (RMC)**

USNH Sigonella, 2nd Floor (TRICARE office)  
Phone: +39 095-56-4087 | DSN: 624-4087  
Hours: Monday – Friday, 7:30 a.m. to 4 p.m.  
Closed Wednesdays, 1 to 4 p.m. for training

## Near Patient Program (NPP)

*The International SOS NPP team assists with host-nation inpatient management for TRICARE Prime active duty and family members.*

They offer in-person support Monday – Friday, 8:30 a.m. to 4 p.m., and 24/7 support remotely.

The team consists of one medical director, one lead nurse and five nurse specialists with diverse nursing backgrounds. The team will assist patients with translation services, facilitate understanding of medical information, and advocate for the patient. The team also works closely with the Case Manager (CM) and the TRICARE patient liaisons when coordinating planned admissions to the host nation facilities and transfers back to the MTF upon host nation discharge, if applicable.

- International SOS Phone: +44-20-8762-8384
- You can also access your NPP via the MyCare Overseas™ Beneficiary App. ■

## Italian Pharmacies



An Italian pharmacy, or “farmacia,” is a place you will need to be accustomed to when living in Italy. 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 a location nearest to 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 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. 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 Medicines

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: Dextrmetorphan, 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 Sigonella Pharmacy will only fill prescription if it is written to standard and in English. The TRICARE Patient Liaisons will assist with translating your Italian network care recommendations and prescriptions. The Medical Officer of the Day or your PCM may replicate the recommended prescription to order it at the Sigonella pharmacy.

The medication must be something carried by the USNH Sigonella pharmacy as a U.S. Food and Drug Administration (FDA) approved medication. The NAS 2 Flight Line Clinic may refill prescriptions for active duty only.

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

Patient Information  
(Informazioni paziente)

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 \*\***)

Drug Information  
(Informazioni sui farmaci)

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)

Provider Information  
(Informazioni del medico)

John Smith

John Smith, MD

0444-123456

- ✓ 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)

(NOME COMPLETO DEL PAZIENTE)

(DATA DI NASCITA DEL PAZIENTE)

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

(DATA PRESCRIZIONE/FIRMA)

✓ Name (generic preferred)  
Nome (preferibilmente il generico)

✓ Strength  
(principio attivo)

✓ Dosage form (tablet, capsule)  
Forma di dosaggio (compressa, capsula)

✓ 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)

# Italian Language Medical Terms

## Emergency Phrases

### I need help

Ho bisogno di aiuto

### I am currently here ...

Mi trovo in Via Marconi  
(I am in Marconi Street)  
Mi trovo a Verona (I am in Verona)

### There has been an accident

C'e' stato un incidente

### Please send an ambulance

Per favore mandate un'ambulanza

### I have been injured

Sono ferito

### I work for the U.S. military

Lavoro per l'esercito Americano

### The injured person is bleeding

La persona ferita sta sanguinando

### The injured person is unconscious

La persona ferita e' incosciente

### The injured person is not breathing

La persona ferita non respira

## General

### hospital

Ospedale

### doctor

dottore

### pharmacy

Farmacia

### dentist

dentista

### orthodontist

ortodontista

### optometrist

oculista

### I need a doctor (who speaks English)

Ho bisogno di un dottore (che parli inglese)

## Symptoms/Conditions

### I'm sick/ill

sono malato / mi sento male

### He is sick/ill

lui sta male

### She is sick/ill

lei sta male

### It hurts here

mi fa male qui

### My ... hurts

il mio/la mia..... fa male

### I can't move my ...

Non riesco a muovere il mio/la mia...

### I have a cramp in my ...

ho un crampo nel mio/nella mia...

### My ... is swollen

il mio/la mia.... e' gonfio

### eye

l'occhio

### ear

l'orecchio

### arm

il braccio

### hand

la mano

### butt

il fondoschiena

### head

la testa

### nose

il naso

### mouth

la bocca

### chest

il petto

### stomach

lo stomaco

### leg

la gamba

### I've been vomiting

ho vomitato

### I can't sleep

non riesco a dormire

### I feel dizzy

mi gira la testa

### I feel hot and cold

sento caldo e freddo

### I feel nauseous

ho nausea

### I feel shivery

ho i brividi

### I feel weak

mi sento debole

### I feel anxious

sono in ansia

### I feel depressed

sono depresso

### I feel better

mi sento meglio

### I feel worse

mi sento peggio

### I have (a)...

ho (un/una)...

### fever

febbre

### diarrhea

diarrea

### headache

mal di testa

### stomach ache

mal di stomaco

### pain

dolore

### a sore throat

mal di gola

### a cold

il raffreddore

### a cough

Husten la tosse

### asthma

l'asma

### diabetes

il diabete

### the flu

l'influenza

### stomach flu

influenza intestinale

**heart problems**  
problemi cardiaci

**nausea**  
nausea

**a urinary tract infection**  
infezione alle vie urinarie

**I have an infection**  
ho una infezione

**I have a rash**  
ho una irritazione

**I take ... / I am on medication**  
Prendo... / sono sotto farmaci

## Vaccinations

**He has been vaccinated for ...**  
Lui e' stato vaccinato per...

**She has been vaccinated for ...**  
Lei e' stato vaccinato per...

**Hepatitis (A/B/C)**  
epatite A/B/C

**tetanus**  
tetano

**chicken pox**  
varicella

**whooping cough**  
pertosse

**polio**  
poliomielite

**rabies**  
rabbia

**smallpox**  
vaiolo

**yellow fever**  
febbre gialla

## Allergies

**I have a skin allergy**  
ho una allergia cutanea

**I'm allergic to ...**  
sono allergico a...

**antibiotics**  
antibiotico

**anti-inflammatories**  
antinfiammatorio

**aspirin**  
aspirina

**bees**  
api

**codeine**  
codeina

**penicillin**  
pennicillina

**pollen**  
polline

**antihistamines**  
antistaminico

**inhaler**  
inalatore

**injection**  
iniezione

**sulfur-based drugs**  
farmaci a base di zolfo

## Obstetrics & Gynecology

**Could I see a female doctor?**  
Potrei vedere un medico donna?

**pregnancy test**  
test di gravidanza

**(I think) I'm pregnant**  
Credo di essere incinta (I think)  
Sono incinta (I am sure)

**I'm on the pill**  
prendo la pillola

**I haven't had my period for ... weeks**  
non ho il ciclo da... settimane

**contraception**  
contraccettivo

## Pharmacy

**I've run out of my medication**  
ho finito le medicine

**My prescription is ...**  
la mia ricetta medica e'...

**Is there a (night) pharmacy nearby?**  
c'e' una farmacia (di turno) in zona?

**I need something for ...**  
vorrei qualcosa per...

**Do I need a prescription for ...**  
ho bisogno di una ricetta per...

**How many times a day?**  
quante volte al giorno?

**Will it make me drowsy?**  
Induce sonnolenza?

**Once/ twice a day (with food)**  
una volta / due volte al giorno  
(a stomaco pieno)

## Dental

**I have a broken tooth**  
ho rotto un dente

**I have a toothache**  
ho male a un dente

**I need a filling**  
ho bisogno di fare una otturazione

**I've lost a filling**  
ho perso una otturazione

**My braces are broken**  
ho rotto l'apparecchio



# Dental Care



## USNH Sigonella Dental Clinics

### NAS 1 Hospital Dental Clinic

+39 095-624-3868 | DSN: 314-624-3868

### NAS 2 Flightline Dental Clinic

+39 095-624-5447 | DSN: 314-624-5447/5864/6317

Hours: Monday – Friday, 7:30 a.m. to 4 p.m.  
[sigonella.tricare.mil/Health-Services/Dental](https://www.sigonella.tricare.mil/Health-Services/Dental)

The dental clinics provide the following services to our beneficiaries:

- General dentistry
- Oral surgery
- Pediatric dentistry
- Orthodontics
- Periodontics
- Hygiene
- Emergency treatment

Implant dentistry is only available for active-duty members if all qualifications and clinical indications are met.

Please be aware that orthodontic and pediatric dentistry resources are limited. For those who do not qualify for orthodontic care, and/or wish to seek care out in town, please visit the TRICARE Dental Plan website at [www.tricare.mil/dental](http://www.tricare.mil/dental) for details on coverage.

Active-duty members must receive permission from their commanding officer via a commander's concurrence letter to receive orthodontic care on the economy, at the service member's expense. Active-duty members stationed in Italy, under direct care status in DEERS, are not eligible to use the active-duty dental program to pursue any dental care.

# Daive Mirabella, DDS, MSD



Specialist in Orthodontics  
Master of Science in Dentistry  
University of Washington



## *Practice Limited to Orthodontics*



- *Digital Orthodontics*
- *Orthodontics for Kids & Teens*
- *Adult Orthodontics*

## *Free Consultation*




- *Metal Braces & Clear Braces*
- *Invisalign*
- *Financing Options*


## *Interdisciplinary Treatment*



- *Dental Sleep Medicine*
- *Teeth Whitening*
- *Smile Design*

## *Contact Us*

 +39 095507740

 Via Teseo,13 - 95126 Catania

 +39 3450254492

 [www.giuntamirabella.com](http://www.giuntamirabella.com)

 [catania@giuntamirabella.com](mailto:catania@giuntamirabella.com)

 #giuntamirabella



### Clinic Information

- If you experience a dental emergency outside of normal hospital working hours (weekdays after 4 p.m. or weekends), please contact the Emergency Department (ED). ED personnel will triage dental emergencies and contact the dentist on call as needed.

**The Emergency Department may be reached at +39 095-56-3844 | DSN: 624-3844.**

- Children **SHOULD NOT** be brought to the dental clinic unless they have a dental appointment. Children under the age of 10 cannot sit in the patient waiting area without supervision. All patients under the age of 18 must have a parent present in the clinic during their dental treatment.
- Please arrive on time for appointments and check in at the dental front desk. Due to high patient volume, if you arrive more than 15 minutes late you will be rescheduled for another day. If you are unable to keep your appointment, please inform the provider at least 24 hours in advance.

## Eligibility

Overseas medical treatment facilities such as NMRTC Sigonella Dental Clinic provide healthcare to active-duty service members and have offered services to TRICARE-enrolled beneficiaries, government employees, retirees and family members of government employees and retirees on a Space-Available (Space-A) basis. Limited resources require prioritization of care delivery based on the following four patient categories:

**Category 1**—Active-duty service members.

**Category 2**—Command-sponsored family members of active-duty and survivors of service members who died on active-duty and are enrolled at NMRTC Sigonella or its Branch Health Clinics.

**Category 3**—Active-duty family members that are not command sponsored and/or the sponsor is not assigned to a command supported by NMRTC Sigonella. This category also includes retirees and their family members.

**Category 4**—Other eligible beneficiaries. This includes employees of the Department of Defense Education Activity (DoDEA), contractors, retirees, family members of these beneficiaries, and survivors of service members who died on active duty who are not enrolled in TRICARE.

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.

Due to inherent capacity limitations, beneficiaries in categories 2 through 4 are strongly encouraged to maintain their TRICARE Dental Plan eligibility to ensure timely care at host nation dental facilities.

# TRICARE Dental Program (TDP)

## United Concordia (TDP)

[www.uccitdp.com](http://www.uccitdp.com)

OCONUS Toll Free: (844) 653-4060

For dental care outside of a military dental clinic, TRICARE offers an optional dental coverage for service members, families and survivors. Low monthly premiums provide coverage for treatment from civilian providers at host-nation facilities for most dental procedures like cleanings, sealants, braces, dental implants, fillings and root canals. In Italy, the TDP provides additional coverage than in the U.S.

Host-nation dentists who qualify as preferred providers must speak English, be licensed in their country and meet a list of more than 15 standards of quality. Also, senior dental officers on installations will visit the offices of preferred providers to assess the quality of care and clinic customer service.

- Visit [www.tricare.mil/dental](http://www.tricare.mil/dental) to see plans and coverage details.
- To locate a preferred provider, visit [www.uccitdp.com](http://www.uccitdp.com).

## Federal Employees Dental and Vision Insurance Program

Additionally, retired service members, their families and certain survivors may qualify to purchase dental coverage through the Federal Employees Dental and Vision Insurance Program.

- Visit [www.benefeds.com](http://www.benefeds.com) for details. ■

## 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: +39 095-56-4291 | DSN: 314-624-4291

**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.

- Elementary School: +39 095-56-4406 | DSN: 314-624-4406
- Middle School: +39 095-56-4281 | DSN: 314-624-4281
- High School: +39 095-56-4281 | DSN: 314-624-4281
- Child and Youth Programs: +39 095-56-3736 | DSN: 314-624-3736

**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.

- Office phone: +39 095-56-3975 | DSN: 624-3975
- 24 Hour Duty Phone: +39 335-831-4493

**The Mental Health Department and Substance Abuse Rehabilitation Program** at the NAS 2 Flight Line Clinic offers mental health therapy appointments in addition to substance abuse treatments and other consultations with the behavioral health provider. A referral is not necessary.

- Phone: +39 095-86-6095 | DSN: 624-6095
- SARP Phone: +39 095-86-6092 | DSN: 624-6092

**Military OneSource** offers free virtual sessions for individuals, couples or families. Learn more at [militaryonesource.mil/non-medical-counseling](http://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](http://www.safehelpline.org)

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

- Call: +1 844-702-5495
- DSN: 988
- Text: 838255
- Online: [www.veteranscrisisline.net](http://www.veteranscrisisline.net) ■





# The Mediterranean Diet

By Dr. Nicola Sarandria MD, PhD

*Italy is one of the most 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, nitrates, 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 five food groups, this way of eating is common across Italy.**

**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. 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.

**5. 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.

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 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. 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 goal 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 military uniform, wearing a camouflage cap and jacket with an American flag patch, is 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, 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. ■

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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](http://www.courtneyboyercoaching.com)



## Sigonella Veterinary Treatment Facility (VTF)

**NAS 1, Bldg. 318**

Phone: +39 095-56-4258 | DSN: 624-4258

The Sigonella VTF does not offer emergency care for pets.



Scan for more  
information

### Emergencies

Installation vet offices do not provide after-hours emergency care for pets. Ask at the VTF for a list of clinics on the Italian economy. Visit a couple to find one that is right for you and establish a relationship so that you will feel confident going there if an emergency arises.



## Getting to Italy

To enter Italy, you must furnish proof that your pet has:

- An international 15 digit microchip.
- A current rabies vaccination that meets OIE standards and blue-ink-signed certificate.
- A certificate of health. If coming from the U.S., this must be APHIS Form 7001.
- Your pet must be at least 6 months old.

More arrival details can be found at [www.aphis.usda.gov/pet-travel/us-to-another-country-export/pet-travel-us-italy](http://www.aphis.usda.gov/pet-travel/us-to-another-country-export/pet-travel-us-italy).

## Registration

- Within 10 days of your pet's arrival or adoption, you should register with the Sigonella VTF. The VTF will provide important information about pet ownership in Sicily.
- Within 90 days of your pet's arrival or adoption, it is local law that your pet be registered with the regional Azienda Sanitaria Provinciale (ASP). This is ASP Catania for all pets of service members living in the Marinai Housing Community on base. [www.aspct.it](http://www.aspct.it)
- 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 pets, so it is recommended to purchase liability insurance. Coverage is inexpensive and can save you from future headaches.

## Preventative Medicine

Keep your pet up to date on vaccinations. Talk to your veterinarian about your pet's vaccination status and parasite prevention needs at your pet's annual wellness exam!

### Dogs

- **Rabies** (core): Staying up to date on rabies vaccination is essential for being able to PCS with your pet. Rabies is preventable with a vaccination, but always fatal if contracted.
- **DAPv** (core): Protection against Canine Distemper Virus, Canine Adenovirus type 2, and Canine Parvovirus.
- **Leptospirosis** (optional): Highly recommended because leptospirosis has a heavy presence in Italy. It is spread through the urine of infected animals and contaminated water sources and can cause life-threatening organ damage.
- **Bordetella** (optional): Highly recommended for all dogs visiting dog parks, groomers and boarding facilities, or if you utilize a pet-shipper when moving. Certain countries require the Bordetella vaccine for entry.
- **Lyme disease** (optional): For dogs with frequent exposure to ticks in Lyme endemic areas.

### Cats

- **Rabies** (core): Staying up to date on rabies vaccination is essential for being able to PCS with your pet. Rabies is preventable with a vaccination, but always fatal if contracted.
- **FVRCP** (core): Protects cats from Feline Viral Rhinotracheitis, Feline Calicivirus and Feline Panleukopenia which are highly contagious and life-threatening feline diseases.
- **FeLV** (optional): Considered a core vaccine for cats less than 1 year old. Cats should be tested for this feline Leukemia prior to initial vaccination.

### Administer parasite preventatives all year round.

- **Ectoparasite prevention:** monthly topical medication or medicated collar labelled for the prevention of fleas, ticks and biting flies. Leishmaniasis, carried by sandflies, is endemic to Sicily. Pets that contract this disease may remain infected for life and be barred from re-entry to certain parts of the United States.
- **Endoparasite prevention:** monthly oral medication that prevents intestinal parasites and heartworms (spread by mosquitoes).

## Travel in Europe

Planning to travel with your pet? You'll need a

**European Pet Passport** before traveling around Europe. Make an appointment with ASP Catania to acquire one. Depending on your destination, your pet may need a pre-appointment with a veterinarian for special anti-parasite prevention administration.

If you are traveling without your pet, be sure to find a boarding facility or pet sitter early as they can be fully booked months in advance, especially for the summer and winter holiday seasons.

## Leaving Italy

Start preparing your pet at least three months in advance! It is your responsibility to ensure your pet has all required prerequisites and documents for travel. The VTF staff can provide guidance. To move from Italy to your next assignment your pet will need the following (and maybe more):

- ✓ An international microchip (15 digit).
- ✓ A current rabies vaccination that meets OIE standards and blue-ink-signed certificate.
- ✓ Your pet must be at least 6 months old.
- ✓ A health certificate
  - All commercial flights: Italian Health/Export certificate issued by the ASP
  - Air Mobility Command (AMC) flights: health certificate from the VTF
- ✓ Additional requirements depending on your travel mode, itinerary and destination. ■



## Emergency

In the Sigonella area, call the base dispatch for all emergencies (on or off base):  
**+39-095-86-1911.**

**112** is the Italian emergency number like 911 in the U.S.

## 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: 113

## Hospitals

*In general, a hospital will be able to provide inpatient services and 24-hour emergency care plus a campus of specialist clinics.*

### **Policlinico Universitario—Ospedale San Marco**

Viale Carlo Azeglio Ciampi  
95121 Catania CT  
+39 095 479 4111  
GPS: N37.4799307, E15.036330  
[www.policlinicorodolicosanmarco.it](http://www.policlinicorodolicosanmarco.it)

### **Policlinico Universitario—Gaspere Rodolico**

Via S. Sofia 78  
95123 Catania CT  
+39 095 479 4111  
GPS: N37.5084308, E15.0381692  
[www.policlinicorodolicosanmarco.it](http://www.policlinicorodolicosanmarco.it)

### **Presidio Ospedaliero Garibaldi – Nesima**

Via Palermo 636  
95122 Catania CT  
+39 095 759 1111  
GPS: N37.511902, E15.0403476  
[www.ao-garibaldi.ct.it](http://www.ao-garibaldi.ct.it)

### **Presidio Ospedaliero Garibaldi – Centro**

Piazza Santa Maria di Gesù 5  
95124 Catania CT  
+39 095 7591 111  
GPS: N37.511902, E15.0403476  
[www.ao-garibaldi.ct.it](http://www.ao-garibaldi.ct.it)

### **Ospedale Cannizzaro**

Via Messina 829  
95126 Catania CT  
+39 095 7262 107  
GPS: N37.5418175, E15.1192421  
[www.ospedale-cannizzaro.it](http://www.ospedale-cannizzaro.it)

### **Casa de cura Villa Salus**

Via provincial per Brucoli 507/a  
96011 Augusta SR  
GPS: N37.2548641 E15.2102277  
[www.villasalus.it](http://www.villasalus.it)

### **Policlinico Morgagni**

Via del Bosco 105  
95125 Catania  
GPS: N37.5753477, E15.0306303  
[policlinicomorgagni.it](http://policlinicomorgagni.it)

### **Presidio Ospedaliero E.Muscatello – Augusta**

Via Sant'Elena  
96011 Augusta  
+39 095 90 9111  
[www.asp.sr.it](http://www.asp.sr.it)

### **Presidio Ospedaliero Lentini**

Contrada Colle Roggio SS194  
96016 Lentini SR  
+39 095 90 9111  
[www.asp.sr.it](http://www.asp.sr.it)

### **Presidio Ospedaliero Umberto I – Siracusa**

Via Giuseppe Testaferrata 48  
96100 Siracusa SR  
+39 0931 72 4665  
[www.asp.sr.it](http://www.asp.sr.it)

### **Presidio Ospedaliero A. Rizza – Siracusa**

Viale Epipoli 72  
96100 Siracusa SR  
+39 0931 72 4665  
[www.asp.sr.it](http://www.asp.sr.it)

### **Presidio Ospedaliero G. Di Maria – Avola**

Postazione 118  
96012 Avola SR  
+39 0931 58 2411  
[www.asp.sr.it](http://www.asp.sr.it)

### **Presidio Ospedaliero R. Trigona – Noto**

Via Giovanni Pascoli  
96017 Noto SR  
+39 0931 58 2411  
[www.asp.sr.it](http://www.asp.sr.it)

## Clinics

*These facilities have many specialists and general care doctors. They typically offer outpatient treatments and appointments, but no emergency care.*

### **Humanitas Catania**

SP54, Contrada Cubba Marletta, 11  
95045 Misterbianco CT  
+39 095 733 9000  
[www.humanitascatania.it](http://www.humanitascatania.it)

### **Centro Polispecialistico Multimedicale**

Via J. F. Kennedy 98-98/A  
95045 Misterbianco CT  
+39 095 216 7688  
[www.centromultimedical.it](http://www.centromultimedical.it)

### **Clinica Gretter**

Piazza Mancino Battaglia 5  
95126 Catania CT  
+39 095 408 111  
[www.clinicagretter.it](http://www.clinicagretter.it)

### **Studio Polispecialistico Ippocrate**

Corso Italia 308  
95129 Catania  
+39 095 37 5893  
[www.studiopolispecialisticoippocrate.it](http://www.studiopolispecialisticoippocrate.it)

### **Centro Medico Le Zagare**

Viale Giovanni Caboto 1  
95037 San Giovanni la Punta CT  
+39 095 741 5916  
[www.centromedicolezagare.com](http://www.centromedicolezagare.com)

### **Centro Polidiagnostico Coco**

Via dello Stadio 26  
96016 Lentini SR  
+39 095 90 2177  
[www.centropolidiagnostiococo.it](http://www.centropolidiagnostiococo.it)

### **FISIOMED**

Via Castelli 3  
95031 Adrano CT  
+39 389-433-1403  
[www.studiofisiomed.net](http://www.studiofisiomed.net)

### **Laboratorio Del Movimento**

Via del Rotolo 14  
95126 Catania CT  
+39 095-49-6281  
[www.laboratoriodelmovimento.it](http://www.laboratoriodelmovimento.it)

## Specialists

### Allergy

**Dr. Panarello Maria Grazia**  
Ospedale Cannizzaro

### Cardiology

**Dr. Rosy Aiello**

**Dr. Agata Privitera (pediatric)**

Ospedale San Marco

### Diabetology

**Dr. Sandro La Vignera**

**Dr. Sandro Lo Presti (pediatric)**

Policlinico Universitario

### Dermatology

**Dr. Maurizio Pettinato**

**Dr. Cecilia Santagati**

Humanitas Catania

### EMG /EEG

**Dr. Francesco D'Alpa**

### Ear, Nose, Throat (ENT)

**Prof. Salvatore Cocuzza**

Policlinico Universitario

**Dr. Marisa Maugeri**

Policlinico Morgagni

### Endocrinology

**Prof. Aldo Calogero**

Policlinico Universitario

**Dr. Concetto Regalbuto**

Humanitas Catania

### Gastroenterology

**Dr. Salvatore Cosentino**

Policlinico Morgagni

**Dr. Spina Luisa (pediatric)**

Policlinico Universitario

### Genetics

**Dr. Guarnaccia Fabio**

Humanitas Catania

### Hematology

**Dr. Milone Giuseppe**

Policlinico Morgagni

### Hepatology

**Dr. Neri Sergio**

Humanitas Catania

### Infertility

**Dr. Falcidia Ernesto**

### Neurology

**Dr. Ricca Giuseppe**

### Neurosurgery

**Dr. Romano Alberto**

Humanitas Catania

**Dr. Barbagallo**

Policlinico Universitario

### OB/GYN

**Dr. Sebastiano Bandiera**

**Dr. Ernesto Falcidia**

### Ophthalmology

**Dr. Antonio Rapisarda**

(Di Stefano Velona)

**Dr. Daniela Randazzo**

**Dr. Emilio Malerba**

Policlinico Universitario

### Oncological Orthopedics

**Dr. Davide Matera**

(REM)

### Pain Management

**Dr. Sergio Chisari**

Laboratorio del Movimento

### Plastic Surgery

**Dr. Marcello Marchi**

Policlinico Morgagni

**Dr. Dario Virzi'**

Humanitas Catania

**Dr. Antonino De Pasquale**

### Rheumatology

**Dr. Rosario Foti**

Ospedale San Marco

**Dr. Pietro La Porta**

**Dr. Sebastiano Tropea**

Laboratorio del Movimento

### Sleep Medicine

**Dr. Alfio Pennisi**

(GECAS)

### Urology

**Dr. Francesco Marchese**

Policlinico Universitario

**Dr. Vincenzo Bagnara (pediatric)**

Policlinico Morgagni

**Dr. Maria Grazia Scuderi (pediatric)**

Policlinico Universitario

### Vascular Surgery

**Dr. Alberto Turiano**

Ospedale San Marco

### Burn Center

Ospedale Cannizzaro

### Breast Health

Humanitas Catania

### Diagnostics

Policlinico Universitario

Ospedale San Marco

Humanitas Catania

Villa Salus

Policlinico Morgagni

REM

### Hyperbaric Chamber

**Ospedale Cannizzaro**

### Medical Equipment

CVR

Officina Tecnica Siciliana

Officina Trinacria

### Oncology

Humanitas Catania

### Orthopedics

Ospedale San Marco

Policlinico Morgagni

Villa Salus

### Pelvic Floor Therapy

FISIOMED

### Physical Therapy

La Meta

Policlinico Morgagni

Laboratorio del Movimento

*For the most current TRICARE  
network provider information:*

[www.tricare-overseas.com/  
beneficiaries/resources/provider-search](http://www.tricare-overseas.com/beneficiaries/resources/provider-search)

*TRICARE Dental Program*

*provider search:*

[www.uccitdp.com/tp2opd](http://www.uccitdp.com/tp2opd)

GOOD SLEEP. GOOD DAY. GOOD LIFE.

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

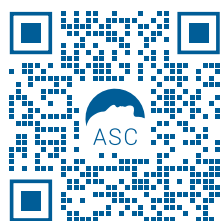


Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes,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

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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.

