

HEALTH & MEDICAL

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INSIDE



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Healthcare Director:
Dr. Giovanni Buzzaccarini



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 the Italian health care system can be overwhelming. From finding off-installation services to understanding the differences you may find while visiting an Italian doctor, you'll find the Stars and Stripes Vicenza Health and Medical Guide useful for your medical needs.

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

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COMMANDER
Dan "DQ" Quinlan, Lt Col, USAF
BUSINESS OPERATIONS MANAGER
John Rodriguez
ENGAGEMENT MANAGER
Kay Moncada
MARKETING COORDINATOR
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COMMUNITY RELATIONS COORDINATOR
Al Green

PUBLISHING & MEDIA DESIGN, MANAGER

Carrie Farrell
PUBLISHING & MEDIA DESIGN, LEAD EDITOR
Kat Nickola
WRITER-EDITOR
Katie Wells
WEB EDITOR
Tamala Malerk
GRAPHIC ARTISTS
Daniela Gammon, Rryan Joye, Mandy Mills

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty
ADMINISTRATIVE ASSISTANT
Danny Padro
MULTIMEDIA ADVERTISING, CONSULTANTS
Sean Adams, Heidi Bayfield, Kandace Blevin, Nathaniel Jamison, Jennifer Kordos, Caitlin Weaver
COVER DESIGN BY
Rryan Joye

ADVERTISING OFFICE

OPC 469 Box 12, APO AE 09227
Postfach 1980, 67607
Kaiserslautern, Germany
+49 (0) 631-3615-9000
FOR PUBLICATION REQUESTS
Stars and Stripes Europe, Advertising
OPC 469 Box 12, APO AE 09227
or email dougherty.doug@stripes.com

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

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WASHINGTON OFFICE

PUBLISHER
Max Lederer, Jr.
CHIEF OPERATIONS OFFICER
Laura Law
REVENUE DIRECTOR
Scott Foley
ADVERTISING OFFICE
633 3rd Street NW, Suite 116
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Visiting an Italian Doctor



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

Italian Doctor Appointments

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.

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

Italian Hospitals

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 from Patient Liaisons 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

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

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-  Pediatric Urology
-  Pediatric Gynecology
-  Pediatric Ophthalmology
(from 6 years of age)
-  Pediatric ENT (Ear, Nose & Throat)
-  Pediatric Allergy & Pulmonology
-  Pediatric Cardiology
-  Pediatric Rheumatology
-  Pediatric Dietitian & Nutrition Services
-  Speech Therapy
-  Occupational Therapy
-  Pediatric Psychology



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(PRP & Ultrasound-Guided Injections)
-  • Physical Medicine & Rehabilitation
(Physiatry)
-  • Ophthalmology
-  • Gynecology
-  • Urology
-  • Gastroenterology
-  • Dermatology
-  • ENT (Ear, Nose & Throat)
-  • Allergy & Pulmonology
-  • Dietitian & Nutrition Services
-  • Psychology



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-  • Pediatric Physical Therapy
-  • Post-Operative Rehabilitation
-  • Pelvic Floor Rehabilitation
-  • TECAR Therapy
-  • High-Power Laser Therapy
-  • Magnetotherapy
-  • Osteopathy
-  • Occupational Therapy



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Patient Liaisons



Host-nation patient liaisons are key in providing language assistance, both in-person or telephonically, during health care encounters off base in Italy. The service is restricted to AHC-Vicenza empanelled beneficiaries for inpatient, outpatient and emergency room visits. It is available on a space available basis to members of the Vicenza Military Community for inpatient and emergency room visits.

San Bortolo Hospital Patient Liaisons

DSN: 314-636-3300

Comm: +39 0444-75-3300

Hours: 7 a.m. to 7 p.m. daily

Emergency Room Language Assistance

- If a TRICARE beneficiary is seen at the San Bortolo Hospital ER, a patient liaison will be called to come assist. They will summarize the doctor's assessment verbally with the patient or their representative, and will submit a report to your PCM via MHS Genesis.
- You may choose to call the Patient Liaison Office ahead of time so they can be there upon your arrival to the ER.
- If the interpreter is unavailable, call the International SOS (ISOS) telephonic language assistance service, available 24/7, at this toll-free number from Italy: 800-915-994
- The MyCare App can also offer translation assistance.

Appointment Assistance

When either an inpatient or outpatient appointment is scheduled by the TRICARE Referral Management Centre, the San Bortolo patient liaisons will be notified.

OB/Gyn Clinic

The practitioners at the OB/Gyn clinic at San Bortolo Hospital speak English, so a patient liaison will not be called. ■



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Italian Pharmacies and Medication



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 EMERGENZE FVG 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, 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 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. ■

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

ANTACID

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

ANTIDIARRHEAL

Generic: Loperamid-Hcl
Brands: 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
Brand: Tachipirina

CONSTIPATION

Generic: Lactulose, Macrogol
Brands: Portolac, Lactulose, Onligol

COUGH MEDICINE

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

EAR WAX REMOVER

Generic: Docusat-Natrium
Brand: Cerulisina

HEAD LICE

Generic: Permethrin
Brand: Paranix

ORAL ELECTROLITE REPLACEMENT (FOR ADULTS)

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

SALINE NASAL SPRAY

Generic: Sodium Chloride
Brands: Isomar, Sterimar, Ialumar

Birthing in an Italian Hospital

By Ashleigh Link

Birthing our second child is an experience we will always cherish. 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 healthcare professionals through the San Bortolo Hospital OBGYN spoke English and were able to communicate effectively. The nurses were kind, timely and patient with each expectant mother. Additionally, support provided by the Army Community Services New Parent Support Program (NPSP) proved invaluable. As information pertinent to expecting mothers came up we received a phone call from our NPSP liaison. This bridge between the San Bortolo OBGYN and the expectant mother provided a line of clear communication.

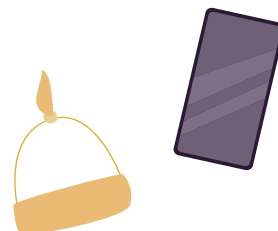
Another key resource to alleviating potential language barriers were the San Bortolo Hospital Patient Liaisons. The liaisons work in the hospital and are available upon your arrival. The liaisons attend appointments and translate directly between the patient and the healthcare provider. The patient liaison 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, request support from the San Bortolo Hospital Patient Liaisons.

As I began to go into labor, I arrived at the San Bortolo Hospital Emergency Room. Once admitted, I waited 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 were then placed in a private room to share two hours of skin-to-skin time 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.

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. You can support an expecting mother by organizing a meal train or help with the care for other children in the family. With the support we received from our healthcare providers and friends, we truly will cherish this experience of giving birth abroad for years to follow. ■



Preparing for Your Birthing Experience:

- Download Google Translate
- The Patient Liaison's contact information
- Newborn-sized diapers
- Wipes for diaper changes
- Your newborn's first outfit in a sealable bag
- Postpartum care items for yourself, these are not provided by the hospital
- Entertainment items for yourself, such as a book, magazine or headphones
- Your favorite snacks
- A long, 220V phone charging cord



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[*europe.stripes.com/lifestyle/submissions*](https://europe.stripes.com/lifestyle/submissions)



Insurance



TRICARE Overseas

Resources

- International SOS provides urgent or emergency medical support 24/7. +44 20-8762-8133 or toll free in Germany: 0800-723-4214
- Regional Customer Service provides a 24/7 phone number for beneficiary questions. +44 20-8762-8384 or toll-free in Germany: 0800-589-1599
- Covered services: <https://www.tricare.mil/CoveredServices>
- 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

TRICARE Overseas Program (TOP)

In Germany, TOP provides insurance for active-duty, retirees and their dependents. Below is a list of program choices.



TOP Options

TRICARE Prime Overseas

Available to active-duty service members and command sponsored active-duty dependents. Enrollment is required but there are no enrollment fees nor copays. Beneficiaries in TRICARE Prime 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.

- www.tricare.mil/primeoverseas

TRICARE Prime Remote Overseas

Available to active-duty military members and their command-sponsored dependents living overseas at designated remote locations. You will be assigned a local PCM who can give referrals for specialty care. International SOS may also be used for authorization.

- tricare.mil/primeremoteoverseas

TRICARE Select Overseas

Available to active-duty family members or retired service members and dependents living overseas. 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/selectoverseas

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; TRICARE co-pays and deductibles apply.

- tricare.mil/tfl

TRICARE Young Adult

Available to dependent young adults 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.

- tricare.mil/Plans/HealthPlans/TYA

MHS Genesis

The MHS Genesis 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

- 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

- Search for TOP network providers.
- Access your referral, authorization and secure claims portal to track appointments and set reminders.
- Use TOPs German "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 ratings when traveling.
- Check your health plan, covered services and access the claims portal.
- Translation assistance.

TRICARE Dental Program (TDP)

Most military dental clinics in Germany primarily treat active-duty service members. Dependents are seen on a space-available basis and must rely on regular visits to German dental providers.

The TRICARE Dental Program (TDP) provides optional, low-cost coverage for active-duty family members. TDP is administered by United Concordia.

United Concordia (TDP)

www.uccitdp.com

OCONUS Toll Free: (844) 653-4060 ■

Civilian Insurance

Below is a partial list of insurance companies for American civilians working at military bases overseas.

Federal employees can visit 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. 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. 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
- **Cigna Global Insurance**—Offers a global network for U.S. citizens overseas, to include government employees, retirees, expats and students. www.cignaglobal.com ■

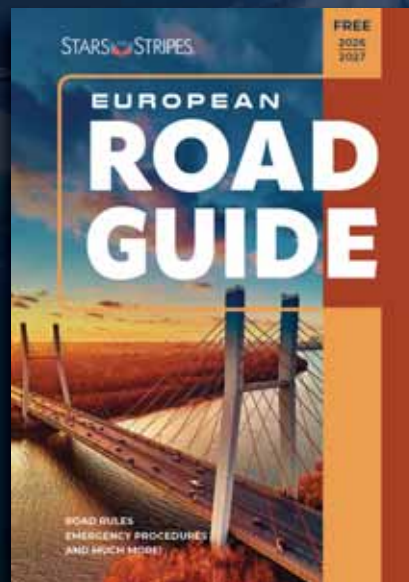


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- Gynecological visit
- Plastic surgery visit
- Hand surgery visit
- Urological visit

AESTHETIC MEDICINE

- Filler
- Botox
- Biorevitalization
- Platelet-rich fibrin

UNCONVENTIONAL MEDICINE/ PAIN RELIEF, ORTHOPAEDIC, AND TRAUMA THERAPIES

- Ozone therapy
- Medical mesotherapy
- Clinical laser therapy
- Hyaluronic acid infiltrations
- PRP infiltrations



PHYSIOTHERAPY SERVICES

INSTRUMENTAL THERAPIES

- Tecartherapy
- Schockwave therapy
- Laser therapy
- Magnetotherapy
- TENS Therapy
- Diadynamic currents
- Interferential currents
- Faradic currents
- Kots currents
- Electrostimulation
- Pelvic floor electrostimulation
- Denervated muscle electrostimulation
- Pain relief electrotherapy
- Iontophoresis
- Ultrasound therapy

MANUAL THERAPIES

- Active and passive kinesiology
- Manipulative therapy
- TMJ treatment
- Manual lymphatic drainage
- Compression bandaging
- Pumping
- Therapeutic massage
- Generale massage



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- Specialist functional assessment
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- Biofeedback and electrostimulation
- Targeted therapeutic exercise
- Urogynecological dysfunctions, prolapses, pelvic pain, postpartum



OSTEOPATHY

- Osteopathy
- Osteopathy in pregnancy
- Pediatric osteopathy



AIDS

- Insoles
- Functional bandage
- Elastic compression bandage



GYM AND REHABILITATION

- Orthopedic rehabilitation
- Postural rehabilitation
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SITE 2 - VIALE DELL'INDUSTRIA 67, VICENZA

CENTER FOR SPORT MEDICINE & PEDIATRIC AND ADULT CARDIOLOGY

This location provides cardiology, neurology and rehabilitation activities. As well as sport medicine and postural assessments



SPORT MEDICINE SPORT EXAMS

- Non competitive visit
- Competitive visit Under 35
- Competitive visit Over 35
- Issuance of medical certificates for sport



CARDIOLOGY

- Cardiology visit
- Resting electrocardiogram
- Electrocardiogram under stress
- Stress electrocardiogram
- Holter ECG
- 24h and 48h Holter



NEUROLOGY NEUROLOGICAL ASSESSMENTS

- Neurological visit
- Electromyography (EMG)
- Cerebral evoked potentials



MULTIDISCIPLINARY CENTER FOR THE TREATMENT OF OBESITY

- First internal medicine visit for obesity and first diabetes visit
- Follow-up internal medicine visit for obesity
- Follow-up diabetes visit



DIETITIAN

- Personalized nutrition education and food re-education
- Anthropometric composition analysis
- Support for nutritional paths aimed at athletic performance enhancement
- Support for nutritional paths for pediatric cardiology patients
- Support for personalized diets by bacteriological analysis of gut microbiota
- Support for diets in case of digestive disorders: irritable bowel, reflux, intestinal inflammation
- Support for nutritional paths in gastrointestinal and inflammatory bowel diseases
- Support for eating disorders
- Support in pregnancy and breastfeeding
- Food education also for children and adolescents



PSYCHOLOGY

- Psychology consultations and psychotherapy
- Child psychology and neuropsychology assessments
- Nutrition and eating disorders [Anorexia, Bulimia, Binge eating disorder, ARFID]
- Obesity and emotional eating
- Preparation and psychological support for bariatric surgery
- Anxiety, panic attacks, and stress management
- Depression and mood disorders
- Trauma processing [EMDR]
- Ericksonian Clinical Hypnosis
- Relationship difficulties, separations, and grief
- Self-esteem, emotional regulation, and psychological well-being
- Psychoeducational group programs



VASCULAR SURGERY

- Vascular surgery specialist examination
- Color doppler ultrasound: supra-aortic trunks, abdominal aorta, renal arteries
- Arterial e/o venous color doppler ultrasound of the lower and upper limbs



POSTURAL ASSESSMENTS

- Postural assessments
- Walking analysis
- Baropodometric assessments

BOOK YOUR APPOINTMENT HERE



SITE 2

Viale dell'Industria 67 - Vicenza, 36100 (VI)
0444 1340601



Monday to Friday
9:00 AM - 1:00 PM / 2:30 PM - 6:30 PM

Staying Healthy



Mental Health Resources

Military & Family Life Counselors (MFLCs) provide free non-medical sessions with child behavioral specialists, are anonymous and may occur in individual, couple, family or group settings.

- Contact your local Army Community Services (ACS) at 0444-71-5800 to be connected with an Adult MFLC at Ederle or at Del Din, or your Force Support Squadron (FSS) to connect with an MFLC.
- MFLC services are also offered for children through DoDEA schools and youth programs.

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.

Adolescent Support and Counseling Services (ASCS) provide confidential counseling and educational prevention-based services for students in grades 6 to 12. Offices can be found inside your local DoDEA school.

Military OneSource offers 12 free sessions for individual, couple, family or group settings. Learn more at militaryonesource.mil/non-medical-counseling.

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

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





The Power of Prevention in Dentistry: A Guide for Patients

By Gianluca Paniz DDS, MS, PhD

Maintaining a healthy smile is more than just an aesthetic concern; it is a key part of your overall health. Here is what you need to know about the essentials of preventive dental care and how you should care for a healthy mouth.

What is Preventive Dentistry?

Preventive dentistry involves regular practices and dental treatments that help to keep the teeth, gums and mouth healthy, reducing the likelihood of dental problems, such as cavities, gum disease, enamel wear and more. At the same time, preventive dentistry practices contribute to the improvement of overall health, reducing the risk of systemic problems.

Why should we adopt a preventive approach?

Investing in preventive dentistry saves you time, money and discomfort in the long run. Adopting a preventative approach improves chewing comfort, gingival health and teeth integrity. Preventive dentistry not only protects your oral health, but also contributes to your overall well-being. Poor oral health has been linked to various systemic conditions, such as heart disease, diabetes, respiratory infections and premature birth.

How to select your dental care partner?

Select a proper dentist with a professional degree who is licensed and affiliated with the local dental community and has an active membership in national and international dental associations.

Look for an individualized approach to patient. It is extremely important to select a professional that really cares about their patients. Proper diagnosis, prevention and treatment of pathologies and re-establishment of esthetics and function should be the order of priorities they will work on.

Gianluca Paniz DDS, MS, PhD is a Diplomate of the American Board of Prosthodontics; Professore a Contratto, Università degli Studi di Padova, Padova, Italy; Adjunct Assistant Professor, TUFTS University, Boston, USA; Private Practice, Padova & Vicenza, Italy - Marbella, Spain



What are the key components of Preventive Dentistry?

1. Daily Oral Hygiene

- **Brushing:** Brush your teeth at least twice a day with fluoride toothpaste. Ideally, use an electric or sonic toothbrush in order to counteract plaque formation.
- **Flossing:** Floss daily to remove plaque and food particles between your teeth where the toothbrush can't reach. Use inter-proximal (or interdental) toothbrushes as a good alternative. These are small cylindrical brushes for between your teeth. They are easy to use and extremely beneficial for significantly reducing bacteria adhesion in the critical areas between teeth, where cavities and periodontal disease most often starts.
- **Mouthwash:** Use an antiseptic or fluoride mouthwash to help reduce bacteria and strengthen tooth enamel. Mouthwash should be considered a supplemental tool you use for a short period, ideally when recommended by your dentist.

2. Balanced Diet and Lifestyle

- **Healthy Foods:** Select a balanced diet rich in fruits, vegetables, lean proteins and dairy products to provide essential nutrients for your health.
- **Limit Sugars and Acids:** Reduce the intake of sugary snacks and acidic drinks, which can erode enamel and contribute to dental caries. When eating sugars, make sure to quickly brush your teeth afterward. After drinking acidic beverages such as lemonade, soda or energy drinks, wait at least 15 minutes before brushing, in order to rebalance your oral pH.

- **Avoid Tobacco:** Smoking, in addition to contributing to other health issues, is related to an increased risk for periodontal disease (gum problems), peri-implant disease (implant problems) and oral cancer.

3. Regular Dental Visits

- **Regular Professional Cleanings:** Schedule regular dental hygiene sessions to eliminate bacteria biofilm and calculus. During these sessions, your homecare should be evaluated and reinforced. Take advantage of the expertise of dental hygienists to help you maintain adequate oral health for the prevention of future pathologies. During these sessions, a dentist should help the dental hygienist if there are specific issues.
- **Early Detection:** Regular check-ups allow your dentist to catch problems early, from dental caries to oral cancer, making potential treatments more effective and less invasive. The frequency of these check-ups should be evaluated together with the dental professionals. Typical check-ups are every three, four or six months according to the oral health conditions, the quality of homecare and the amount of existing dental work present in the mouth (fillings, crowns or dental implants).
- **Dental Treatments:** Many dental treatments should be considered part of preventive care. For example, the fabrication of occlusal devices (such as mouthguard) might be extremely important to prevent dental wear and overload to the temporo-mandibular joint. Similarly, restorative treatment (such as fillings, onlays and crowns) and periodontal surgical treatments, might be necessary to prevent further progression of dental caries and periodontal disease. ■

Raising an Autistic Child Overseas: A Military Family's Journey

By Dr. Ralph "Defender" Morales, PhD, MBA



To military and government families beginning this journey, I want you to remember this:

- Your child's future is not defined by fear.
- Their value is not measured by comparison.
- Their voice matters, even if it sounds different from others.
- And perhaps most importantly: you are not alone.

Every child deserves dignity, understanding, opportunity and support. Every family deserves community. And every voice deserves to be heard.

Military and government families are no strangers to sacrifice, uncertainty and adaptation. These experiences shape military life in profound ways and deserve recognition and respect.

That journey became deeply personal when my son, Alexander "Alex," began showing signs that he experienced the world differently. What initially felt overwhelming slowly became a mission rooted in advocacy, education and understanding.

“

**Every child
deserves dignity,
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and support.
Every family
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community.**

For many families, learning that their child is autistic can add another unexpected layer of uncertainty while already navigating the demands of military or government service overseas. Like many parents, my family entered the world of autism with countless questions and very few clear answers.

We wondered:

- Who can help us?
- What resources are available overseas?
- Will our child succeed in school?
- Will our family be understood and supported in a foreign environment?

As a father, I experienced fear mixed with uncertainty. Over time, I realized my son did not need me to be consumed by fear, he needed me to stand taller with resilience, educate myself, build a strong support system and take effective action.

For military and government families stationed overseas, raising an autistic child presents unique challenges. Frequent transitions, language barriers, unfamiliar healthcare systems, limited specialist availability and interruptions in continuity of care can create additional stress during an already demanding lifestyle.

Start by establishing support through the Exceptional Family Member Program (EFMP) and navigating systems such as the Educational and Developmental Intervention Services (EDIS).

These programs can feel overwhelming at first, especially for families experiencing the process for the first time overseas. In larger overseas military communities, they may provide access to important support services including Applied Behavior Analysis (ABA), speech therapy, occupational therapy (OT) and other specialized resources that help autistic and neurodivergent children thrive. Many families are also able to locate English-speaking Board-Certified Behavior Analysts (BCBAs) and therapists familiar with military family transitions and overseas assignments.

Department of War Education Activity (DoWEA) schools provide additional educational support services and specialized learning programs depending on the location and availability.

Programs such as Learning Impaired Mild-to-Moderate Services (LIMS) and Preschool Services for Children with Disabilities (PSCD) can provide important early educational intervention, classroom accommodations, developmental support and individualized educational assistance.

My son Alex benefited from the PSCD program and is currently supported through LIMS alongside other children on the autism spectrum and neurodivergent learners. In our experience, these programs have demonstrated empathy, patience, understanding and a commitment to providing fair and meaningful access to educational opportunities for children with different developmental and communication needs. Additionally, our experience with the school's Individualized Education Program (IEP) meetings and reviews has been collaborative and supportive.

The process has focused on helping Alex remain appropriately challenged, both academically and developmentally, while working to bring out his full potential through structured goals, communication between us and his educators, and data-driven decision-making. Having educational teams willing to collaborate and adapt makes a meaningful difference in both his growth and our family confidence.

I strongly encourage families to join local spouse groups, EFMP support pages, autism parent communities and neurodivergent family networks connected to overseas military communities.

One of the most valuable lessons our family learned is the importance of parent-to-parent support. Connecting with other families living similar experiences overseas creates opportunities to exchange ideas, share resources and reduce the isolation many parents quietly carry.

In my experience, these parent-led communities openly discuss communication strategies, sensory supports, emotional regulation tools, educational resources and practical day-to-day methods. While evidence-based therapies remain essential, there is also tremendous value in lived experience, collaboration and compassionate peer support.

Over time, our family learned how to confidently explore Europe together. We discovered that preparation makes a significant difference.

Before visiting museums, airports, restaurants, public events or tourist attractions, we created routines, discussed expectations, identified quiet areas, packed comfort items and remained flexible when plans needed adjustment.

Some days went smoothly. Other days required patience, flexibility and adaptation. That is parenthood, especially for parents raising neurodivergent children. What surprised us most was how many meaningful experiences became possible once we shifted our focus away from limitations and toward preparation, understanding and adaptability.

Through planes, trains and automobiles, Alex has consistently done remarkably well and often looks forward to discovering his next adventure. Beyond degrees and training, my greatest teacher has always been my son.

Europe became more than a duty station for our family. Parks, aquariums, historical sites, train rides, beaches and cultural events became opportunities for connection, learning and growth. We learned that autistic and neurodivergent children often experience the world with remarkable honesty, curiosity, sensitivity and depth. ■



A Guide to Italian Herbal Teas

By Karen Bradbury

Living in Europe presents one with the opportunity to sample a broad range of herbal teas that are not necessarily as readily available everywhere in the States.

Some teas claim to offer an overall mood-enhancing effect, while others promise to tackle specific conditions or ailments.

WARNING: Before delving into the world of teas, it's essential to bear in mind that "herbal" is by no means synonymous with "harmless." Be vigilant about what you put into your body and check with your doctor about potential side effects or interactions with prescription drugs you may be taking.



Here are a few of the herbs found in Italian teas with their English names and some of the effects ascribed (but not necessarily clinically proven) to them.

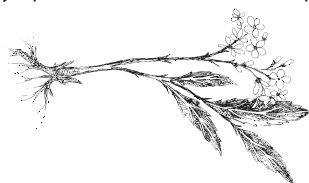
Anice/Anise

Anise, similar in taste to licorice, is purported to aid digestion, serve as an anti-inflammatory, boost the immune system, treat respiratory ailments by functioning as an expectorant, aid breastfeeding moms in lactation, stimulate the appetite and maintain hormonal balance. Note the U.S. Food and Drug Administration issued a warning against drinking tea brewed with star anise.



Valeriana/Valerian

With a taste often described as “woody” or less appealingly, dirty socks, teas brewed with this herb purport to improve sleep, decrease stress, relieve menstrual cramps and reduce some of the symptoms associated with menopause.



Finocchio/Fennel

With a taste like licorice, fennel tea is supposed to aid in digestion and treat bloating, gas or cramps.



Zenzero/Ginger

Aromatic and spicy ginger is considered by many as a great all-rounder. Drinking ginger tea is believed to help alleviate stomach aches and menstrual pain, improve circulation and digestion, reduce inflammation and relieve stress. A slice or two of fresh ginger root can be used as a zingy alternative to conventional tea bags.



Camomilla/Chamomile

Mild and flowery chamomile tea is popular in the U.S. as well. Many tout its ability to induce a good night's sleep; it's also thought to reduce inflammation and menstrual pain, boost immunity and ease the symptoms of a common cold.



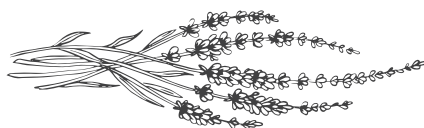
Cumino dei prati/Caraway

Described as having a mild licorice, peppery or even soapy taste, caraway teas are thought to aid digestion and alleviate bloating, intestinal cramps and heartburn.



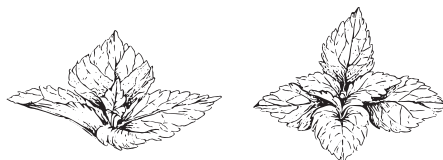
Lavanda/Lavender

Floral and sweet lavender is lauded as an aid against anxiety, tired muscles, insomnia, indigestion, headaches, respiratory ailments and inflammation. It also functions as an antiseptic.



Melissa/Lemon balm

As its name suggests, the herb has a mild lemon aroma. It's used for anxiety, sleep problems, restlessness, melancholy, digestive problems, bloating, menstrual discomfort and headaches.



Agnocasto/Chasteberry

Slightly peppery and bitter, this tea is often served with a bit of honey. Purported to help balance female hormones, it is used to relieve menstrual pains, irritability and discomfort due to PMS, and symptoms of perimenopause and menopause.



Menta piperita/Peppermint

The well-known herb with a refreshing taste is credited with calming inflamed sinuses, relieving pain and headache, soothing upset stomachs, reducing stress and increasing alertness.



Rooibos/Redbush

Tea brewed with red bush leaves has long been popular in South Africa. Its taste is described variously as nutty, slightly earthy and reminiscent of tobacco. It is claimed by some to boost antioxidant levels and to be beneficial against seasonal allergies such as hay fever.

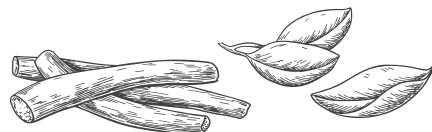
Salvia/Sage

Aromatic and slightly bitter sage is a taste we might be more apt to associate with pork and sausages than a steaming cup of tea. It is commonly used to address digestive problems, stomach pain, bloating and heartburn.



Liquirizia/Licorice

Licorice tea is thought of as a good means to soothe stomachs and common colds, a stress reducer, and a cleanser of the respiratory system.



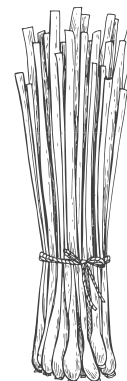
Verbena/Verbena

With its strong lemon taste described by some as perfume-like, drinking verbena tea is reputed to soothe indigestion, heartburn, anxiety and insomnia.



Citronella/Lemongrass

Often used as a spice in Asian cooking, teas brewed with this have traditionally been used to combat colds, coughs and flu. It is also considered a diuretic and a detoxifier. ■



Need a New Fitness Goal? Try a Parkrun

Story and Photos by Karen Blakesley

Looking for a new fitness challenge? Our family has a Saturday morning ritual: we put on our running kit and join our local Parkrun.



Although well known in the U.K., where it began in October 2004, a Parkrun is relatively new to the U.S. community. It began with just 13 runners meeting each week in a London park. Parkrun is now a global running community with more than 10 million registered runners joining local events every Saturday morning at 9 a.m. local time. The runs are always free and held in a park or green space, making it safe for runners and walkers of all ages.

While living in Wiesbaden, my regular Parkrun is in Maaraue. The course follows a route along the Rhine with beautiful views of Mainz Cathedral and the city. However, it isn't just for runners; people also walk the 5K route, some with strollers and others with their dogs.

The experience is about friendship, community and improving fitness at any level. At Maaraue, we stay afterwards to enjoy coffee and pastries with friends we've made each Saturday. My German is basic at best, yet everyone is happy to converse in English; even the course briefing is given in English.

Globally, there are thousands of Parkrun locations across 23 countries, with new ones joining the movement all the time. If there isn't one near you, you can always start one!

Parkruns can also be a fun way to meet locals when traveling. When I visited family in the U.K., I joined their local Parkrun in Bedworth, where I was warmly welcomed and invited to join other runners at a cafe afterwards for coffee and a bacon roll.

While most people are there to meet friends and enjoy a morning run, others challenge themselves to beat their personal bests. At the finish line, you can scan a barcode that records your official time in your Parkrun account.

There are fun challenges, too. For example, if you're looking for a unique way to plan your travels, there's the Parkrun "alphabet" challenge: Participating in a Parkrun at locations that begin with each of the different letters of the alphabet. Currently, X is the elusive letter; a Parkrun beginning with it doesn't exist. Maybe you'll be the person to set it up. If you're planning a trip to London, why not include the Victoria Dock Parkrun? You'll collect another hard-to-get letter: V.

I always check if there is a local Parkrun when I travel. Each location is run by volunteers, and all participants are encouraged to help. The Parkrun community is friendly and inclusive and everyone is welcome to join. Best of all, it's free.

So, what are you waiting for? Why not discover your local Parkrun this weekend? ■

**Find your local
run, register to
participate or start
a run near you at
www.parkrun.com**



Pet Health



Your Pet in Italy

We know how important those furry family members are. They also have health needs and there are Italian pet regulations you should know about.

Some installation veterinary clinics will see domestic pets, but it is highly recommended that your family finds a local Italian veterinarian to establish a relationship for regular checkups and so you have a trusted resource in case of emergencies. Installation Veterinary Treatment Facilities (VTFs) in Italy do not offer after-hours or emergency care.

Vaccines and medication

Rabies: Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tag at all times to serve as a visual marker of vaccination status.

Leptospirosis: Leptospirosis vaccinations are highly recommended. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failure in pets.

Heartworm, flea and tick: Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round. Flea and tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

Lyme disease: A Lyme disease vaccination is available for dogs. It is recommended if you will be taking your dog hiking in the mountains of northern Italy where the disease infects local ticks.

Registration

Microchip: All pets must have a 15-digit international microchip.

Italian ASL registration: All pets are required to be registered in the Italian ASL system.

EU Pet Passport: This passport is used for pet health records and is required for your pet to travel within the EU.

Italian Pet Regulations

To keep pets safe and healthy, Italy has rules about their care that must be followed in addition to regular veterinarian appointments and maintaining their vaccinations.

- Dogs may not be chained for longer than eight hours and must not be unattended.
- Dogs kept on balconies, in basements or in garages must be able to enter the house on their own.
- Dogs may not be left in a kennel or crate.
- Choke chains, pinch collars and shock collars are illegal in Italy and punishable with fines.
- Shelter, food and water must always be provided for your pet.
- Dogs must be walked: twice daily for apartment residents, once daily for homes with small yards. If the yard is 120 square meters or larger, walking requirements are waived.
- Dog leashes must be less than five feet long.
- Dog walkers must clean up after their dog and keep a muzzle on hand.
- While driving, pets cannot interfere with the driver.
- Feral cats are protected by Italian law, so consider keeping your house cat inside if it may fight with the local population. ■

Directories





Italian Emergency

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

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

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

Italian Providers Near Camp Darby

Hospital/Clinic

Azienda Ospedaliero Universitaria Pisana

Via Paradisa 2
56124 Pisa PI
050 992111
www.ao-pisa.toscana.it

Ospedale Di Livorno

Viale Vittorio Alfieri 36
57124 Livorno LI
0586 223111
www.uslnordovest.toscana.it

Ospedaliero Felice Lotti

Via Roma 147
56025 Pontedera PI
0587 273111

Cardiology

Fondazione Toscana Gabriele Monasterio

Via Giusuppe Moruzzi 1
56124 Pisa PI
050 3152216
www.monasterio.it

General Medicine

Casa di Cura

Viale delle Cascine 152/F
56122 Pisa PI
050 586217
www.casadicurasanrosso.it

Physical Therapy

Kinetic Center SRL

Via Giusuppe Impastato 3
56122 Pisa PI
050 532643
kineticcenter.it

Pediatric Care

IRCCS Fondazione Stella Maris

Viale del Tirreno 331
56128 Calambrone PI
050 886284
www.reteneuroscienze.it

Meyer Azienda Universitaria

Viale Gaetano Pieraccini 24
50139 Firenze FI
055 56621
www.meyer.it

Italian Providers Near Vicenza

Hospital or Clinic

These facilities have many specialist and general care doctors. In general, a hospital will be able to provide inpatient and emergency care, while a clinic offers outpatient treatments and appointments.

ASST Spedali Civili
Piazzale Spedali Civili 1
25125 Brescia BS
030 39951
www.asst-spedalivicili.it

ASST of Valle Olona
Via Arnaldo da Brescia 1
21052 Busto Arsizio VA
0331 699111
www.asst-valleolona.it

Casa di Cura Eretenia
Via Fratelli Rosselli 58
36100 Vicenza VI
0444 1943203

Centro Medico San Marco
Piazza del Comune 17
36051 Creazzo VI
0444 340993
centromedicosanmarco.it

Data Clinica
Torri di Quartesolo
Camisano Vicentino
Vicenza (Riviera Berica)
0444 5833 06
info@dataclinica.it
www.dataclinica.it

Family Clinic
Via Eretenio 12
36100 Vicenza VI
0444 1943203
www.familyclinic.health

Fisiomedica Vicenza
Via Zamenhof 829
36100 Vicenza VI
0444 1340601
www.fisiomedicavicenza.it

Fondazione Poliambulanza
Via Bissolati 57
25124 Brescia BS
030 35151
www.poliambulanza.it

Helios SRL Poliambulatorio Specialistico
Via Zamenhof 829
36100 Vicenza VI
0444 1497355
www.heliospediatria.it

Health Unit Bio (HUB)
Via Fabiani 10
36100 Vicenza VI
0444 251922
www.hubsalute.it

Mediclinic
Via IV Novembre 10/C
35020 Pozzonovo PD
0429 772906
www.mediclinic.it

Olimpia Medical Center
Strada Padana Verso Verona n.291
36051 Vicenza VI
39 380 3665975
www.olimpiamedicalcenter.com

Poliambulatori San Gaetano
Via Milano 2
36016 Thiene VI
0445 372205
poliambulatorisangaetano.it

Policlinico Abano
Piazza Colombo 1
35031 Abano Terme PD
049 8221273
www.policlinicoabano.it

Presidio Ospedaliero Di Montichiari
Via Ciotti 154
25018 Montichiari BS
030 99631
www.montichiari.asst-spedalivicili.it/

Progetto Salute
Via Roma 1
36023 Longare VI
0444 957029
www.progettosalutesrl.it

RM Clinic
Via Bonifacio 3
36140 Camisano Vicentino VI
0444 1276347
www.rmclinic.it

Sacro Cuore Don Calabria Hospital
Via Don A. Sempereboni 5
37024 Negrar di Valpolicell VR
045 6013111
www.sacrocuore.it

San Bortolo Hospital
Viale F. Rodolfi 37
36100 Vicenza VI
0444 753111
www.aulss8.veneto.it/ospedali/ospedale-di-vicenza

Sanimedica
Via Vicenza 204
36077 Altavilla VI
0444 341385
www.ghcspa.com/sanimedica

Acupuncture

Family Clinic
Via Eretenio 12
36100 Vicenza VI
0444 1943203
www.familyclinic.health

Scapin, Daniela
Via Postumia di Ponente 15
35013 Cittadella PD
049 5975242

Stephen, Mekolle
Via Bolzano 1
36040 Torri di Quartesolo VI
0444 022531
www.medicinaalternativa.vicenza.it

Cardiology

Centro entro Cuore Hera
Piazza Pontelandolfo 104
36100 Vicenza VI
0444 1497912
www.centrocuorehera.it

Family Clinic
Via Eretenio 12
36100 Vicenza VI
0444 1943203
www.familyclinic.health

Fisiomedica Vicenza
Viale dell'Industria 67
36100 Vicenza, VI
0444 1340601
www.fisiomedicavicenza.it

Sarandria Cardiovascular Practice
Via Castellari 44
36040 Torri di Quartesolo VI
351 2124209
sarandriadomenicostudio.wordpress.com

Chiropractic Care

Deegan, Matthew
Viale Verona 90/A
36100 Vicenza VI
0444 960738
chirocura.it

Family Chiropractic Center
Viale dell'Industria 67
36100 Vicenza VI
0444 966230
www.chiopraticovicenza.it

Dentistry

Castegnaro Studio Dentistico
Contrà S. Pietro 43
36100 Vicenza VI
0444 514104
www.castegnarostudiodentistico.it

Clinica Dentale
Via Brescia, 10
36040 Torri di Quartesolo VI
0444 580823
www.clinicadentale.net/en

Conforti Studio Dentistico
Via Spadolini 14
43022 Monticelli Terme PR
0521 657028
studiodentisticoconforti.com

Dentisti Vignato
Contrà dei Torretti 54
36100 Vicenza VI
0444 302284 | 0444 300347
dentistivignato.it

Dewilde, Hans Anton
Via Mantova 38
25018 Montichiari BS
030 9961666
www.studiodentisticodewilde.it

Dental D Studio
Strada Ca' Balbi 126
36100 Vicenza VI
0444 949001
www.dentaldstudio.it/en

Frozzi, Matteo
Viale Mercato Nuovo 44/F
36100 Vicenza VI
0444 960057
www.matteofrozzi.it

Horsving, Susanne
Corso Italia 50
20122 Milan MI
0286 450634
www.horsvingdottoressasusanne-milano.it

MCF Associate Dentistry Practice
Via Leopoldo Baruchello 6
45100 Rovigo RO
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www.obermartini.com

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piazzalegiustidental.com

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Studio Dentistico Fosser Valentino
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Studio Dentistico Santi Serblin
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0444 323266
www.studiodentisticosantiserblin.com

Dermatology/Allergy

Tecnomed Centri Diagnostici
Via Seghe San Tomaso 17
37129 Verona VR
0458 002248
tecnomedcentridiagnostici.it

Pezzetta, Serena
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www.progettosalutesrl.it/depart/dermatologia

Diet & Obesity Medicine

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www.primamedica.it

Mind the Kids
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35424 Padova PD
351 8007234
www.centromindthekids.com

Omtherapy
Via Biron 102
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omtherapy.it

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Cuccurese, Pierluigi
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Mater Studio
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www.materstudio.it

Helios SRL Poliambulatorio Specialistico
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0444 1497355
www.heliospediatria.it

Ophthalmology

Lovo, Roberto
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36100 Vicenza VI
0444 565667

Optometry

Carmen Vision Care S.R.L.
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36023 Longare VI
0444 555021
www.carmenvisioncare.it

Orthopedics/Sports Medicine

Bertoncello Orthomedica
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www.orthomedica.it

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Zachos, Alexandros
Multiple locations
dottorzachos@gmail.com

Pediatrics

Andrighetto, Gilberto
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0444 505040
www.pediatria.it/studi/dott.andrighetto

Canciani, Mario
Via S. Osvaldo 32
33100 Udine UD
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www.mariocanciani.com

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Paesani, Stefania
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20122 Milan MI
393.12.96.449
www.stefaniapaesani.it

Physical Therapy

2B Fisiokinesiterapia
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25018 Montichiari BS
030 9981031
2bfisiokinesiterapia.it

Centro Medico San Marco
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0444 340993
centromedicosanmarco.it

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0444 504450
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Mitolo, Alfredo
Via Casette Santa Maria 31
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328 7192860
www.osteopatiaverona.com

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36100 Vicenza VI
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Rehab Solution
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36100 Vicenza VI
0444 534172
www.rehabsolution.it

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339 163 7172
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Plastic Surgery

Clinica Cappellina
Via Ca' Paiello
36100 Dueville VI
0444 322328
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Podiatry

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Cannaregio 1771
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041 5238283
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Via Capparozzo 10
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www.doctornovek.com

Pellegrini, Cristian
Via Lodovico Castelvetro 33
20154 Milan MI
370 1006130
www.cristianpellegrini.it

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Radiology

Novarad
Viale S. Agostino 136/B
36100 Vicenza VI
0444 960387
www.novarad.it

Rheumatology

Bendendo, Alberto
Via Lucindo Faggin 17/A
35135 Padua PD
049 604640
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