

HEALTH & MEDICAL

VICENZA




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

INSIDE





Your Health, Our Mission

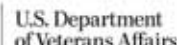
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- ✓ VA Evaluations



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

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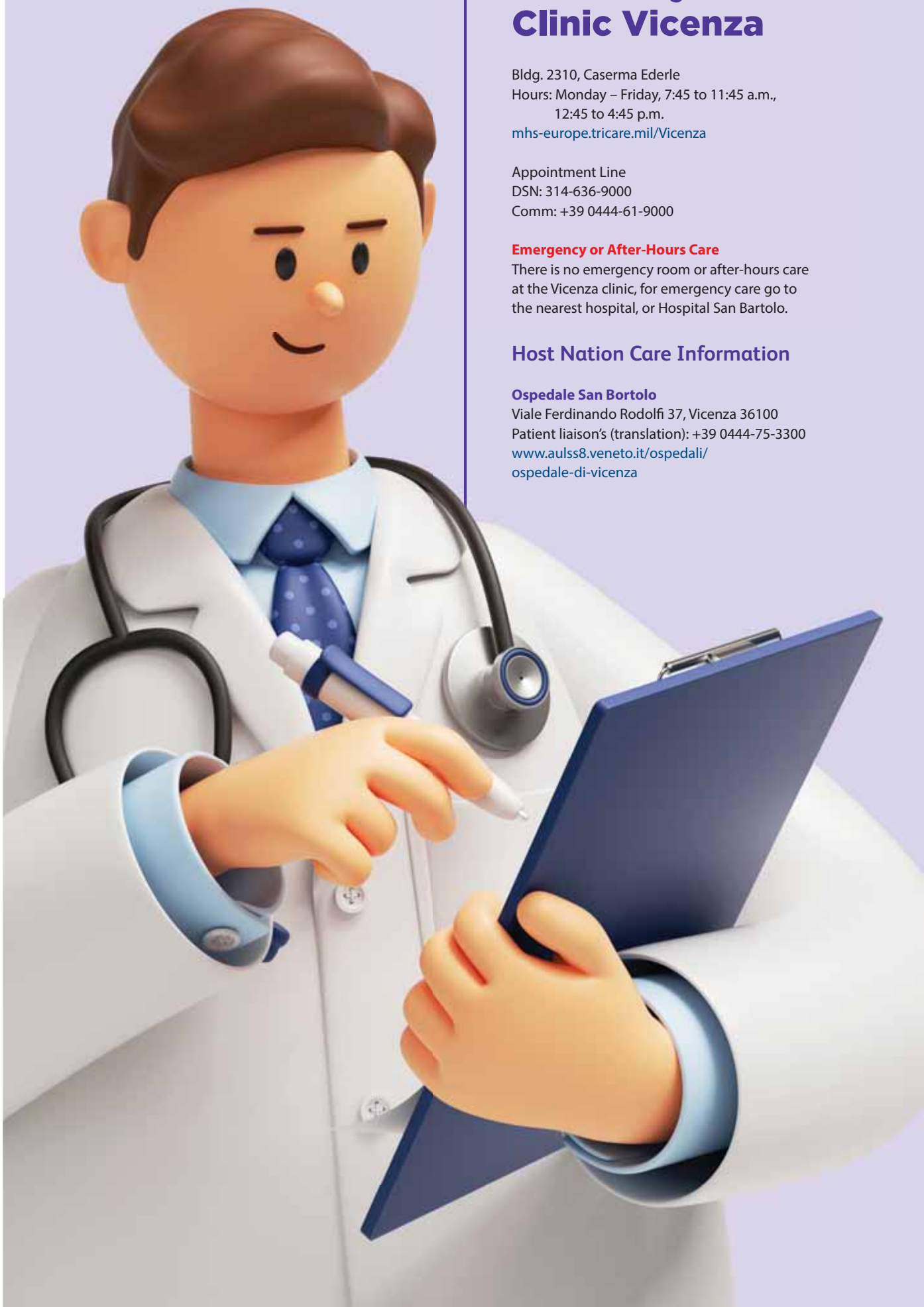
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Monte Berico, 42
36100, Vicenza

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Psychiatry
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Occupational Therapy
Nutrition



U.S. Army Health Clinic Vicenza

Bldg. 2310, Caserma Ederle
Hours: Monday – Friday, 7:45 to 11:45 a.m.,
12:45 to 4:45 p.m.
mhs-europe.tricare.mil/Vicenza

Appointment Line
DSN: 314-636-9000
Comm: +39 0444-61-9000

Emergency or After-Hours Care

There is no emergency room or after-hours care at the Vicenza clinic, for emergency care go to the nearest hospital, or Hospital San Bartolo.

Host Nation Care Information

Ospedale San Bartolo

Viale Ferdinando Rodolfi 37, Vicenza 36100
Patient liaison's (translation): +39 0444-75-3300
www.aulss8.veneto.it/ospedali/ospedale-di-vicenza



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Armed Forces Wellness Center

The Armed Forces Wellness Center (AFWC) offers standardized services designed to achieve and sustain a healthy lifestyle. The AFWC at Vicenza will assist you with creating goals, monitoring progress and maintaining motivation. The health and wellness services are offered at no cost to service members, family members, retirees and DA civilians. Services and education can be offered in an individual or group (unit) setting.

Services Offered:

Body Composition Assessment (BOD POD)

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

Resting Metabolic Rate Assessment

Determine how much energy (calories) your body burns at rest (resting metabolic rate). With this assessment, AFWC can provide tailored strategies for weight loss, maintenance or weight gain. Note: Upping Your Metabolism Class is a prerequisite.

Strength and Flexibility Assessment

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

Health Coaching Sessions

- One-on-one session to focus on exercise review.
- Evaluate your current plan and progress or discuss starting a new exercise program that is tailored toward you and your unique health goals.

Education Offered:

Upping your Metabolism

Learn how to influence your metabolism through exercise and nutrition.

Fueling for Health

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

Meals in Minutes

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

Stress Management

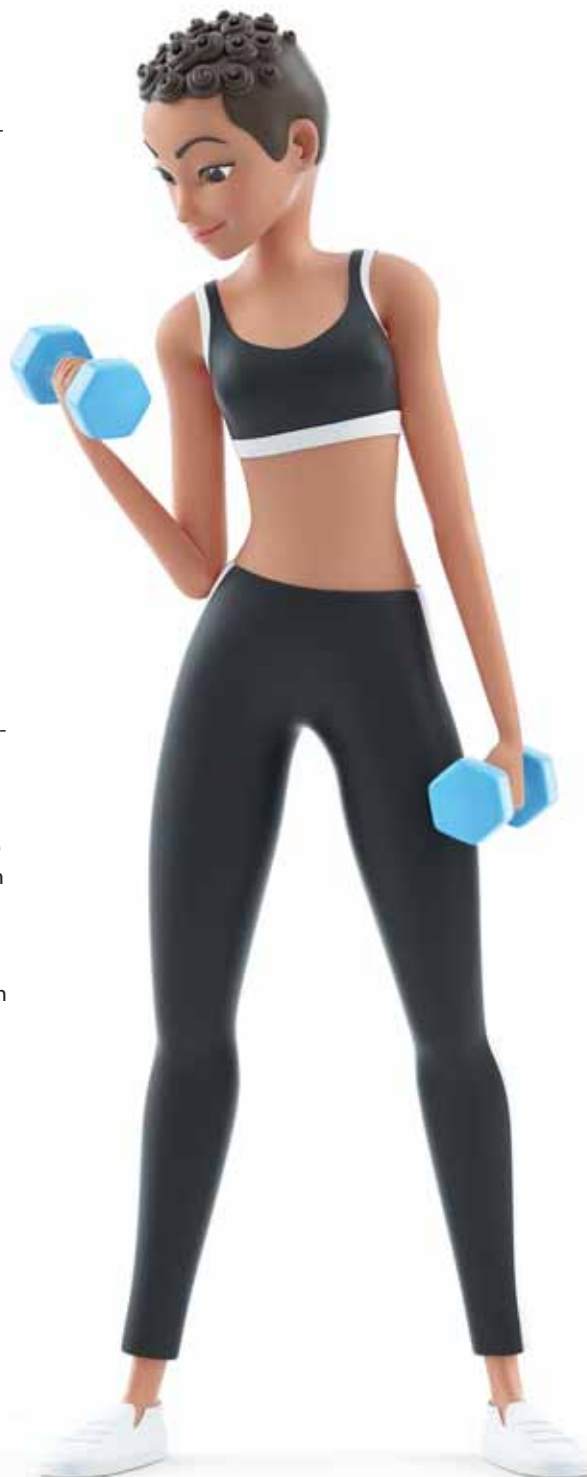
Learn stress relief techniques, positive coping skills and training on biofeedback. Deep breathing, guided imagery, progressive muscle relaxation and mindfulness meditation are utilized.

Performance Optimization

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

Healthy Sleep Habits

Learn about the influence sleep has on health and well-being. Review tools, tips and positive action steps to improve your ability to fall and stay asleep. ■



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neurosurgery etc.)



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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

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 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

Available to active-duty service members and command-sponsored 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 service 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.

- <https://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 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.

- www.tricare.mil/tfl

TRICARE Young Adult

Available to dependent children after regular 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

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
- 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 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. ■

Civilian Insurance

Below is a partial list of insurance companies for civilians in the community. Become familiar with your specific plan, the self-filing process, reimbursement, covered providers, etc. Your insurance company may also cover translation and/or interpreter services.

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
- **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
- **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
- **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 ■



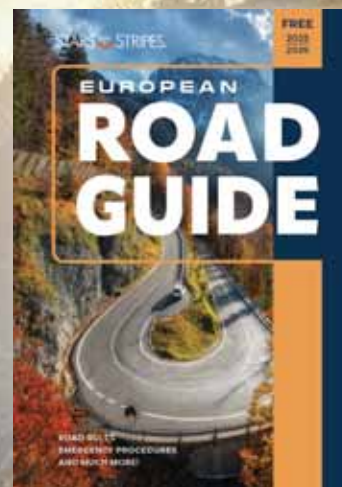
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Check out the digital version



Off-Installation Healthcare





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

What to Expect during an Appointment

Write down concerns and questions prior to your appointment and don't hesitate to speak up if you are unclear about your care plan. If you still have questions after your appointment, contact your PCM for more information.

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 partially dressed.

Things may not always happen quickly—Just as in the U.S., Italian health care can be slow. Going in with a positive attitude, patience and understanding will make for a better experience.

Italian Hospital Differences

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

Italian pain medication management is an area that differs from the American medical system. If you are in pain or are not responding well to the prescribed treatment plan, stronger prescriptions may be available. Inform your medical team of prescriptions you currently use, 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. If you plan on leaving the ward, let the nursing staff know.

Payment

If you are not a TRICARE Prime beneficiary or if you receive care at a non-network civilian facility, you will 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.

Translation Services

Some healthcare providers may not be proficient in speaking English and may not provide documents or bills written in English. Your insurance company may require bills to be translated to English prior to reimbursements.

TRICARE beneficiaries can use patient liaison services, International SOS or the MyCare App for translation. In addition, here are translation agencies the Vicenza area.

Point Translations | 0495 975777 | www.puntotraduzioni.com

Rapitrad | 0444 267446 | www.rapitrad.it

Studio Center Quarter | 0444 512733 | www.studiocentroquater.com

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.

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 ■

welcome to

YOUR NEW ADVENTURE



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

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

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, 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. ■

Italian Medicines

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
Brand: Maalox, Nexium

ANTIDIARRHEAL

Generic: Loperamid-Hcl
Brand: Imodium, Dissenten

ANTIFUNGAL

Generic: Terbinafine
Brands: Canesten, Pevaryl, Lamisil

ANTIFUNGAL (VAGINAL)

Generic: Clotrimazole
Brands: Gynocanesten, Meclon

ANTIHISTAMINE

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

CHILDREN'S IBUPROFEN

Generic: Ibuprofen
Brand: Nurofen

CHILDREN'S TYLENOL (SYRUP)

Generic: Paracetamol
Brands: Tachipirina

CONSTIPATION

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

COUGH MEDICINE

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

EAR WAX REMOVER

Generic: Docusat-Natrium
Brand: Cerulisina

HEAD LICE

Generic: Permethrin
Brand: Paranix

ORAL ELECTROLITE REPLACEMENT (FOR ADULTS)

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

SALINE NASAL SPRAY

Generic: Sodium Chloride
Brands: Isomar, Sterimar, Ialumar

Filling an Italian Prescription On Base

The USAHC Vicenza pharmacy will only fill prescriptions from Italian doctors if they are written in a standard way. Use this example as a guide for your doctor. The medication must be something carried by the installation pharmacy as an FDA approved medication.

Patient Information

(Informazioni paziente)

(NOME COMPLETO DEL PAZIENTE)

(DATA DI NASCITA DEL PAZIENTE)

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

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

Patient's Full Name

Patient's Date of Birth

Patient's Weight in KG if under 12 years old

Date Prescription Written/Signed

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

LISINOPRIL 40 MG

(LISINOPRIL 40 MG)

TAKE 1 TABLET BY MOUTH EVERY DAY

(Prendi 1 compressa per via orale ogni giorno)

FOR HIGH BLOOD PRESSURE

(per ipertensione arteriosa)

QUANTITY: 90

(Quantità)

REFILLS: 3

(Ripetibilità prescrizione)

John Smith

John Smith, MD

0444-123456

Directions

(Istruzioni)

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

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

Drug Information

(Informazioni sui farmaci)

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

Provider Information

(Informazioni del medico)

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



IMPORTANT!

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

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'è 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 è 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.... è 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



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 ■



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Neurology consultation



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PHYSICAL and REHABILITATION

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SUPPORT PROGRAM**

Back to School and Mental Health Awareness

By Janine Rodriguez, LCSW

The anticipation of the first day of school brings excitement to many students. However, for some, the anticipation of unknown challenges, past experiences and the pressure of expectations can be daunting. The transition from summer break to school can be a stressful time that impacts students' mental health. It is crucial to address these challenges to ensure our children thrive personally, socially and academically.



Returning to school means facing unique stressors that children might have forgotten about over the summer break. The academic demands placed on students increase yearly, especially as they continue to grow. The large amounts of homework, exams, and projects, coupled with the fear of failure or underperformance, often lead to anxiety.

Military children face unique challenges during their back to school. The new school year can bring more sadness as they realize their friends have moved to another state or another country. Different educational systems can cause students to struggle to catch up or adjust to the new expectations, which leads to gaps or repeated work. Military children moving to a new country might struggle with new cultural norms, the language and adapting to the culture in general. In addition, the possibility of having a parent deployed on top of the physical distance from the extended family could increase anxiety and cause further challenges.

Moreover, as students get older, their social lives become more complex. Making new friends, connecting, fitting in and dealing with social expectations are significant challenges. Difficult situations like rejection or bullying can potentially increase feelings of isolation and anxiety. Plus, the transition from summer creates disruptions to routines. Returning to school requires adjustments to new times, new schedules, early mornings, more structured days and less free time which can lead to stress and overwhelming feelings.

The Importance of Mental Health Awareness

Over the last five years, the number of children aged 3-17 diagnosed with depression and anxiety has increased drastically. The most diagnosed mental disorders in children are ADHD, anxiety, behavioral problems, and depression. Some of these conditions are more likely to occur together, comorbidly. For example, among children with anxiety, more than one in three also have depression. These numbers increase as children face other conditions or experience adverse childhood events such as racial or ethnic discrimination and physical health issues. These statistics highlight the importance of proactive support in schools and communities.

Military children face many stressors with moves and family deployments that can also affect their school experience. Untreated mental health issues can have long-lasting effects on a student's life. Poor mental health leads to underperformance academically, reduced participation in activities and extracurriculars and hindered overall development.

Supporting Mental Health

The role parents play in their children's overall health is crucial. Our involvement fosters healthy development by opening communication, using effective communication skills, encouraging conversations about feelings, and ensuring students understand and differentiate their emotions. Parents should be aware of signs of distress and address them immediately.

School staff also play a pivotal role in supporting student mental health. Implementing counseling programs, mental health classes and teaching self-care are essential. Some DoDEA schools in Germany such as Vogelweh Elementary School, have created "calm corners," which are beneficial for regulating emotions. A "calm corner" provides a safe space where students can work through their emotions and return to class when ready, decreasing overall disruptions. Students can learn to take care of themselves through mindfulness exercises and physical activities through sports and healthy interactions.

Prioritizing student mental health during the transition back to school is vital. Understanding and addressing the challenges and stressors they face, and working together to find supportive strategies and solutions is essential. School personnel and parents can collaborate to foster activities that promote overall well-being and address significant issues. Working together ensures our students succeed academically, socially, and personally.

It is important to seek help when needed. See page 21 for mental health resources. ■



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! ■

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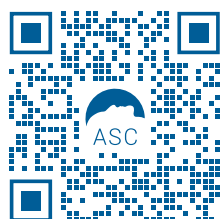
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American Sleep Clinic



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 health care professionals at the San Bortolo Hospital OB-GYN 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 is the San Bortolo Hospital Patient Liaisons. The liaisons work in the hospital and are available upon your arrival. They 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 performed a healthy, medicated (per my request), vaginal delivery. Immediately upon delivery, the midwife placed my daughter on my chest and my husband 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. Ways you can support an expecting mother are to organize a meal train or help care for other children in the family. With the support we received from our health care providers and friends, we truly will cherish this experience of birthing abroad for years to follow.

Packing 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.

CONTRIBUTING WRITERS!

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



Dental Care



The dental clinic at USAHC Vicenza primarily treats active-duty service members. Dependents are seen on a space-available basis and should rely on regular visits to Italian dental providers.

Vicenza Dental Clinic

USAHC Vicenza, 2nd floor
DSN: 314-636-9210
Comm: +39 0444-61-9210
Emergency after-hours: +39 334-600-8029

TRICARE Dental Program (TDP)

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

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 to see plans and coverage details.
- To locate a preferred provider, visit www.uccitdp.com

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



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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 temporomandibular 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. ■



Vicenza Veterinary Treatment Facility

USAHC Vicenza

Bldg. 2310, Caserma Ederle

Hours: Monday – Friday, 8:30 a.m. to noon, 1 to 4 p.m.

DSN: 314-636-9160

Comm: +39 (0)444-61-9160

Email: usarmy.usag-italy.medcom-ph-e.list.vtf-vicenza@health.mil

Get pet registration and pet passport information, local emergency and off-base veterinary clinic information on the Vicenza VTF website.

- mrc-europe.army.mil/Public-Health-Command-Europe/-/Programs-Services/-/Veterinary-Services-Treatment-Facilities/Vicenza-Veterinary-Treatment-Facility

Getting to Italy

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

- An international microchip (15-digit ISO compliant)
- A current rabies vaccination that meets OIE standards
- A Health Certificate

Be sure to keep your pet's Leptospirosis vaccine current, as there is a high presence in Italy. Fleas and ticks are also prevalent. The veterinarian recommends that pets be on preventive treatments year-round.

Within 10 days of your pet's arrival or adoption, you should register your pet at the veterinary treatment facility and register their microchip. Your pets must have identification tags and should not wander freely. You are responsible—and can be held financially liable—for damages to individuals or property caused by your pet. Owners are encouraged to purchase liability insurance with their insurance company. Coverage is inexpensive and will save you from any future headaches.

Prior to PCSing out of Italy, it is essential that your pet is seen by a veterinarian to obtain a Health Certificate. Failure to do so may prevent you from bringing your pets back to the U.S.

Travel

Planning to travel with your pet? You'll need a European pet passport before traveling around Europe. Make an appointment with an off-installation veterinarian to acquire one.

It is advisable to secure kennel reservations promptly, as demands during peak holiday seasons often result in fully booked facilities well in advance.

Emergencies

Please note that the Vicenza Veterinary Treatment Facility does not offer after-hours emergency care. We recommend requesting a list of local veterinary clinics for emergencies. It is advisable to visit a few clinics to identify one that best suits your needs and establish a relationship, ensuring you feel confident seeking their services in case of an emergency.

Checklist for Pet Parents

- ☐ Register at the veterinary treatment facility.
- ☐ Register international microchip.
- ☐ Purchase pet insurance.
- ☐ Find an Italian vet clinic.
- ☐ Get pet passport and ID tags.
- ☐ Keep vaccinations current.
- ☐ Give flea and tick treatment. ■

Healthcare at Camp Darby



Healthcare at Camp Darby

Camp Darby does not have a Military Treatment Facility (MTF).

Instead, there is a network of providers that anyone can use regardless of rank or status. These facilities are mostly public and part of the Italian medicine system. These providers may have a longer than expected booking appointment time and may request payment upfront. Private facilities are also available and may provide easier access, faster booking times and accept almost all insurance plans. They will, however, charge higher rates. Be aware that many doctors work in both places; therefore, the quality of care is the same.

Patient Liaisons

The Camp Darby patient liaisons are available to help you navigate the system, translate doctor information and schedule appointments. The office entrance in the main lobby is locked to protect patient privacy. A courtesy DSN phone is available in the main lobby to call the office.

Headquarters, Bldg. 113, Camp Darby
DSN: 645-8255
Comm: +39 050 965 8255
Email: darbypatientliaison@army.mil
Hours: Monday—Friday, 8 a.m. to noon and 1 to 5 p.m. ■

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.casadicurasanrossore.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
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Italian Emergency

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number
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cellphone without an
active or valid service
provider.*

**Fire.....115
Ambulance.....118
Italian Police112
Police.....113**



Off-Installation Provider Directory

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-spedalicivili.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 Eretenio 12
36100 Vicenza VI
0444 994511
www.eretenia.com

Family Clinic
Via Fratelli Rosselli 58
36100 Vicenza VI
0444 1943203
www.familyclinic.health

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

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030 35151
www.poliambulanza.it

Helios SRL Poliambulatorio Specialistico
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36100 Vicenza VI
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www.heliospediatria.it

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

Mediclinic
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35020 Pozzonovo PD
0429 772906
www.mediclinic.it

Olimpia Medical Center
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www.olimpiamedicalcenter.com

Poliambulatori San Gaetano
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poliambulatorisangaetano.it

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www.sacrocuore.it

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Stephen, Mekolle
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www.medicinaalternativa.vicenza.it

Analysis and Ultrasounds

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www.centrocuorehera.it

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sarandriadomenicostudio.wordpress.com

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chirocura.it

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dentistivignato.it

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Horsving, Susanne

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Pezzetta, Serena

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20154 Milan MI
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Ophthalmology

Lovo, Roberto

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Optometry

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0444 555021
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www.orthomedita.it

Fisiomedica Vicenza

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0444 1340601
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Zachos, Alexandros

Centro di Medicina Schio
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36015 Schio VI
0445 521277
www.zachosortopedico.it

Pediatrics

Andrighetto, Gilberto

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36100 Vicenza VI
0444 505040
www.pediatria.it/studi/dott.andrighetto

Canciani, Mario

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Paesani, Stefania

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www.stefaniapaesani.it

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Mitolo, Alfredo

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www.osteopatiaverona.com

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Plastic Surgery

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Podiatry

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Cannaregio 1771
30121 Venice VE
041 5238283
www.centromazzocco.it

Radiology

Novarad

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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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