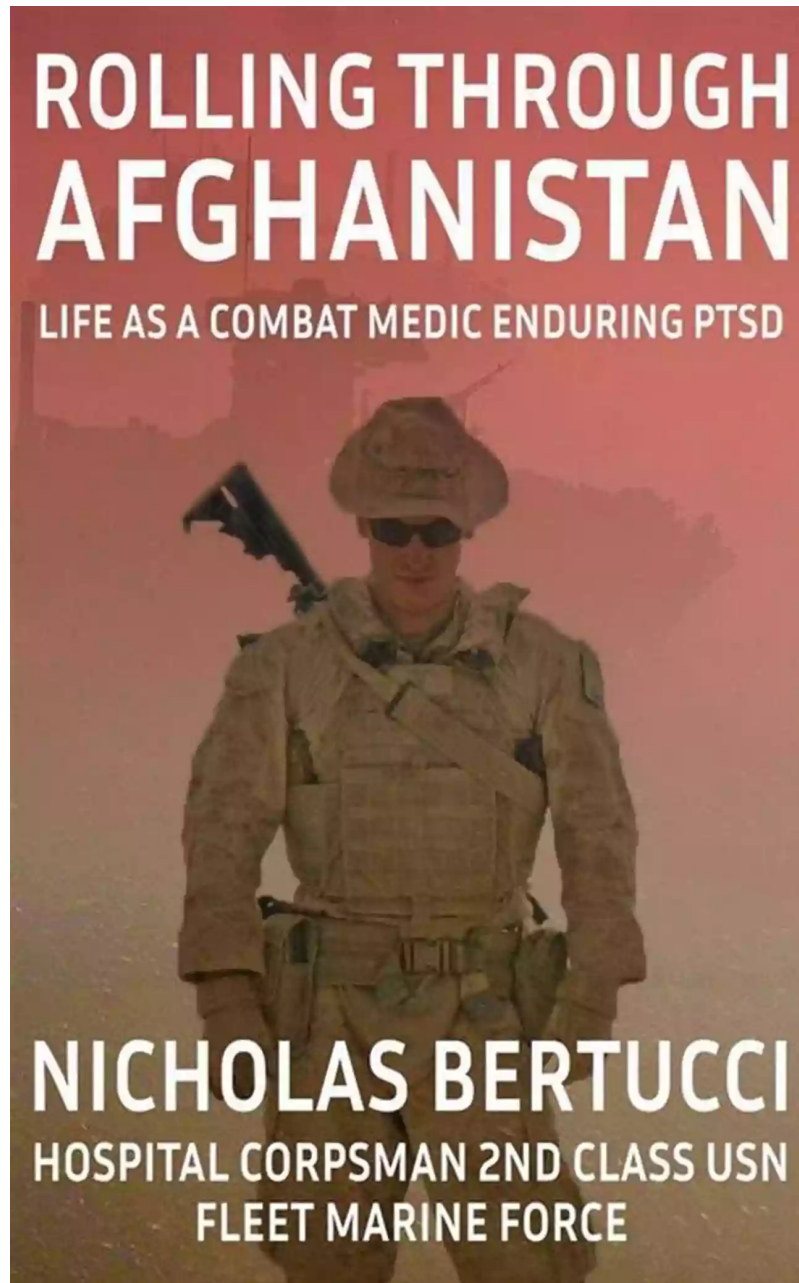


# Life As a Combat Medic: Enduring PTSD

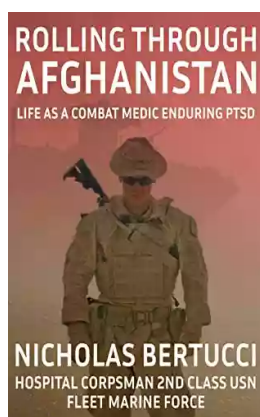


Life as a combat medic is both an honor and a challenge. These brave men and women voluntarily put their lives on the line to save others and provide medical care on the frontlines of war. While their selflessness and dedication are commendable, the experiences they witness and endure can take a toll on their

mental health, leading to a condition known as Post-Traumatic Stress Disorder (PTSD).

## The Duties of a Combat Medic

Combat medics play a crucial role in the military. Their main responsibility is to provide immediate medical aid to wounded soldiers on the battlefield. They are the first line of defense when it comes to saving lives during combat situations. They perform triage, administer life-saving treatments, and evacuate injured personnel to medical facilities for further care.



### Rolling Through Afghanistan: Life as A Combat Medic Enduring PTSD by Larry E. Ivers(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English  
File size : 29768 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 207 pages  
Lending : Enabled



Combat medics often work under extreme conditions, with limited resources and constant danger surrounding them. Their sheer determination and ability to remain calm in chaotic situations have saved countless lives. However, living through these intense experiences can have profound psychological effects that may last long after the military service ends.

## The Hidden Battle: PTSD

PTSD is a mental health condition that can develop after a person experiences or witnesses a traumatic event. Combat medics are more prone to develop PTSD due to their exposure to life-threatening situations and witnessing the aftermath of war. The emotional and physical impact of treating severe injuries, losing fellow comrades, and being constantly exposed to violence can be overwhelming.

Symptoms of PTSD can vary, but they often include recurring nightmares or flashbacks of traumatic events, severe anxiety, irritability, and social withdrawal. These symptoms can interfere with a combat medic's ability to reintegrate into civilian life and maintain healthy relationships. It is essential to raise awareness about PTSD and provide adequate support for those who have dedicated their lives to saving others.

## **Seeking Help and Support**

Recognizing the signs of PTSD and seeking help early are crucial steps towards recovery. Combat medics might feel reluctant to seek assistance due to the stigmas surrounding mental health in the military. However, it is essential to know that seeking help is not a sign of weakness but a courageous decision to improve one's well-being.

There are various therapy options available for combat medics struggling with PTSD, including cognitive behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), and group therapy. These treatments can help individuals process their traumatic experiences, develop coping mechanisms, and regain control over their lives.

Furthermore, support from fellow combat medics who have experienced similar challenges can be immensely beneficial. Peer support groups, both online and offline, provide a safe space for combat medics to share their experiences, seek

advice, and receive empathy from others who understand what they have been through.

## Breaking the Stigma

Breaking the stigma surrounding mental health in the military is necessary to ensure that combat medics receive the support they deserve. Greater awareness, education, and training are required at all levels of the military to address the unique mental health challenges faced by these heroes.

Public campaigns and initiatives can also help in promoting understanding and empathy towards combat medics with PTSD. By sharing their stories and highlighting their resilience, we can inspire others to speak up, seek help, and advocate for better mental health support within the military community.

Life as a combat medic is undoubtedly a demanding and emotionally challenging journey. The experiences these brave individuals go through while serving their country often leave lasting scars on their mental health, such as PTSD. It is crucial for society to acknowledge and support them by promoting awareness, providing access to mental health services, and working together to break the stigma surrounding mental health in the military. Let us honor their sacrifices and ensure they receive the care they need to lead fulfilling lives after enduring the horrors of war.



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## **United States Navy Fleet Marine Force Hospital Corpsman Nicholas Bertucci kept a handwritten journal of his 2010 deployment in Afghanistan.**

He shares that experience in *ROLLING THROUGH AFGHANISTAN* for the benefit of those who have wondered what it's like to be part of the United States armed forces fighting on the front lines in war... and to help those who may not be ready to face the memory of their own experiences.

Keeping the journal during his time in Afghanistan was therapeutic, and even if revisiting it to create this memoir was its own kind of battle, Bertucci's mission is worth the cost in tears and trauma so that others might understand, and for the benefit of helping other combat veterans.

In *ROLLING THROUGH AFGHANISTAN*, Bertucci reveals everything he can about operating in Afghanistan as a US Navy Marine Force Corpsman, and also his life leading up to that time, and since... including the long-term effects he still carries with him.

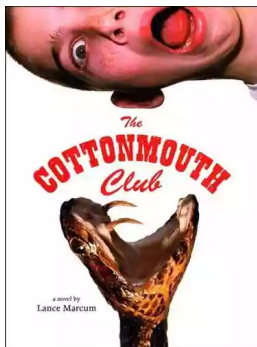
You will be there for every emotion, battle, and physical struggle Bertucci endured, day in and day out... including the lingering emotional pain that so often affects not just veterans, but also their loved ones and acquaintances... and how important it is to recognize post traumatic stress disorder and learn what can be done -- by everyone -- to ease the pain of war.

**Includes over three dozen photographs from the author's Afghan War experience.**



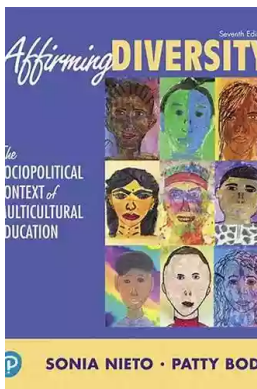
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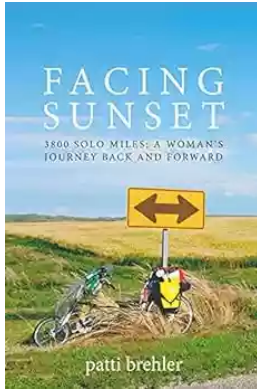
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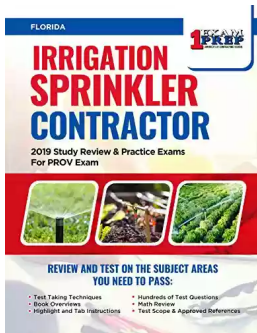
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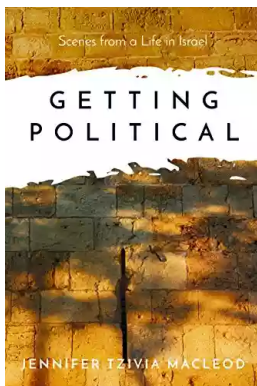
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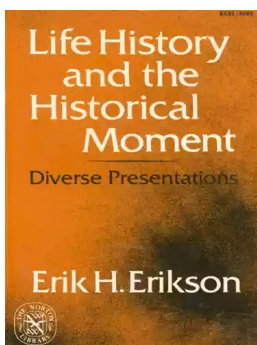
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