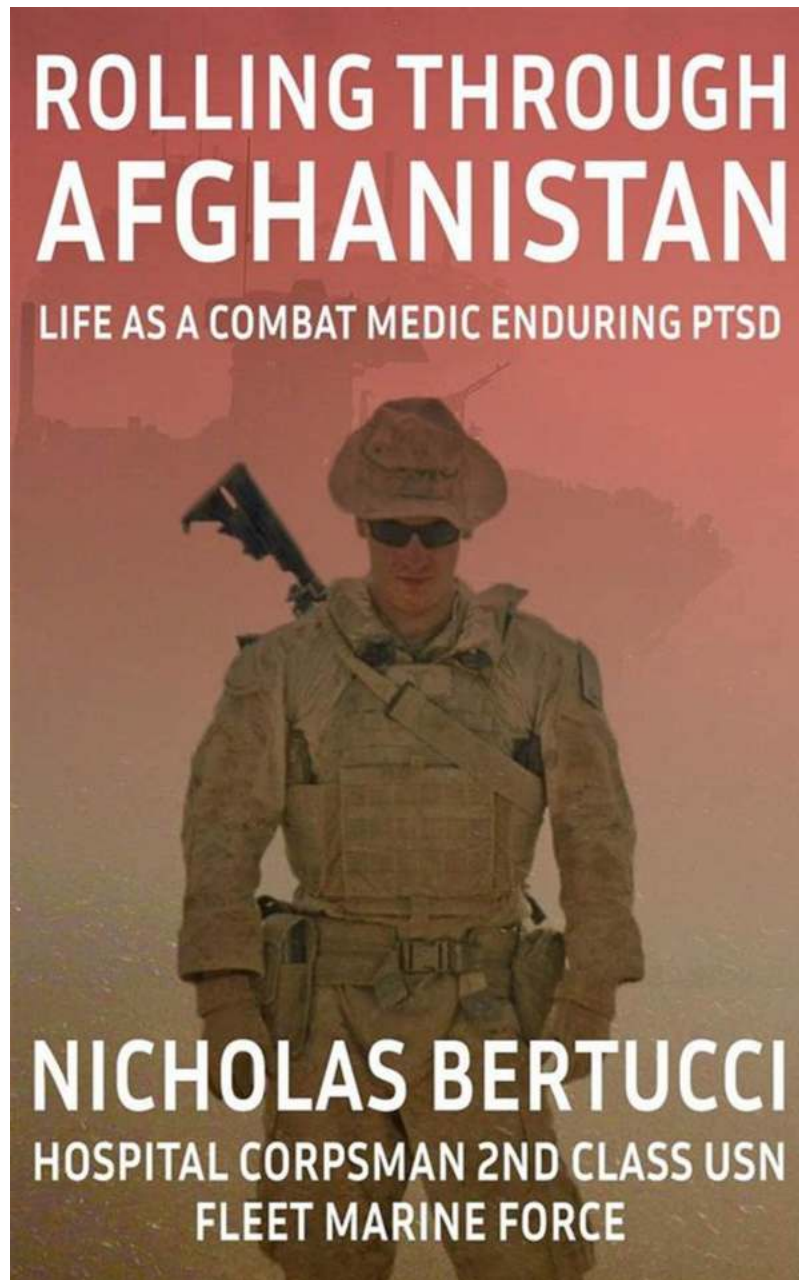


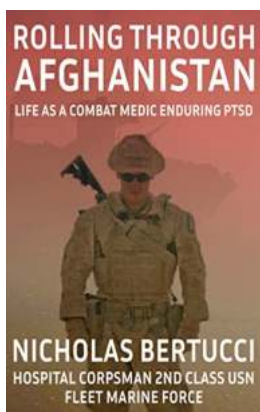
# The Untold Struggles of Life as a Combat Medic: Enduring PTSD



Life as a combat medic is anything but ordinary. These brave men and women put their lives on the line to save others in the midst of chaos and danger. They

witness the horrors of war firsthand, experiencing trauma that can have long-lasting effects on their mental health.

While Post-Traumatic Stress Disorder (PTSD) is commonly associated with soldiers, combat medics often endure unique battles that remain hidden from the public eye. In this article, we shed light on the untold struggles faced by combat medics and the enduring effects of PTSD.



## 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



### Defining the Role of a Combat Medic

A combat medic is an integral part of the military, providing medical care to injured soldiers in the field. These individuals receive specialized training to administer first aid, stabilize patients, and, in some cases, even perform emergency surgeries on the battlefield.

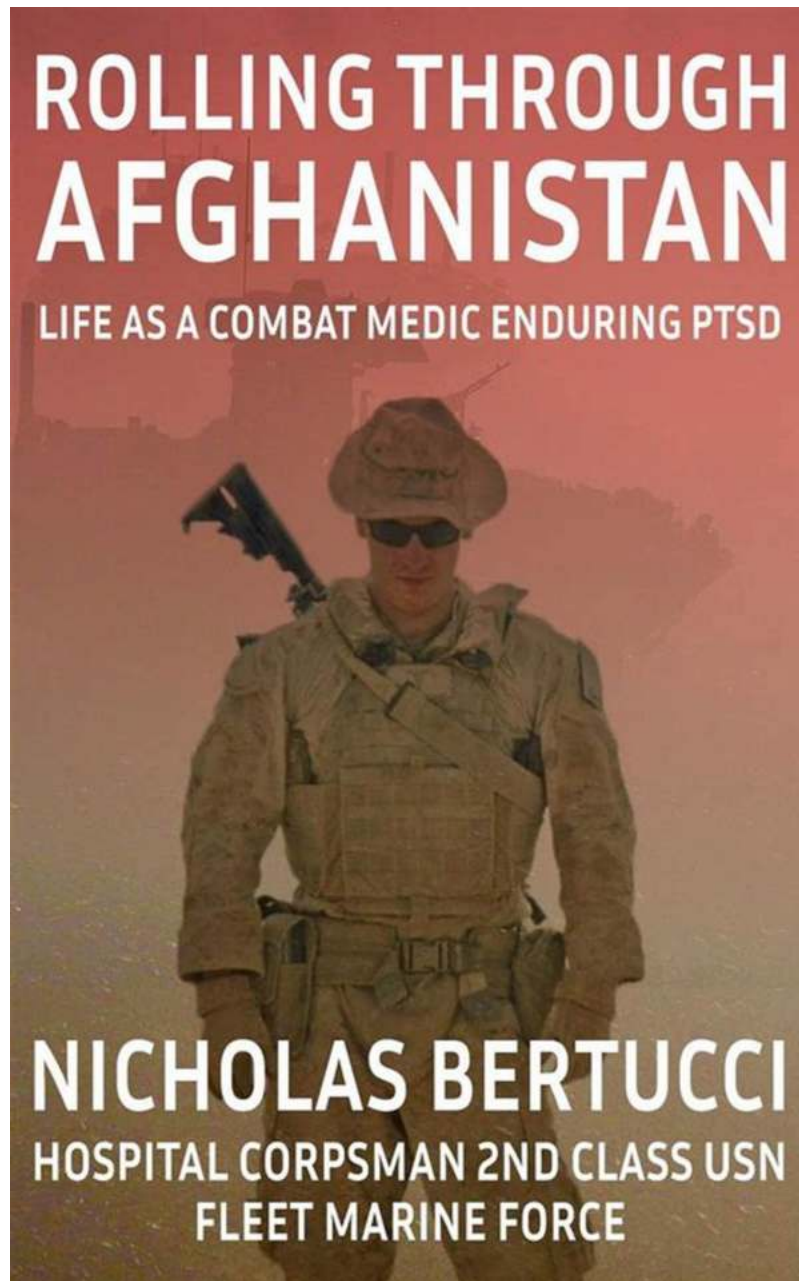
Their role is not limited to immediate medical assistance; combat medics also provide emotional support to their fellow soldiers, ensuring that they know help is

always at hand. However, this close involvement with the gritty realities of war can result in mental health challenges that are often overlooked.

## **The Unseen Battle: Enduring PTSD**

PTSD is a mental health condition triggered by experiencing or witnessing a terrifying event. It is commonly associated with soldiers who have been exposed to combat, but combat medics face their own unique set of challenges that can lead to the development of PTSD.

Combat medics are at the forefront of treating severely injured soldiers and witnessing the aftermath of explosions, gun battles, and other traumatic incidents. While their priority is to save lives, they are not immune to the mental toll these experiences can take.



## **The Emotional Toll**

Witnessing the suffering and death of fellow service members takes a toll on combat medics' emotional well-being. These brave individuals become intimately involved in the lives of those they treat, forming strong bonds even as they face constant threats to their own safety.

Additionally, combat medics may struggle with survivor's guilt, feeling responsible for the lives lost despite doing everything in their power to save them. This guilt can lead to feelings of shame, helplessness, and profound sadness, contributing to the development of PTSD.

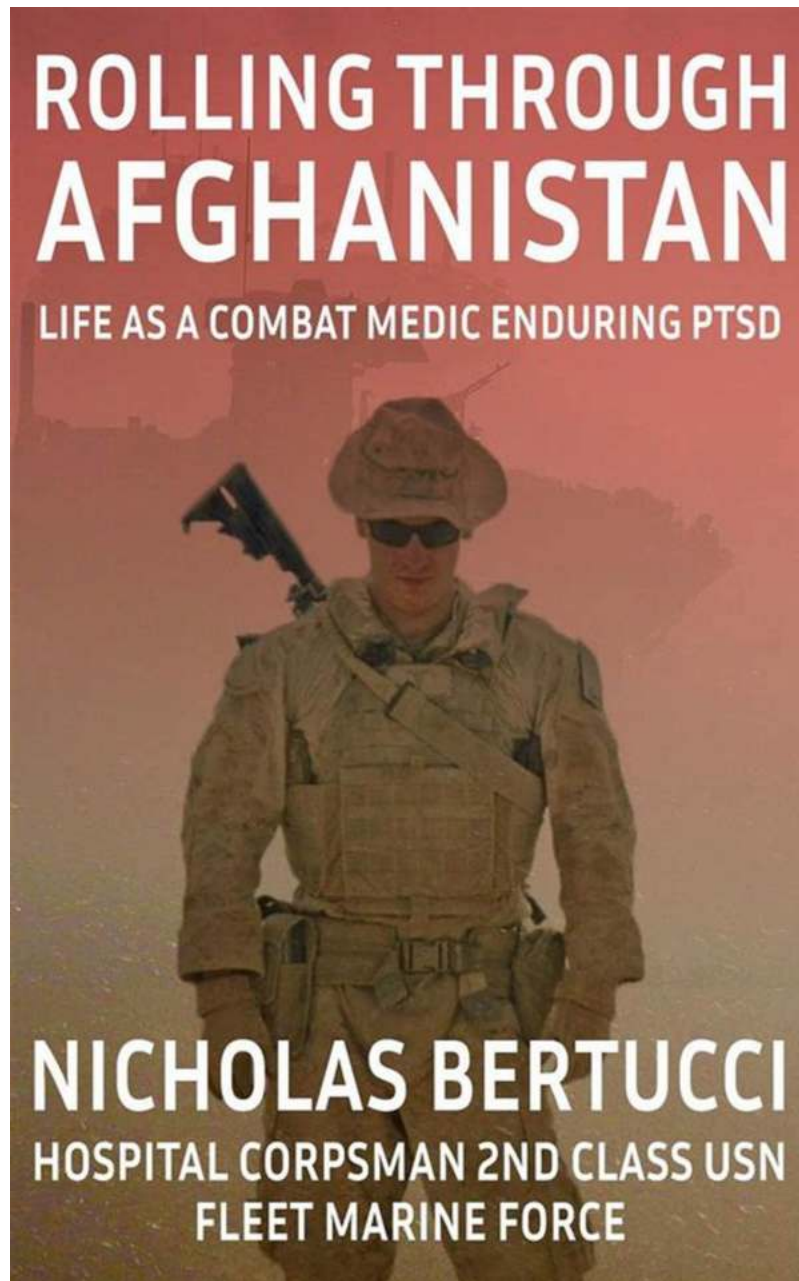
## **The Physical and Mental Strain**

Beyond the emotional challenges, combat medics also face physical and mental strain in their line of duty. They work long hours under immense pressure, operating in high-stress environments where split-second decisions can mean the difference between life and death.

Constant exposure to danger and life-threatening situations can lead to hypervigilance, sleep disturbances, and a heightened startle response. The accumulation of these stressors can overwhelm combat medics, leading to a range of mental health difficulties, including PTSD.

## **Seeking Support and Healing**

Recognizing the need for support is the first step towards healing. Combat medics should not hesitate to seek help for their mental health struggles, as addressing PTSD is crucial for their overall well-being.



There are various resources available for combat medics suffering from PTSD. These include therapy, peer support groups, and specialized programs designed to address the unique challenges they face. It is essential for combat medics to know that seeking help is a sign of strength, not weakness.

**We Must Support Our Heroes**

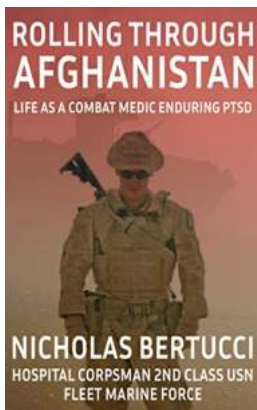


As a society, it is our responsibility to support and uplift our brave combat medics who risk their lives to save others. This support starts with raising awareness about the challenges they face and advocating for the provision of comprehensive mental health services tailored specifically to their needs.

Additionally, fostering a culture of empathy and understanding within the military community can help combat medics feel safe in seeking the help they deserve. By actively recognizing their sacrifices and providing the necessary support, we can work towards eradicating the stigma surrounding mental health in the armed forces.

Life as a combat medic is undoubtedly a heroic and selfless journey, but it is also one filled with immense challenges. Enduring PTSD is an often overlooked aspect of their experiences, with the mental and emotional toll taking its toll on these courageous individuals.

It is essential that we shed light on the hidden struggles faced by combat medics and work towards providing them with the support and resources they need to heal. By doing so, we can honor their sacrifices and ensure that they receive the care they deserve.



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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.

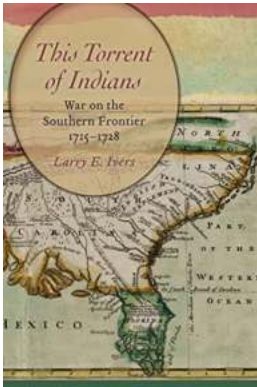
Keeping the journal during his time in Afghanistan was therapeutic, and even if revisiting it to create this memoir was its own kind of battle, Bertucci's mission is worth the cost in tears and trauma so that others might understand, and for the benefit of helping other combat veterans.

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.

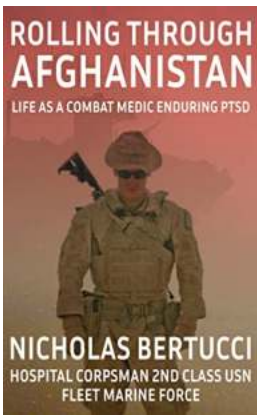
**Includes over three dozen photographs from the author's Afghan War experience.**





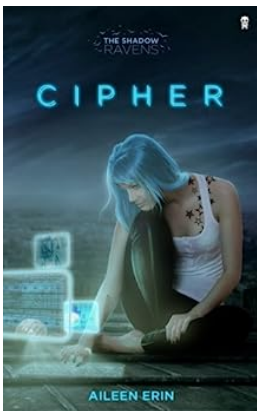
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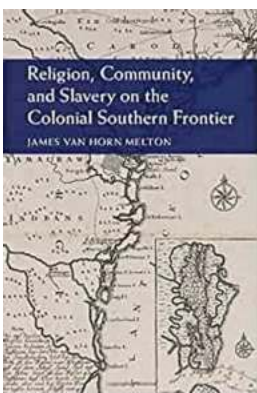
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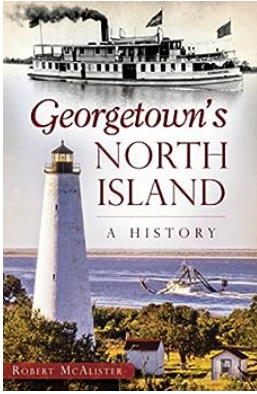
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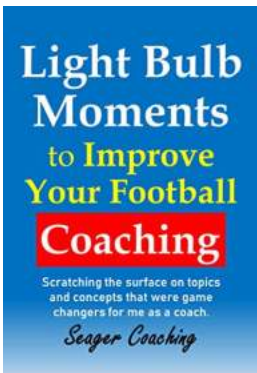
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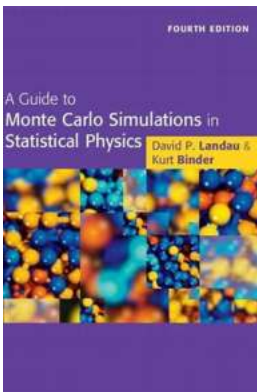
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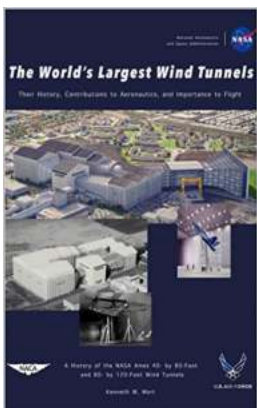
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