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ISSN: 0035-8665 (print)

ISSN: 2052-0468 (online)

Impact factor: 0.769

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Journal of the Royal Army Medical Corps is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Limited, Chennai, India and printed in the UK on acid-free paper.

Journal of the Royal Army Medical Corps (ISSN No 0035-8665) is published four times a year by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431. POSTMASTER: send address changes to Journal of the Royal Army Medical Corps, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

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Cover image: A simulated casualty is rushed to a rescue helicopter during a training exercise for 51 Squadron Royal Air Force Regiment at Paramali Village training area, Cyprus in 2009.

The training exercise was part of preparations for the Squadron ahead of their 6 month tour to Afghanistan in 2010.

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