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From the editor**1** Highlights of this edition*J Breeze, J Garner***Personal view****2** Formulating and improving care while mitigating risk in a military Ebola virus disease treatment unit*L E M Lamb, A T Cox, T Fletcher, A L McCourt***Reviews****7** An outbreak inside an epidemic: managing an infectious disease outbreak while treating Ebola*S Horne, K Forbes, D Burns, J J H Tuck***13** A systematic review of military head injuries*D J Carr, E Lewis, I Horsfall***Original articles****20** The prevalence of causative organisms of community-acquired urethritis in an age group at high risk for sexually transmitted infections in Korean Soldiers*H J Kim, J K Park, S C Park, Y G Kim, H Choi, J I Ko, M K Kim, Y B Jeong, Y S Shin***23** Audit of annual medical appraisal and revalidation activity across the UK Defence Medical Services 2013–2014*L E Morris, R D J Withnall***27** Skin disease in United Nations peacekeepers in Lebanon*Z Zhou, T Liu, Z Zhang***31** Functional test measures as risk indicators for low back pain among fixed-wing military pilots*T Honkanen, H Kyröläinen, J Avela, M Mäntysaari***35** Angled shots onto body armour using 9 mm ammunition: the effect on potential blunt injury*A Lyall, D J Carr, C Lankester, C Malbon***39** Is baseline aerobic fitness associated with illness and attrition rate in military training?*L Dimitriou, J Lockey, L Castell***48** Psychological aptitude evaluation of the special forces candidate*L Genoni, F Jelmini, M Lang, F Muggli***53** Tuberculosis in Scottish military veterans: evidence from a retrospective cohort study of 57 000 veterans and 173 000 matched non-veterans*B P Bergman, D F Mackay, J P Pell***58** Should early amputation impact initial fluid therapy algorithms in burns resuscitation? A retrospective analysis using 3D modelling*R M T Staruch, A Beverly, D Lewis, Y Wilson, N Martin***65** Malaria in British military personnel deployed to Sierra Leone: a case series*O Quantick, R Howlett-Shipley, S Roughton, D Ross***Case reports****68** Two cases of cutaneous leishmaniasis in Dutch military personnel treated with oral miltefosine*E M van der Snoek, S M Couwenberg, C Stijns, L M Kortbeek, E M Schaad***71** The use of breathing techniques for the management of Eustachian tube dysfunction*J B T Herron***73** Use of multiplex PCR to rapidly diagnose febrile patients during a gastroenteritis outbreak among Ebola virus treatment unit workers*T O Evans, T Fominyam, S W Matthews, M S Bailey, E J Hutley***PostScript****76** Training for damage control resuscitation using a rapid Infuser*G Seal, A Stables, S J Mercer*

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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163 (1)

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