

**World Congress of Biomechanics, Boston, 6<sup>th</sup>-11<sup>th</sup> July 2014**

The World Congress of Biomechanics is an international meeting held once every four years, rotating among Europe, Asia and the Americas. The 7<sup>th</sup> WCB was recently held in Boston from the 6<sup>th</sup> -11<sup>th</sup> of July 2014. Bringing together scientists and engineers, from various disciplines including anatomy, biology, physics, mathematics, computer science, chemistry and various clinical specialties, this 6 day conference showcased the best of biomechanics research from around the world. Research was presented as a series of poster and oral presentations and a well-chosen congress of keynote and plenary speakers. With over 4,000 delegates in attendance this was an excellent opportunity to network with leading researchers in the field.

My research was selected for a poster presentation and with the help of the Symington Bequest Fund I was able to attend the conference and present my abstract entitled 'A natural, seaweed derived, mineral supplement (Aquamin F) preserves bone structure, composition and strength in an ovariectomised rat model of osteoporosis'. This research was focussed on the use of a natural supplement which is rich in calcium and over seventy other minerals. Estrogen deficient animals showed significant bone loss after only two weeks which continued until the twenty-week end point. By taking a daily supplement it was possible to prevent this loss of bone structure in addition to preserving the composition of the bone. These two factors combined to result in a significant preservation of the mechanical competence of the bone. This study attracted a lot of interest and presenting the research in this environment was an excellent opportunity to highlight our work and engage in helpful discussions.

The high calibre of keynote and plenary speakers offered a wonderful view of the current state of the art in my field. These talks represented some of the highlights of the conference for me. The information garnered at these will be invaluable to me going forward with respect to directing my future research.

I wish to thank the Anatomical Society for affording me the opportunity to attend this conference. In addition to the scientific knowledge I personally gained, my presence also helped to promote Ireland and Irish research. This has important consequences as the next World Congress of Biomechanics in 2018 will be held in Dublin.

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