3rd Herbert Fleisch Workshop; Miss Aikta Sharma

The 3rd Herbert Fleisch Workshop, held in Bruges, Belgium on 17th-19th March 2019 encompassed many aspects of bone research including mechanisms of osteoblastogenesis and osteoclastogenesis, bone mechanosensing, stem cells, cancer and effects of diet on bone health. I was honoured to be selected to present my current research as oral and poster communication on the final day of the conference which led to many fruitful discussions and provided me with new perspectives and ideas for future work. It provided me with further experience in reporting my findings to experts in the field, enhanced my ability to critique and increased my knowledge on current studies being conducted in the field. This conference came with a fantastic opportunity to network with other new investigators in the field of bone research and renowned leaders in the field across the continents and provided a platform on which new collaborations for prospective research could form. I thoroughly enjoyed this conference and really appreciate the support that BRS has given me in supporting my attendance. I have returned stimulated with new ideas that will be implemented in the next stages of my research career.