The International Congress of Occupational Health (ICO2018), was conducted from the 29th till the 4th of May 2018 at the convention centre in Dublin (CCD), Ireland. The opening ceremony started with congratulatory addresses from members of World Health Organisation (WHO) to the president of the Royal College of Physicians of Ireland Professor Mary Horgan. Dr Kurt Straif (WHO, Lyon, France) gave the first presentation for the conference titled ‘Section of Evidence Synthesis and Classification International Agency for Research on Cancer’.

On Monday the 30th of April, the conference officially started with Dr Gerry Eijkemans and the importance of workers’ health, giving an example for Central America’s health problem of Chronic Kidney Disease of Undetermined cause. The rest of the week the sessions were various, and the semi-plenary sessions were each day around 21, making it kind of difficult to attend to all of the presentations of interest while they were possibly running at the same time. Subjects included the role of education and training for obtaining occupational health to toxicology of metals, pesticides: risks, health effects and prevention and genetic and epigenetics in the toxicology of metals and so many more. Talks were also focused on the importance of verifying the toxic effects of new chemicals used in the workplace while evidence are not enough resulting to exposure of workers to unknown toxic levels of compounds. The focus was mostly in the carcinogenicity of them. Poster sessions were also conducted during the conference with lots of students, scientists, and physicians presenting their research projects. The importance of international collaborations across fields was a key point to achieve prevention and health to workers worldwide.

Last but not least, with bursaries form Royal Society of Chemistry (RSC), atomic spectrometry and toxicology groups, I was able not only to make it to the conference but also to present my data from my PhD project on the 2nd of May with title ‘Baseline urinary findings in young adults at risk of Chronic Kidney Disease of Undetermined cause in Northwestern Nicaragua’.

Thank you RSC for supporting my research and giving me the chance to make it to an International Congress and expand my knowledge.

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Dr Gerry Eijkemans on Monday 30th of April
Dr Jackie Morton on her talk on the 2\textsuperscript{nd} of May

My Talk on the 2\textsuperscript{nd} of May