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First and foremost, I would like to thank Symposium Mammographicum committee for the invitation and facilitation to attend the 19<sup>th</sup> Symposium Mammographicum conference. Special thanks to the company secretary Mr Andrew Tillbrook for prompt communication on my travel plans and issuance of bursary. I commend your good work and commitment to the success of this organisation.

Secondly, I would like to acknowledge the fact that it's my first time to visit Liverpool. The venue was a fantastic site. The visit to various sites including the history of the Beatles is amazing. The choir was amazing too and its inception story is one that brings hope to cancer patients and their caregivers.

The exhibition by various companies on the advanced mammographic technologies was an amazing learning experience. The fact that some of the technologies can be patient controlled is an amazing innovation. It's a pity that in my home country, availability and affordability of the mammographic equipment is a problem.

Poster presentation by the 90 participants was very educative. The following posters captured my attention; breast density impact on health and ultrasound advancements in cancer screening for the dense breasts. I had the privilege to meet the president of Symposium Mammographicum Dr Michael J Michell during the poster tour. I appreciate your insights Sir.

The conference sessions were the best for me. Dr Andy Cope who spoke on the art of happiness. He is a great public speaker.

Dr Dawn MacDonald presentation on the Ghana situation was very applicable to my situation back in Kenya because it made me remember that this are the cases I come across every single day in Kenya where breast density is no Major issue, but screening services are. The presentation opened my eyes that there is a common problem in Africa where a lot of education needs to be done so that women can take screening services.

Dr Liz O'Riordon's story as a breast cancer survivor and her work as a consultant oncoplastic breast surgeon is amazing. Her passion in making healthcare better for cancer patients is something we should all emulate.

The dinner was a beautiful experience where I got to meet new people. Many thanks to Zebby for taking care of me, being in a new place is not easy. She ensured I am safe. I am forever grateful for meeting such a kind person. I also met Gillian Rowland who promised to do a charity drive for my initiative in Kenya.

I would recommend all medical personnel to attend Symposium Mammographicum in future as it is very informative with the latest technology and research in advancement of breast cancer diagnosis and treatment.

I plan to give feedback to my fellow colleagues at Uzima health foundation, my workstation at Kabatiini health centre and at Alexandria cancer centre where I am a member of the tumour board.

I am and I will always be an ambassador of Symposium Mammographicum. I would encourage my colleagues to apply for the next Symposium Mammographicum conference in 2020. I plan to apply for the clinical observation in future so that I can gain the skills on the care of breast cancer patients.

Thank you Symposium Mammographicum for the life changing experience.