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OPINION

by Prof. Dr. Emil Georgiev Kovachev, MD

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Regarding the competition for the occupation of the academic position "Associate Professor" in professional field 7.1. Medicine, scientific specialty Obstetrics and Gynecology, announced in the State Gazette no. 69/11.08.2023 for the needs of Burgas University "Prof. Dr. Asen Zlatarov" of Dr. Pavel Petrov Dobrev, MD

EVALUATION OF CONTRIBUTIONS

Personal contributions can be grouped into the following areas:

I. Contributions related to the dissertation work

In his dissertation work "Genitourinary syndrome of menopause in women after hormonal, surgical and radiation castration", Dr. Dobrev examines a modern problem of particular medical and social importance. Menopausal genitourinary syndrome is a set of symptoms that develop after and around menopause, due to low estrogen levels and hypo- and atrophic changes in the genitourinary tract of women. In addition to vaginal dryness and dyspareunia, urinary complaints of varying frequency occur, such as dysuria, pollakiuria, nocturia, imperative incontinence, overactive bladder and frequent urinary tract infections.

The purpose of the study was to investigate the frequency and different manifestations of genitourinary atrophy syndrome after surgical and medicinal (hormonal and chemotherapy) castration. To fulfill the purpose and tasks of the dissertation, a prospective clinical-epidemiological study (2021) was conducted, covering 67 patients, 35 of them with surgical castration and 32 with drug therapy (chemo- and/or hormone therapy). The data were collected using a questionnaire to assess the subjective symptomatology of the patients.

Cervical cancer and breast cancer are the most common cancers that can affect younger women with preserved ovarian function. As a result of the applied treatment of these diseases, premature ovarian insufficiency and the development of various symptoms of the genitourinary syndrome in menopause are reached. The carried out study proved that patients with surgical castration (bilateral adnexectomy), as part of the surgical treatment of Cervical cancer, develop the symptoms of vaginal dryness and dyspareunia. These symptoms may impair quality of life by affecting sexual function and partner relationships to a greater extent than after medical castration in patients with mammary gland carcinoma. Therefore, the recommendation that can be made is to preserve the ovaries during surgical treatment of younger women with Cervical cancer - on the one hand, and on the other - to avoid

bilateral adnexectomy in women with preserved ovarian function and mammary gland carcinoma after chemotherapy and/or hormone therapy.

II. Contributions in other thematic areas not related to the dissertation work:

1. The difficulties in dissection of the bladder during total laparoscopic hysterectomy were described.
2. The efficacy of CO₂RE laser therapy in the treatment of vulvovaginal atrophy in premenopausal and menopausal women was evaluated.
3. An analysis of surgical and medicinal castration in women with genitourinary syndrome of menopause was made.
4. The syndrome of postoperative nausea and vomiting after gynecological laparoscopic operations was investigated.
5. The depressive states of women during menopause were analyzed.
6. An operative approach to the removal of ovarian carcinoma in an advanced stage is presented.
7. A case of scalpel conization in a second-trimester pregnant patient with cervical carcinoma is published.

III. Contributions related to a monographic work on the topic: "Possibilities to improve the quality of life in menopausal genitourinary syndrome with CO₂ laser therapy"

The monographic work is dedicated to the treatment of atrophy of the vulva and vagina and the accompanying genitourinary syndrome of menopause. Genitourinary syndrome of menopause (GSM), also known as atrophic vaginitis, is a hypoestrogenic condition of the external genitalia with urological and sexual manifestations (not always shared) that affects over 50% of postmenopausal women. Because of the sexual difficulty and sensitivity in discussing symptoms, GSM is largely underdiagnosed. Female menopause and ovarian failure lead to many changes affecting almost all organs and systems in the body.

Recommendations are given for the treatment of vaginal atrophy after menopause. A preliminary assessment algorithm is presented - defining symptoms, differential diagnosis, physical signs, diagnosis, discussion of the problem. The treatment options for genitourinary syndrome of menopause are presented in detail.

Main attention is paid to the technology of CO₂ laser treatment. Mechanisms of action, contraindications, treatment preparation and treatment procedure are described. The author's own experience in treating symptoms of vulvovaginal atrophy in premenopausal and menopausal women with the CO₂ RE Intima fractional CO₂ laser is presented.

The monographic work of Dr. Pavel Dobrev is a significant contribution to the modern specialized literature in the field of gynecological practice.

RESEARCH ACTIVITY

The applicant submits for the competition a dissertation on the topic "Genitourinary syndrome of

menopause in women after hormonal, surgical and radiation castration", a monograph on the topic "Possibilities to improve the quality of life in genitourinary syndrome of menopause with CO2 laser therapy", as well as 12 full-text publications in our and foreign scientific journals meeting the regulatory requirements.

Participation in courses

Dr. Dobrev's professional interests are in the field of oncogynecology, pelvic surgery and endoscopic gynecological surgery, for which he has the relevant certificates.

1. Laparoscopy
2. Colposcopy and cryodestruction of the cervix
3. Operative gynecology
4. Diagnostic office – hysteroscopy
5. Operative hysteroscopy
6. First steps in ambulatory hysteroscopy
7. Principles of colposcopic diagnosis and destructive treatment of genital precancers in women

Brief biographical data

Dr. Pavel Petrov Dobrev was born on 23.06.1986. He graduated from Medical University - Varna in 2011, acquired a specialty in Obstetrics and Gynecology in 2016. He has been a Master in Health Management since 2019. He worked as a doctor at the Complex Oncology Center - Burgas in the Department of Oncology and Gynecology from 2016 to 2019. He has held the position of Head of Oncogynecology Department since 2018.

Dr. Dobrev was enrolled in an open doctoral program in 2020 to the Department of Obstetrics and Gynecology at the Medical University - Varna and in 2022 he successfully defended a dissertation on "Genitourinary syndrome of menopause in women after hormonal, surgical and radiation castration" with supervisor Prof. Dr. Yavor Kornovski, PhD. After successfully winning a competition in 2022 he was appointed to Burgas University "Prof. Dr. Asen Zlatarov" at the position of a Chief Assistant.

Conclusion

The scientific work presented by Dr. Dobrev meets the generally accepted standards. Based on the scientometric criteria and teaching activity, I believe that Dr. Pavel Dobrev, MD, covers all the requirements for acquiring the academic position "Associate Professor".

I recommend to the respected members of the Scientific Jury to vote positively for awarding the academic position of "Associate Professor" in the scientific specialty "Obstetrics and Gynecology" to Dr. Pavel Dobrev, according to the Regulations for the Development of the Academic Staff at Burgas University "Prof. Dr. Asen Zlatarov".

Date: 06.11.2023

Prepared by:
Signature: ill.
Prof. Dr. E. Kovachev, MD