



OPINION

By

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Regarding a competition for the "Associate Professor" academic title in the field of higher education, 7. Health care and sports, by professional direction 7.1 Medicine, scientific specialty "*Obstetrics and gynecology*" for the needs of the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov", Burgas, promulgated in SG No. 69 of 11.08.2023 and on the website of the university with a single applicant, **Dr. Pavel Petrov Dobrev, MD**.

Scientific research and teaching activity and scientific activity of Dr. Pavel Dobrev were evaluated according to the fulfillment of the conditions for holding the position of "associate professor" from the Act on the Development of the Academic Staff in the Republic of Bulgaria and from the Regulations for its application in the Republic of Bulgaria, as well as according to the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Asen Zlatarov", Burgas..

I. Biographical data

Dr. Dobrev completed his higher education at the Medical University - Varna in 2011. In 2016, Dr. Dobrev acquired a scientific specialty in "Obstetrics and Gynecology" at the Medical University - Pleven. From 2016 to 2018 he was a doctor at the Department of Oncology and Gynecology at the Complex Oncology Center - Burgas, and from 2018 to the present he has been the Head of the Department of Oncology and Gynecology at the Complex Oncology Center - Burgas. In 2022, he defended his dissertation on the topic: "Genitourinary syndrome of menopause in women after surgical, hormonal and radiation castration" at the Medical University - Varna and obtained the scientific and educational degree "Doctor". Since 2012, he has been an assistant in obstetrics and gynecology at "Prof. Dr. Asen Zlatarov" University - Burgas, and since 2022 he has been a chief assistant at the same. In 2019, he acquired a scientific specialty in "Health Management" at the Medical University - Pleven.

He is a member of Bulgarian Medical Association; Bulgarian Scientific Society of Obstetrics and Gynecology; Bulgarian oncogynecology association.

Dr. Dobrev maintains continuous medical education in the form of qualification courses and participation in medical forums in obstetrics and gynecology. Eight certificates from the most important courses for qualifications acquired by Dr. Dobrev in the country and abroad are presented. He is fluent in English and Russian.

II. Evaluation of scientific works and scientific activity of the applicant

The total number of scientific works with which Dr. Pavel Dobrev applied is 12. He is the author or co-

author of 8 real scientific publications, of which 4 in Bulgarian scientific journals and 4 in foreign journals, referenced and indexed in databases with scientific information (Scopus; Web of Science). Dr. Dobrev presents an abstract for a dissertation work for the acquisition of the Educational and Scientific Degree "Doctor" on the topic "Genitourinary syndrome of menopause in women after surgical, hormonal and radiation castration" and participation and presentations in 2 scientific forums. He also presents a monograph on the topic: "Possibilities to improve the quality of life in genitourinary syndrome of menopause with CO2 laser therapy".

Dr. Dobrev presents evidence of participation in a scientific project No. 18/2013 - "Stress hormonal response during open and minimally invasive surgery in gynecology and urology" at the Medical University - Pleven.

In the presented academic reference from the National Center for Information and Documentation - a total of six citations of the works of Dr. Pavel Dobrev (without self-citations) were found, according to SCOPUS, Web of Knowledge, *Google Scholar* databases.

I divide the scientific contributions of Dr. Pavel Dobrev **into two categories:**

1. Contributions of an original scientific nature

For the first time in Bulgaria, data on patients with genitourinary syndrome (GSM) in menopause after surgical and medical (hormonal and chemotherapy) castration at the age of 30-45 have been analyzed. The frequency and various manifestations of genitourinary atrophy syndrome were studied. Patients after surgical castration and cervical cancer were found to have symptoms of vaginal dryness and dyspareunia that affected quality of life significantly more than patients with medical castration and breast cancer. The correlations between the parameters observed in the patients were established. Conclusions are made about the predictors of GSM, which supports the decision-making process in patients with oncological diseases (cervical cancer, mammary gland carcinoma, ovarian carcinoma) after surgical and medical castration.

2. Contributions with a methodical orientation

Vulvovaginal atrophy affects almost 50% of premenopausal and menopausal women and is part of the GSM. A small proportion, about 25% of affected women seek treatment for the problem. Treatment options for vulvovaginal atrophy include hormone replacement therapy, moisturizers and lubricants, or laser therapy. Dr. Dobrev provides science-based recommendations for the treatment of vaginal atrophy after menopause. It presents an algorithm of preliminary evaluation - determination of symptoms, differential diagnosis, physical signs, diagnosis, discussion of the problem. It details treatment options for menopausal genitourinary syndrome.

Main attention is paid to the technology of CO2 laser treatment. Dr. Dobrev presents the mechanism of action, contraindications, treatment preparation and treatment procedure.

The author's own experience in treating symptoms of vulvovaginal atrophy in premenopausal and menopausal women with CO₂RE Intima fractional CO₂ laser is presented.

III. Evaluation of the scientific and teaching activity of Dr. Pavel Dobrev

According to a submitted certificate - University "Prof. Dr. Asen Zlatarov", Burgas, during the period 2020-2022 Dr. Dobrev had lectures, exercises and participates in exams in Obstetrics and Gynecology of students from the Faculty of Public Health and Healthcare, as an assistant and chief assistant (2022).

IV. Conclusion

In my opinion Dr. Pavel Dobrev complies in full with the conditions of the Act on Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its application in the Republic of Bulgaria, as well as the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Asen Zlatarov" Burgas for the acquisition of the academic position "Associate Professor".

I strongly suggest to the respected scientific jury to confirm the candidacy of Dr. Pavel Dobrev, MD for the academic position of "associate professor" at the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov".

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Signature: ill.

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