

REVIEW
from
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On the dissertation for obtaining the educational and scientific degree "PhD" in the field of higher education 7. Health and sports, Professional field 7.1 Medicine, doctoral program "Internal diseases"

PhD student: Dr. Girgina Manolova Stoyanova, PhD student of independent training at the Clinic of Gastroenterology at Acibadem City Clinic Tokuda Hospital EAD

Dissertation topic: Heredity, precancerous lesions and monitoring in patients with colorectal carcinoma

Supervisor: Associate Professor Stoyan Handjiev, MD, PhD

Dr. Girgina Stoyanova was born on November 11, 1957. in the city of Sofia, as in 1981. graduated in medicine at the Medical Academy - Sofia. Since 1982 until 1985 she worked as a doctor - resident and nutritionist in the Gastroenterology Department of the District Hospital in Yambol. Since 1985 she has been working in the team of the Gastroenterology Department of the FIFTH MHAT - Sofia. Since 2012 she has held the position of "Head of the Department of Gastroenterology" at the Fifth Hospital - Sofia.

In 1986 she acquired a degree in Internal Medicine and in 1990 a degree in Gastroenterology and Dietetics. Dr. Stoyanova has a professional qualification in gastrointestinal endoscopy - 2nd level, laser therapeutic endoscopy and specializations in abdominal ultrasound, endoscopy with international participation in specialized thematic conferences and congresses. She is a member of the Bulgarian Medical Union, the Society of Gastroenterology, ECCO, EASL and IASGO. Fluent in French, English, Latin and Russian.

The dissertation presented to me for review, discussed and directed for official defense at a meeting of the extended scientific board of the Clinic of Gastroenterology of Achibem City Clinic Tokuda Hospital contains 203 standard printed pages, illustrated with 24 tables, 134 figures and 7 endoscopes images of clinical cases. 257 titles are cited, of which 10 in Cyrillic and 247 in Latin. The literature is up-to-date, with the predominant sources being from the last 5 years.

It is structured in the usual way for a dissertation - introduction, literature review, purpose and tasks, materials and methods, results, discussion, conclusions and recommendations, clinical cases, conclusion, contributions, bibliography. The publications and reports of scientific forums of the author are presented in the abstract.

I believe that the ratio in the volume of the separate sections is logical, correct and corresponds to the tasks that each of them has.

The choice of the dissertation topic is related to the long-term and daily work on research and treatment of problems of intestinal carcinogenesis and inflammation. It is dedicated to one of the most significant problems in clinical medicine and gastroenterology of great social and health importance, with increasing morbidity, including for our country. The path of carcinogenesis, the relationship between inflammation and dysplasia, the role of heredity are important highlights for the diagnostic and therapeutic process in the third most common cancer - colorectal. The endoscopic method occupies a key position, as it simultaneously serves for early diagnosis, prevention and monitoring.

This method is essential for the detection and control of inflammation, adenoma, cancer. The gastroenterologist has a crucial role in the development of screening, diagnosis, therapeutic behavior and control of precancerous lesions and colorectal cancer.

The developed dissertation examines in depth colorectal dysplasia and inflammation, introduces in detail the method of systematic monitoring and recommends a systematic approach to diagnosis, treatment and monitoring of colorectal precancers and survivors of colorectal cancer.

The literature review covers $\frac{1}{4}$ the volume of the dissertation. The used literature data are from leading specialists in the field of colorectal pathology, as the main processes of etiopathogenesis, classifications, diagnostics, heredity of precancerous lesions and colorectal cancer are considered and discussed. It is discussed as a new nosology of the phenomenon of early colorectal cancer with independent significance and follow-up. The literary review with its topicality, competence and informativeness is one of the merits of the dissertation and is one of the most complete and comprehensive descriptions in the Bulgarian literature of this problem of great social and health significance.

The aim and tasks of the dissertation are formulated correctly for the purpose of a modern comprehensive approach to precancerous lesions and monitoring of colorectal cancer with the development of a new algorithm for diagnostic and therapeutic behavior. In fulfillment of the goal, five tasks are set, which arise from the different aspects of the colorectal pathological processes of inflammation - dysplasia - neoplasia.

The study included 213 patients in the following groups (1) a group who underwent colorectal surgery with a subset of early-onset colorectal cancer up to 55 years of age; (2) a group of inflammatory bowel disease in ulcerative colitis and Crohn's disease; (3) a group of intestinal polyps; (4) a group of intestinal polyposys.

The methods are well chosen in order to shed light on the different aspects of the treated problem with a chronology of its development. The methods used in the study correspond to the set goal and objectives. The main importance of endoscopic treatment is emphasized, and the role of the high-tech endoscopic approach and observation is substantiated. Three modern classifications, histological and other imaging methods were used.

In the analysis of the results a wide range of parameters was developed and used, each of which looked for a model of interrelation and statistical dependence in order to draw clear and accurate conclusions for the individual groups. Concomitant diseases, connection of intestinal - liver pathology, role of different types of therapy in ulcerative colitis and Crohn's disease, complications and factors for completion of monitoring were monitored.

When discussing the results of the study, a parallel was drawn with the current guidelines for monitoring, the factors of an effective monitor and the criteria for institutional control over the quality of endoscopic treatment.

The proposed conclusions 8 and 12 of the recommendations establish the correct implementation of the tasks set in the peer-reviewed paper. I accept the proposed 18 contributions and recommendations on the problem of heredity, precancerous lesions and monitoring of colorectal cancer. They have proven effectiveness and are properly recommended for introduction and use in call practice.

The dissertation is written in a good style in the correct Bulgarian language, as the tables and figures presented in the text illustrate very well the research process and the obtained results.

The dissertation was presented in the abstract, which in a synthesized form shows the main materials of the dissertation 4 publications in Bulgarian journals and 2 participations in scientific forums in which the author of the dissertation is the first one.

This makes an indisputable contribution to the research and the results obtained and the recommendations and contributions made.

Conclusion

This dissertation is an original, in-depth and successful study that contributes to updating the model of medical behavior in the treatment and monitoring of colorectal precancers, colorectal cancer and related heredity.

I believe that the presented work meets the criteria for a dissertation for obtaining an educational and scientific degree "PhD" in the specialty "Internal Medicine".

The doctoral student - Dr. Girgina Stoyanova is a long-term clinician with established experience as an internist, gastroenterologist and endoscopist.

I propose to the respected members of the Scientific Jury to vote with a positive vote for the award of the scientific-educational degree "PhD" to Dr. Girgina Manolova Stoyanova.

04/23/2021

Sofia

Reviewer:

Professor Simeon Stoynov, MD, DSc