



STANDPOINT

by Prof. Dr. Nikolay Georgiev Nikolov, Phd

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About:

Procedure for awarding the educational and scientific degree "Doctor of Sciences"

Scientific specialty "Rheumatology",

Professional direction 7.1. medicine,

Area of higher education 7. Health care and sports

Author: Prof. Dr. Stoyanka Georgieva Vladeva, Phd

Dissertation topic: "Current aspects of the osteoporosis fracture risk"

Prof. Stoyanka Vladeva graduated in medicine from the Medical University of Plovdiv in 1987. Her scientific career began with full-time doctoral studies and defense of a doctoral degree in rheumatology at the Rheumatology Clinic, Sofia Medical University in 1996. After that, she was elected as a main assistant at the Medical faculty, Trakia University, Stara Zagora. Since 2012, he has been an associate professor of Rheumatology at the Department of Propedeutics of Internal Diseases and the Department of Health Care at the Faculty of Medicine, Trakia University, Stara Zagora. Since April 2014, she has been elected as a professor of rheumatology at the Faculty of Medicine of the Trakia University, Stara Zagora. Prof. Vladeva has clinical specialties in Internal Medicine, Rheumatology and Cardiology. Prof. Vladeva's scientific research is related to diseases of the musculoskeletal system, and the majority of them are focused on the socially significant disease osteoporosis, as well as fracture risk. Prof. Vladeva has been the Chairman of the "Stara Zagora Against Osteoporosis" Association since 2001 and was the Director of one of the 54 National Osteoporosis Centers. She has a long-standing ambulatory rheumatology practice. She has proven a number of international qualifications, which include a postgraduate course in capillaroscopy, intra-articular interventions, joint ultrasound, DEXA and REMS-osteodensitometry. Since 2000, she has been working on the problem of osteoporosis, monitoring a large cohort of patients.

Since osteoporosis is a socially significant disease worldwide and is associated with increased fracture risk and disability, the topic of the dissertation is actual and relevant. The state of fracture risk and its management is an essential problem of modern science. The search for a solution to identify osteoporotic fractures is a world-leading approach to osteoporosis.

Prof. Vladeva has described in detail the data published so far regarding the topic of the dissertation. The literature review presents the main tools for FRAX. The modern capabilities of REMS osteodensitometry as an innovation in the determination of fracture risk are given in detail. The important role of self-esteem in general and bone health, which is also a factor in influencing osteoporosis, is presented. 255 literary sources are cited - 7 in Cyrillic and -248 in Latin.

The purpose of the dissertation is clearly stated. Tasks are defined in support of the main objective.

The methodologies, results, discussion, as well as own conclusions and contributions, are considered sequentially. An impressive group of patients with DEXA measurements were retrospectively analyzed to obtain contemporary BMD data of the Bulgarian population. The age grouping makes the analysis very valuable and impressive to international experts in the epidemiology of non-communicable diseases who have cited the publication of this valuable study. In 324 women, a study of BMD_{US} of the axial skeleton was carried out using REMS and, in parallel, a self-assessment of bone health was made using a developed questionnaire. Among 304 women, the multivariate factors for osteoporosis were analysed. Thus, diagnosis, prevention and treatment can be aimed at target groups at osteoporotic risk of fractures. The evaluation and role of the patient's own resource of knowledge is a new trend in clinical medicine. Patient self-report survey proves why osteoporosis is the "silent epidemic" of the century. SPSS program version 19 was used for statistical analyses, interpretation and presentation of data.

The results are systematized logically and written in a coherent manner, presented alongside a discussion of known facts and studies. They are presented in 7 tables, 30 figures and 2 appendices. The discussion consists of a comprehensive analysis and shows the author's ability to critically and eruditely discuss her own results with previous studies.

Conclusions are presented clearly, precisely and concretely. They prove the correct approach in choosing and solving the tasks in the present scientific development.

Prof. Vladeva analyzed in detail the scientific and scientific-applied achievements in the dissertation work and characterized her main achievements. The obtained data have an important application in the practice of the rheumatologist, which can be adapted to other health professionals, given the interdisciplinary nature of the problem of fracture risk.

The abstract has a total volume of 67 pages, accurately reflects the presented data and is made according to the requirements of the relevant regulations, reflecting the main results achieved in the dissertation.

CONCLUSION

I believe that the dissertation work shows a very good awareness of the problem, modern approaches to data processing are applied, emphasis is placed on the significance of the methods used to assess the fracture risk and to assess BMD_{US} through the innovative REMS methodology. The contributions have an original substantial theoretical and scientific-practical character.

The dissertation fully meets the qualitative and quantitative criteria laid down in the Law on the Development of the Academic Staff in the Republic of Bulgaria and the requirements for a dissertation for the acquisition of the educational and scientific degree "Doctor of Sciences" of the Regulations for the Development of the Academic Staff of the MU Plovdiv. Therefore, I give a positive assessment of the scientific work and call on the members of the Scientific Jury to award Prof. Dr. Stoyanka Georgieva Vladeva the scientific degree "Doctor of Sciences" in the scientific specialty "Rheumatology".

17.12 2023

Prepared the Standpoint:



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