

OVERVIEW

By Prof. Nikolay Emilov Popov, PhD, from the Department of "Theory and Methodology of Kinesitherapy" at the Faculty of "Public Health, Healthcare and Tourism" of the National Sports Academy "Vasil Levski" - Sofia

REGARDING: Dissertation work of doctoral student Gergana Stefanova Pavlova, enrolled in the Department of "Health Care Management" at the Faculty of "Public Health" of the Medical University - Plovdiv. Topic of the dissertation work: "Cosmetic procedures - a necessary need for improving the aesthetic vision of people in adulthood", for the award of the educational and scientific degree "doctor" in the professional field 7.4. "Public Health". Scientific supervisor - Assoc. Prof. Maria Stamova Vakilova-Becheva, PhD.

Doctoral student Gergana Stefanova Pavlova graduated as a professional bachelor with a specialty in rehabilitation in 1999 at the Medical College, Plovdiv. In 2011, she graduated with a bachelor's degree - specialty "Healthcare Manager and Practice Teacher" at the Medical University - Plovdiv. In 2013, she obtained a Master's degree in the same specialty. In 2015, she obtained a qualification in medical cosmetics. After graduation, she worked at the Medical College, Plovdiv, successively as an inspector of educational activities and a senior lecturer.

The dissertation presented by doctoral student Gergana Pavlova examines a topical problem from a scientific and practical point of view. The issues of improving and maintaining physical vision in modern society have not only cosmetic, but also psychological and social

implications. Therefore, the development of medical cosmetics is an important factor in improving the quality of life of modern people.

The volume of the dissertation is consistent with the standard for this type of scientific work. Structurally, the content is appropriately distributed, covering the theoretical justification of the problem and practical scientific development. The material is divided into two main sections – a literature review and a scientific problem. The information used and a declaration of informed consent are presented in 3 appendices, as well as a patient registration card.

The literature review is purposeful and comprehensive. The modern understanding of the structure of the facial skin and muscles, the characteristics of aging and the factors that determine it are examined. A historical review of cosmetic procedures and the development of aesthetic medicine from antiquity to the present day is made. The modern views on the specific cosmetic needs at different ages and the procedures that affect skin aging are examined. Thus systematized, this information has a pronounced contribution and could be published as a separate study. The literary sources are selected correctly and provide up-to-date information on the scientific problems considered. The latter are examined in depth, analyzing their multifaceted aspects. Critical notes are attached, reflecting a full insight into the essence of the problem. The author's commentary skillfully interweaves with the cited data without being intrusive unnecessary. Throughout the chapter, as well as in the other sections, precision of the presentation and text processing are evident.

Based on the literature review, a corresponding working hypothesis has been formulated. It is well and correctly substantiated. It stems entirely from the conclusions imposed by the analysis of the literature review and fully corresponds to the planned scientific study.

The purpose of the scientific study has been correctly and precisely defined. The tasks (five) have been formulated specifically, fully cover the achievement of the set goal and have been fully implemented.

The study contingent practically includes 100 individuals, divided into two groups. In one, only radiofrequency therapy was applied, and in the second, kinesitherapy was added to activate the facial muscles. A detailed characterization of the studied contingent has been made. Objective criteria for inclusion in the study have been used.

The research methods have been appropriately selected, taking into account the topic of the dissertation work. Standard and innovative test procedures for our conditions have been included. They are precisely described.

The methodology of the applied cosmetic care programs is fully presented. Thus described, it represents the core of the dissertation work. The illustration is appropriate and definitely informative. It is based on the most modern concepts regarding the cosmetic impact in the facial area.

The analysis of the results of the scientific study is precise and thorough. Appropriate statistical methods for data processing have been applied. The illustration is informative and complete, without overloading the presentation. The doctoral student's ability to interpret scientifically established facts is evident. Measurements of quantitative and qualitative indicators have been carried out. The statistical analysis has been carried out precisely and the reported results are as reliable as possible.

The formulated conclusions arise from the results obtained in the course of the scientific study.

The overall reading of the work leaves a pleasant impression of a good and precise presentation of a modern methodology for cosmetic

care for the facial area and of in-depth results of research on a current scientific problem. In all parts, a pronounced authorial contribution and originality are evident. No evidence of plagiarism or incorrect citation is found anywhere. The work meets national requirements.

Scientific contributions

Contributory moments can be found both in the systematic literature review and in the research and analytical part of the dissertation work. They expand scientific knowledge in the field of medical cosmetics regarding the factors determining the application of maximally effective procedures depending on the individual characteristics of the specific client.

The following main scientific contributions are outlined:

Theoretical:

1. A systematic review of the modern literature on the problem under consideration has been made, as well as the latest methods of research and therapy.
2. For the first time in Bulgaria, the Glogau Photoaging Scale and the Global Aesthetic Improvement Scale (GIAS) have been applied.

Practical:

A modern model of a therapeutic program for improving the contour and symmetry of the face and creating a good aesthetic vision through the application of non-invasive procedures has been developed and tested in practice.

CONCLUSION

In conclusion, the dissertation presented by Gergana Stefanova Pavlova for defense is a thorough scientific work with an author's contribution to the theoretical and therapeutic-practical fields of medical cosmetics. Considering the topically selected topic, the broad literary awareness, the correct formulation of the studies, the competent use of various modern research methods and the undeniable scientific and applied contributions of the dissertation, I propose to the esteemed members of the scientific jury to award the scientific and educational degree of Doctor, in professional field 7.4. "Public Health", to Gergana Stefanova Pavlova.

Sofia

Prepared by:

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