

# OPINION

by

**Prof. Dr. Elena Dimitrova Dimitrakova, MD**  
**Department of Obstetrics and Gynecology, MU-Plovdiv**  
**Head of the Maternity Ward, Obstetrics and Gynecology clinic St.Georgi**  
**Hospital-Plovdiv**

**Subject:** dissertation work on "Robotic myomectomy. Comparative analysis of clinical results compared with those with open and laparoscopic access" of Dr. Radko Emanuilov Totsev regarding the acquisition of the educational and scientific degree of "Doctor", field of Higher Education: 7. Health care and sports, Professional direction 7.1 Medicine,  
Doctoral program "Obstetrics and gynecology", according to Order No. P-109-164/27.02.2023 of the Rector of the MU - Varna

## **I. BRIEF BIOGRAPHICAL DATA AND CAREER PROFILE OF THE CANDIDATE**

Dr. Radko Totsev was born in 1983. In 2002, he graduated from the 35th Secondary School "Dobri Voynikov" - Sofia. In 2008, he graduated as a doctor at the Medical University of Sofia. In 2010, he was enrolled as a specialist in Obstetrics and Gynecology. 2015 is the year in which, after successfully passing the exam, he acquires the specialty "Obstetrics and Gynecology".

Dr. Totsev worked successively at the "Sheynovo" Hospital and the "Sveta Sofia" Hospital. An almost 3-year period followed at Doverie Hospital, and from March 2020, he is currently part of the team of Hospital "Maichin Dom"- Sofia.

Since 2016, he has a master's degree in Business Administration and Health Management, VTU "St. St. Cyril and Methodius".

Dr. Totsev's career development impresses with numerous additional training courses held in authoritative world centers - USA, France, Germany. The candidate's professional interests are mainly in the field of gynecological surgery /laparoscopic and robotic/, oncology and urogynecology.

He speaks English and French.

## **II. SIGNIFICANCE OF THE PROBLEM**

Uterine myoma is the most common benign pathology of the female genital tract. Affecting female patients of childbearing age necessitates the constant search for new approaches in treatment. Established as the "gold standard" in women with incomplete reproductive plans, myomectomy is the main operative method. The choice of the most appropriate access to perform it is extremely important. In recent decades, there has been an effort to implement techniques optimizing parameters such as blood loss, postoperative pain, recovery period, etc. That is why minimally invasive surgery, meeting all these conditions, is increasingly used in modern gynecology, in particular in the treatment of leiomyomas. The latest generation of this surgery is robot-assisted. With its undeniable advantages, the latter is increasingly used in the field of reproductive surgery. The analysis and comparison of robotic myomectomy results would contribute to the enrichment of the existing data in Bulgaria.

In view of this, I define the choice of the topic of the considered dissertation work as relevant and significant.

The purpose of the thesis is clearly stated.

The 6 tasks are also perfectly defined:

1. To study the indicators of age, BMI, indication for surgery, number, size and type of fibroid nodes.
2. To analyze intra- and post-operative indicators - operative time, hospital stay, post-operative complications in robot-assisted myomectomy.
3. To conduct a comparative analysis of the perioperative indicators - operative time, hospital stay, BMI, size, number and localization of fibroid nodes in robotic, laparoscopic and abdominal myomectomy.
4. To evaluate the factors that affect the duration of robotic myomectomy.
5. To make an economic analysis of the costs of the three types of myomectomies.



6. To determine the place of robotic myomectomy in the modern treatment of fibroid disease.

### III. STRUCTURE OF THE DISSERTATION

The dissertation has a classic structure. It is presented in 157 standard pages.

The bibliographic reference includes 357 literary sources, 2 of which are in Cyrillic and 355 in Latin.

The dissertation is illustrated with 60 tables and 35 graphs.

The literature review is comprehensive. In it, the author examines the factors leading to the development of the disease, presents a classification of fibroids, mentions the diagnostic methods used, dwells extensively on modern treatment methods, with an emphasis on robot-assisted myomectomy.

**MATERIALS AND METHODS:** 300 women with a myomectomy, meeting the set criteria, were analyzed. The patients were divided into 3 groups: 100 with robot-assisted myomectomy, 100 with laparomyomectomy and 100 with laparoscopic myomectomy. The study covers the period 2016-2020 and has a retrospective nature. Clinical material from "Doverie" Hospital, "Dr. Shterev" Hospital and SBALAG "Machin dom"-Sofia.

The SPSS 26 software package was used for data processing .

**OWN RESULTS:** the results obtained have been analyzed with a wide range of statistical methods and provide information that can be summarized in several main points:

- There is no statistically significant difference in the average blood loss and the average duration in the different types of operations among women up to 35 years of age. It is not established in the age range of 36-50 years either;
- There was no difference in mean blood loss and mean duration for different types of surgery among women of different parity;
- There is no statistically significant difference in the average blood loss and the average duration of the different types of operations among women with a uterus size up to and over 70 mm;

- There is a statistically significant difference in the amount of blood loss and the duration in the different types of operations among patients with at least 4 myoma nodes, namely- the average blood loss and the average duration in this group are significantly smaller in the open operations than in the laparoscopic and robotic ones;
- A statistically significant difference was found in the mean blood loss and the mean duration in patients with cervical myoma in favor of robotic surgery. The same is true for BMI / BMI>36/.

Seven conclusions are formulated, and I would single out #4 and #6.

#### **CONTRIBUTIONS OF THE DISSERTATION:**

There are those of an original and confirmatory nature:

For the first time in Bulgaria, a study was conducted that compared indicators in the different operative approaches of myomectomy - open, laparoscopic and robotic, and peri- and postoperative results were analyzed. For the first time in our country, recommendations for the operative approach according to the size, location and number of available fibroid nodes have been made.

#### **IV. CONCLUSION**

I evaluate the presented dissertation as original, extremely modern and useful for gynecological practice in Bulgaria. The candidate certifies a sufficient number of publications. Meets the requirements of the ZRASRB, the Regulations for its implementation and the relevant Regulations of the Medical University - Varna.

In view of the above, I support and recommend the members of the Honorable Scientific Jury to vote positively for the awarding of the educational and scientific degree "Doctor" to Dr. Radko Emanuilov Totsev.

06. 03. 2023

Plovdiv

Reviewer:

/Prof. Dr. Elena Dimitrakova, MD/





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