

To the Chair of the Scientific Jury  
in accordance with Protocol No. 1/01.12.2025  
and Order of the Rector No. R-109-471/20.11.2025  
of the Medical University - Varna

### STATEMENT

on the dissertation for the award of the educational and scientific degree of "Doctor"  
in the scientific field of "Surgery" to Dr. Vyara Dimitrova Grigorova  
Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, Faculty of Medicine, Department of  
Surgery

On the topic: "Conventional operative treatment of incisional hernias - opportunities and  
challenges."

Scientific supervisor: Prof. Plamen Milchev Chernopolsky, MD, PhD, DSc

by Prof. Rumen Nikolov Nenkov, MD, PhD  
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The dissertation presented by Dr. Vyara Grigorova is in a form and volume that meets the requirements of the LDASRB, the Regulations for its application, and the Regulations of MU – Varna. The dissertation has been discussed, accepted, and referred for defense by the Department Council of the Department of Surgery at the Medical University of Varna.

**Biographical data and career development:** Dr. Vyara Grigorova was born in 1988 and graduated in 2007 from the Goethe German Language High School in Burgas. In 2013, she completed her education at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, majoring in Medicine, and in 2016 she graduated from the same university with a degree in Health Management. She acquired a specialization in Surgery in 2020. In 2017, she was elected as an honorary assistant at the Department of Surgery, US "Abdominal Surgery," Faculty of Medicine at Prof. Dr. Paraskev Stoyanov Medical University – Varna, and since 2018 she has been a full-time assistant at the same department. Since 2020, she has been a doctoral student. She has completed numerous specializations in Bulgaria, Austria, Romania, Spain, and elsewhere. She is a member of the Bulgarian Medical Association, the Bulgarian Surgical Society, EAES, ESSO, EHS, EDS, and IASGO. She speaks English and German.

**Assessment of the relevance of the topic:** Dr. Vyara Grigorova's dissertation addresses a current and important practical problem in abdominal surgery, representing one of the most common diseases in daily surgical practice, taking into account the multifactorial problems

associated with this type of disease. Based on the results obtained, Dr. Vyara Grigorova develops a diagnostic and treatment algorithm for the management of patients with incisional hernias, which has real application in clinical practice.

**Scope and structure:** Dr. Vyara Grigorova's dissertation is written on 203 standard pages and is illustrated with 45 tables and 78 figures. The bibliography includes 418 sources, of which 9 are in Cyrillic and 411 are in Latin.

**Research methodology:** The main objective of the dissertation is to study, analyze, and define the challenges associated with the conventional surgical treatment of incisional hernias, with the aim of optimizing treatment outcomes, reducing complications, and improving economic indicators.

To achieve the main objective, the author has set 5 well-formulated tasks, and the development of the dissertation follows their logical resolution.

As the subject of the dissertation, the author has performed a retrospective analysis of a total of 273 patients with incisional hernias who underwent conventional surgical treatment at the Second surgery clinic at the University Hospital "Sveta Marina" in Varna over a period of five years, from 2017 to 2021. A total of 11 types of techniques for plastic reconstruction of the abdominal wall were used, summarized in two large groups: conventional surgical methods with or without mesh augmentation.

**Methods of analysis:** The clinical presentation of the disease (duration of complaints, previous interventions, accompanying diseases), laboratory tests (blood count and biochemical indicators), imaging tests (abdominal X-ray, abdominal ultrasound, CT, etc.), various types of conventional surgical methods, complications, and economic indicators. To interpret the data obtained, the author used statistical analysis—descriptive methods, correlation, and regression analysis.

**Results obtained:** They are well presented in text form and illustrated graphically with tables and figures. The statistical processing used is adequate, which makes the discussion in-depth and well-organized. Socio-demographic indicators, preoperative characteristics of hernias, postoperative clinical and economic results are examined. It is in this chapter that the author's good knowledge and rich clinical experience, as well as his ability to critically analyze the results obtained, are evident.

**Conclusions:** The author's conclusions on the topic of the scientific study are 5 in number and are based on a comprehensive analysis of the information in the literature review, clinical material, analysis, and discussion of the author's own results. They are well formulated and reflect a significant part of the analyzed sections. They have scientific and practical value.

**Contributions:** The contributions of the dissertation, identified by Dr. Vyara Grigorova, are six in total and are of a scientific, scientific-applied, and confirmatory nature.

**Conclusion:** I consider that the dissertation of Dr. Vyara Dimitrova Grigorova, "Conventional surgical treatment of incisional hernias: opportunities and challenges," is complete, thorough, contemporary, well-formed, and correctly structured. The tasks are clearly,

accurately, and comprehensively formulated and executed. The conclusions, contributions, and proposed algorithm will be helpful in hospital and outpatient practice. The doctoral candidate has provided all the necessary documents that meet the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria and the Regulations for the Development of Academic Staff at MU-Varna for the award of a doctoral degree.

All this gives me reason to confidently recommend that the esteemed members of the NJ vote positively and award Dr. Vyara Dimitrova Grigorova the educational and scientific degree of "Doctor" in the scientific specialty of "Surgery."

December 17, 2025

Varna

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