

STATEMENT  
on a dissertation  
CONVENTIONAL OPERATIVE TREATMENT OF  
INCISIONAL HERNIAS - OPPORTUNITIES AND  
CHALLENGES

by Dr. Vyara Dimitrova Grigorova,  
surgeon at Second surgery clinic in University Hospital "Sv. Marina"- Varna and  
assistant at Department of Surgery at Medical University - Varna

by Assoc. Prof. Radosvet Gornev, MD,PhD

In accordance with Articles 9 and 10 of the LDASRB, I-Dk and the decision of the 1st meeting of the scientific jury appointed by Order N2 R-109-471/20.11.2025 by the Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" Varna, I was presented with the abstract and the full text dissertation of Dr. Vyara Dimitrova Grigorova, surgeon at the Second surgery clinic in University Hospital "St. Marina" Varna and assistant at the Department of Surgery, Medical University - Varna.

The materials set presented in paper and electronic form complies with Articles 10 and 11 of the Law on the Development of Academic Staff in the Republic of Bulgaria, Article 32 of the GSHZRASRB for the acquisition of the educational and scientific degree "Doctor" and includes all the necessary documents, drawn up in accordance with the requirements.

Dr. Vyara Grigorova was born on November 16, 1988, in Kazanlak. She graduated in medicine from Medical University Varna in 2013. In the same year, she began

working as a physician, and in 2014, she was enrolled as a surgical resident at the Second surgery clinic in the University Hospital "Sveta Marina" in Varna, where she currently works. She obtained her specialty in "Surgery" in 2019.

The dissertation contains a total of 203 standard pages and is illustrated with 45 tables and 78 figures. The bibliography includes 418 literary sources, 9 of which are in Cyrillic and 411 in Latin, and is 38 pages long.

The literature review examines in detail the historical aspects of the treatment of incisional hernias and classification systems. Conventional methods of surgical treatment are described. Global studies related to the development of methods over the last few decades are presented, with conclusions and unresolved issues drawn from the literature review. A total of 418 sources were used, 9 of which are in Bulgarian.

The objective is precisely and concisely formulated. Five tasks are set, subordinate to the objective.

The chapter "Materials and Methods" covers 273 patients who underwent surgery for primary and recurrent incisional hernias at the Second surgery clinic of UMHAT "Sveta Marina" EAD in the period 2017-2021. The inclusion and exclusion criteria are described. The methods of diagnosis and treatment, as well as the statistical package used, are described in detail.

The chapter "Results," approximately 65 pages long, presents the clinical, postoperative, and economic results obtained after data processing in an understandable and consistent manner. In the discussion section, the author critically analyzes her own results in the context of the literature, examining in detail a number of potential risk factors relevant to the development and recurrence of iuncisional hernias. The correlation analysis casts doubt on the significance of variables known

from the literature, such as gender, age, smoking, COPD, diabetes mellitus, and obesity, while validating as independent risk factors for recurrence the number of previous operations, increased bleeding during the initial intervention, non-compliance with the postoperative mobility regimen, and the type of previous repair surgery, the latter being of paramount importance.

An algorithm for behavior applicable to conventional surgical treatment of incisional hernias and its introduction into practice has been created and is presented graphically.

The conclusions are adequate, without exceeding the threshold of competence achieved by the clinical study.

The doctoral candidate presents six well-argued contributions, all of a scientific and practical nature.

Dr. Grigorova has presented one publication related to the dissertation, in which she is the sole author and which corresponds to the topic of the scientific study.

## Conclusion

The dissertation presented by Dr. Vyara Grigorova on the topic "Conventional operative treatment of incisional hernias — opportunities and challenges" meets the requirements. The topic is relevant, suitable for a dissertation, and will be useful to general surgeons in the country in their daily work.

All this gives me reason to recommend that the distinguished jury award Dr. Vyara Grigorova the scientific educational degree of "Doctor."

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City: Sofia