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*Translation from Bulgarian*

## REVIEW

**By Prof. Dr. Krasimir Dimitrov Ivanov, MedScD  
Rector of Prof. Dr. Paraskev Stoyanov Medical University of Varna**

Re: The announced competition for occupying the academic position of Associate Professor in higher educational field 7. Health and Sports, professional field 7.1. Medicine, scientific specialty: Vascular Surgery, for the needs of the Department of Cardiovascular Surgery and Angiology, Faculty of Medicine, Prof. Dr. Paraskev Stoyanov Medical University of Varna; promulgated in State Gazette 43 / 31.05.2019.

Pursuant to Order P-109-241/ 26.07.2019 of the Rector of the Medical University of Varna and the decision of the first meeting of the scientific jury held on 05.08.2019, I was appointed to prepare an official review as an internal member of the Medical University of Varna.

Dr. Angel Angelov, MD, is the only candidate for the announced competition for acquiring the academic position of Associate Professor at the Department of Cardiovascular Surgery and Angiology. The electronic report prepared under the current Development of Academic Staff in Republic of Bulgaria Act (DASRB) shows that Dr. Angelov meets the requirements for occupying the academic position of Associate Professor. The candidate submitted all documents required under the Rules for Development of Academic Staff of the Medical University of Varna. All other mandatory documents are up-to-date and meet the requirements.

### 1. BIOGRAPHICAL DATA

Dr. Angel Angelov, MD, was born on 18 September 1959 in the city of Varna. In 1986, he graduated with honours from the Medical University of Varna and was appointed as an intern at the surgical ward of the Municipal Hospital of Veliki Preslav, where he began his specialization in surgery. In December 1994, he defended his first surgical specialty, and in May 2004, his second specialty in vascular surgery. Between January 1990 and October 1990, he worked as a surgery intern at the Municipal Hospital of Varna. In November 1990, he occupied the academic position of Assistant at the Clinic of Vascular Surgery of the Medical University of Varna. On 18.03.1996, he occupied the academic position of Senior Assistant, and on 18.02.2010, the academic position of Chief Assistant. In the period from 2004 to 2006, he had a two-year specialization in Germany, at the Hospital for Cardiovascular Surgery in Bad Bevensen. He specialized in vascular surgery and phlebology. Then he returned to Bulgaria and on 31 May 2006 started working at the outpatient care of St. Marina Diagnostics and Consultation Centre. He was also appointed at the Vascular Surgery Department of

UMHAT St. Marina EAD. On 01.03.2018, he started his specialization in his third specialty – Angiology - at ACIBADEM Tokuda Hospital, city of Sofia.

In 2014, he defended a thesis - *EVLA - Endovascular Laser Ablation of Varicose Veins - Analysis of Results by Wavelength and Type of Fibre* - at the Department of General and Operative Surgery of UMHAT St. Marina EAD.

In addition to the mandatory documents for participation in the competition, Dr. Angelov also provided certificates of participation in scientific events and postgraduate courses for continuing education in Bulgaria and abroad - a total of 120 events with 19 certificates. He is especially interested in the field of aesthetic phlebology as part of vascular surgery. He declared skills for working with most modern surgical equipment. Of note is the fact that he was certified to work with Biolitec intravenous surgery equipment. He is fluent in German and speaks English and Russian.

## 2. SCIENTIFIC DATA

Dr. A. Angelov, MD, presented the following photocopies, originals of summaries, and full-text publications:

1. Habilitation thesis *Endoluminal Laser Ablation of Stem Varicose Veins*. The thesis fulfils all the conditions for submission of a habilitation thesis;
2. Co-authorship in two collective monographs;
3. Publications in journals and scientific collections, collective volumes with ISSN and ISBN – 15 in total, in 9 of which he is first author; in 4 – second or third author; and in 2 – with another position in the authors' team. The publications are in the following areas: endoluminal laser ablation - 6; arterial vascular surgery - 4; sclerotherapy - 2; phlebology - 1; others - 2.

From the submitted report on contribution to the scientific papers, the candidate stated contribution to the defended dissertation thesis - *EVLA - Endovenous Laser Ablation of Varicose Veins - Analysis of Results by Wavelength and Type of Fibre* -, based on a series of 812 patients whose treatment the author was directly involved in. The published habilitation thesis *Endoluminal Laser Ablation of Stem Varicose Veins* can be mentioned as contribution, too, with Dr. Angelov as its main author. The thesis deals with contemporary aspects of diagnosis and treatment of chronic venous disease. The monograph was evaluated by two reviewers: Prof. Dr. Veselin Petrov, MD, and Assoc. Prof. Dr. Dimitar Petkov, MedScD, who confirmed that the thesis structure meets all modern requirements for a monograph about complex understanding of chronic venous insufficiency. The most recent ideas about the aetiology, pathogenesis, and epidemiology of the disease were shared. Attention was paid to all modern methods of diagnosis of the disease, endovascular methods of diagnosis and treatment. Of particular importance is his shared experience in the complex approach to treatment of patients with complicated forms of chronic venous disease (CVD). Further, contribution was made to the treatment of specific forms of CVD as well as to the administration of tumescent anaesthesia. Two official reports were presented from the Central

Medical Library (CMB) of Sofia and the library of the Medical University of Varna, where there is a total of 35 citations. The candidate has submitted a list of 120 scientific forums attended in Bulgaria and abroad.

### 3. SCIENTIFIC AND PRACTICAL CONTRIBUTION

I confirm the following contribution by Dr. Angel Angelov, MD, divided into three categories:

#### 3.1. **Dissertation thesis *EVLA - Endovenous Laser Ablation of Varicose Veins - Analysis of Results by Wavelength and Type of Fibre***

- For the first time in Bulgaria, he administered and supported the administration of tumescent anaesthesia as an option in the treatment of varicose disease;
- He strongly demonstrated that the administration of general or regional anaesthesia in laser endovascular treatment is not a necessity;
- He improved the methods used so that the patient's stay at the medical facility takes up to two hours maximum;
- For the first time in Bulgaria, the author made his patients stand up immediately after the procedure for treatment of varicose veins and validated motor activity as a mandatory element of early postoperative therapy;
- He proved that the use of minimally invasive techniques for radical treatment of varicose veins does not impair the patient's ability to work;
- He strongly rejected inguinal access in the treatment of stem varicosis;
- He proved that laser ablation therapy can be performed in parallel with therapies with anticoagulants or antiaggregants as well as in the presence of a pacemaker without any risk for the patient;
- Upon successful defence of his thesis in 2014, the author introduced and validated as an option the use of laser fibres with radial energy emission.

#### 3.2. **Monographic thesis *Endoluminal Laser Ablation of Varicose Stem Veins***

- He proved and confirmed in practice that several laser fibres may be used in multiple additional branches of stem varices;
- For more radicality and in order to achieve better results, the author developed already known additional minimally-invasive techniques performed under tumescent anaesthesia and combined them to create his own algorithm at the beginning of 2012;
- The author promoted the method of laser ablation treatment by training teams of vascular surgeons in the cities of Sofia, Burgas, Stara Zagora, Shumen, Gorna Oryahovitsa, and Debrecen in Hungary;
- The author was also the first to perform laser ablation treatment with radial laser fibres and wavelengths of 1470 nm with mono- and bi-radial laser sets, which has been routinely performed in Varna and Sofia since 2009;
- The author convincingly proved that in patients with a large body mass - BMI > 50,



laser treatment of varicose veins has significant advantages over open surgical treatment.

The monographic thesis sheds light on the contemporary aspects of the diagnosis and treatment of chronic venous disease and comprehensively analyzes the problems of the disease. The focus is on the minimum invasive surgical methods of treatment. He shares experience in complex diagnostics, ultrasound studies, and endovascular surgery in specific patients. The monograph has a contemporary separate literary overview. The thesis can be used by both medical professionals involved in aesthetic phlebology and medical students in clinical disciplines. According to authoritative reviewers of the monograph, it is "a work that enriches the Bulgarian surgical literature and an extremely valuable tool - a source of knowledge and experience, especially for young vascular surgeons and angiologists." (Prof. Dr. Veselin Petrov, MD). The monographic thesis "has an exceptional practical focus, provides doctors and post-graduate students in the field of vascular diseases with very useful and pragmatic information and is a valuable guide to help anyone who wishes to apply the most up-to-date methods for diagnosis and treatment of CVD in our country." (Assoc. Prof. Dr. Dimitar Petkov, MD).

### **3.3. Contribution to vascular surgical - in particular phlebological - practice**

- He was the first in Bulgaria to perform endovascular laser treatment: on 22.01.2007.
- He was the first in Bulgaria to perform transdermal removal of spider and mesh veins with no anaesthesia, by using a laser generator with a wavelength of 1470 nm: in August 2011.

## **4. LECTURER ACTIVITIES**

Since 2010, he has been holding the academic position of Chief Assistant. The academic load certificate shows 695 hours of lecturer activity for the period from 01.01.2015 to 31.05.2019 with students, post-graduate students, and continuing education students.

## **5. ADDITIONAL DOCUMENTS**

Dr. Angel Angelov, MD provided a reference for co-authorship in a recognized invention, for membership in the management body of an international phlebological society, and for additional skills acquired upon successful completion of a course in echo-Doppler diagnostics in vascular surgery.



## CONCLUSION

The documents presented by Dr. Angel Angelov, MD, and his professional and academic development fully meet the requirements for acquiring the academic position of Associate Professor set out in the Rules for Development of Academic Staff of the Medical University of Varna. Given the undoubtedly high level of professionalism of Dr. Angelov as a contemporary vascular surgeon, I propose that the scientific jury vote positively for him to occupy the academic position of Associate Professor.

Varna, 12.08.2019

*(sign. ill)*

Prof. Dr. Krasimir Dimitrov Ivanov, MedScD

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*The undersigned Ivelina Ivanova Ivanova hereby certifies that this is a true and accurate translation from Bulgarian into English of the attached document (Review by Prof. Dr. Krasimir Dimitrov Ivanov, MedScD). The translation consists of 5 (five) pages.*

Translator:

Ivelina Ivanova Ivanova

