

**ATTN: THE CHAIRMAN OF THE SCIENTIFIC JURY
ANNOUNCED BY ORDER NO R-109-133/FEBRUARY
22, 2023 OF THE RECTOR OF THE MEDICAL
UNIVERSITY 'PROF. PARASKEV STOYANOV' OF
VARNA**

STANDPOINT

by

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Concerning: the competition for the academic position of '**Associate Professor**' in the field of higher education No 7 Public health and sports, professional trend No 7.1 Medicine and scientific speciality of '*Otorhinolaryngology*' for the needs of the Department of Neurosurgery and ENT Diseases of the Medical University 'Prof. Paraskev Stoyanov' of Varna according to the Order of the Rector, Valentin Lyubomirov Ignatov, MD, PhD, announced in State gazette No 102/December 23, 2022.

I have been elected internal member of the Scientific jury in a procedure for tenure of the academic position of 'Associate Professor' in the Medical University 'Prof. Paraskev Stoyanov' of Varna and I have been assigned to prepare a standpoint concerning the competition with Galen Dimitrov Shivarov, MD, PhD, being the only candidate.

The documents submitted to me conform with the Law for development of the academic staff in the Republic of Bulgaria and the Statute-book for its application and meet the requirements of the Statute-book for the conditions and order for the acquisition of scientific degrees and for tenure of academic positions in the Medical University 'Prof. Paraskev Stoyanov' of Varna.

1. BRIEF BIOGRAPHICAL DATA

Galen Dimitrov Shivarov was born on March 22, 1969 in the town of Dobrich. He graduated from the Medical University 'Prof. Paraskev Stoyanov' of Varna in 1995. Galen Shivarov, MD, started to work as a head of Village Health District in Asparuhovo village in 1995 and then he worked as intern in the ENT Division at the Medical Centre of the town of Dalgopol, at the Fourth Diagnostic and Consulting Centre of Varna and at St. Anna Hospital of Varna. During the period 2009-2010, he is medical manager of Chaika Diagnostic and Consulting Centre of Varna, during the period 2010-2012, he is consulting physician in ENT

of St. Anna Hospital of Varna, during the period 2012-2014, he is head of ENT Division, between 2014 and 2015, he is vice-director of therapeutic activity while between 2015 and 2017, he is executive director of St. Anna Hospital of Varna. During the period 2017-2023, he is head of ENT Division and vice-president of the Board of directors of the hospital. Galen Shivarov, MD, acquires the speciality of otorhinolaryngology, head and neck surgery in 2001 and that of health management in 2005. He successfully defends a PhD thesis for the acquisition of the educational and scientific degree of 'doctor of philosophy' in 2016 on the theme of 'Effectiveness of radiofrequency thermotherapy in hypertrophic rhinopathies'.

2. RESEARCH ACTIVITY

Galen Shivarov, MD, PhD, participates in the present competition with the following scientific works:

A dissertation work for the acquisition of the educational and scientific degree of 'doctor of philosophy'

One-author monograph 'Modern applications of acoustic pharyngometry'.

Twelve articles in nine Bulgarian journals as the only author in ten articles but as first and fourth author in one article each. Ten articles have been published in Bulgarian and three ones in English.

A total of six abstracts of reports delivered in four scientific forums in Bulgaria and participations with a total of four reports in three other scientific forums in Bulgaria.

Co-author of a useful model No 1845 'A pharmaceutical composition for the treatment of acute and chronic rhinitis' registered by the Patent Office of the Republic of Bulgaria.

Two articles and two abstracts by Galen Shivarov, MD, PhD, have been cited a total of 18 times by Bulgarian authors in a total of seven journals.

Galen Shivarov, MD, PhD, is head of the project for the application of the method of acoustic pharyngometry introduced as a part of screening examinations for sleep disorders in Varna for the first time in Bulgaria and implemented within the Municipality programmes for 'Sleep Apnea Prevention' in 2015, 2016, and 2017.

3. GENERAL CHARACTERISTICS AND CONTRIBUTIONS OF THE SCIENTIFIC PUBLICATIONS

The research activity of Galen Shivarov, MD, PhD, is the result from his intensive therapeutic and diagnostic work otorhinolaryngologist with undoubted prestige among the colleagues and patients.

His scientific works are in the following main fields:

1. otorhinolaryngology

2. oncology
3. medical scientometrics.

The main directions of his research work are devoted to the contemporary diagnosis and treatment of some socially significant otorhinolaryngological diseases in adults and children. The chronic rhinopathies, some rare benign diseases and obstructive sleep apnea and snoring are taken into consideration. A special attention is paid to the socio-epidemiological peculiarities of laryngeal cancer in our country and abroad, too.

The effective application of nasal endoscopy, active anterior rhinomanometry and acoustic rhinometry during the diagnosis of the chronic hypertrophic rhinopathies and the advantages of the radiofrequency-induced thermotherapy in these socially significant diseases are the object of the dissertation work of Galen Shivarov, MD. Based on the comprehensive analyses performed, an original algorithm for the diagnosis and treatment of these patients is elaborated.

The new scientific achievements of the foreign authors dealing with the modern molecular and genetic diagnosis of the allergic rhinitis in children and adults are discussed in one review article.

The introduction of the method of acoustic pharyngometry among the persons with sleep-disordered breathing for the first time in our country the course of a well-organized, broad prophylactic otorhinolaryngological programme in the city of Varna represents a undoubted scientific and practical interest. It deals with the successful application of one non-invasive method for the purposes of mass screening for obstructive sleep apnea and snoring screening among adults and children which is an essential precondition for the implementation of of a conservative or surgical treatment of the serious structural lesions set in in the area of the pharynx.

The following main advantages of the method of acoustic pharyngometry are identified: realization of a precise tridimensional functional and morphological evaluation of the oral and pharyngeal cavity, non-invasiveness, reproducibility, speed, economy, and possibility for a dynamic assessment of the records registered within short time intervals.

During the investigation of the incidence and mortality rates of the laryngeal cancer between 2013 and 2015 in six regions of North-Eastern Bulgaria such as Varna, Dobrich, Razgrad, Rouse, Silistra and Shoumen, a tendency towards a slight improvement of these parameters in 2015 is found out. The incidence and mortality rates of this malignant disease in different countries as well as patients' survival rates are discussed in one review article.

Two original problem-oriented scientometric articles are immediately devoted to laryngeal cancer diagnosis. It deals with a retrospective analysis of the publications abstracted between 2010 and 2019 in *Web of Science Core Collection*, *MEDLINE* and *BIOSIS Citation Index of Web of Knowledge*, and *Scopus data-bases*. The dynamics of the

international scientific communications is studied in one while that of the institutionalization of research on these issues is done in another article. The leading authors, the countries with the greatest number of their authors, the 'core' journals containing most articles on the concrete problems, the most attractive scientific forums and the papers having received most citations in these data-bases are revealed.

ETF-test possesses a definite diagnostic value for the evaluation of individual's ability to react towards the change of the surrounding pressure and helps identifying the people with a risk for middle ear barotrauma.

It is noteworthy to notice the casuistry value of two other scientific communications, too.

Thornwaldt's epipharyngeal cyst diagnosed in one 29-year old male patient through nasopharyngoscopy, magnetic resonance imaging, computed axial tomography, and histological examination is excised under general intubation anaesthesia.

The chondroma on the laryngeal surface of the epiglottis that obturates the entrance of the larynx diagnosed in a 69-year-old male patient by means of computed axial tomography and intraoperative biopsy (gefrier) undergoes tracheostomy and then it is extirpated under local anaesthesia.

The generalization can be done that the theoretical and applied contributions of the publications and dissertation work of Galen Shivarov, MD, PhD, are within the following main thematic fields: apparatus screening diagnosis of sleep-disordered breathing, radiofrequency-induced thermotherapy, epidemiology and medical scientometrics of the laryngeal cancer, and casuistry.

The characteristics of the acoustic pharyngometry and the results from its practical application in sleep-disordered breathing including for the purposes of a several-year long prophylactic otorhinolaryngological programme in the city of Varna, too, are presented for the first time in Bulgaria.

The effectiveness of the radiofrequency-induced thermotherapy in the hypertrophic rhinopathies is proved for the first time in Bulgaria.

The dynamics of the regional social epidemiology, of the international scientific communications and of the institutionalization research of the laryngeal cancer is followed-up for the first time in Bulgaria.

4. TEACHING, LECTURER'S AND PUBLIC ACTIVITY

Galen Shivarov, MD, PhD, participates in the education and practical preparation of nine post-graduate physicians in otorhinolaryngology in 2007-2022 who have acquired the speciality.

He is regular member of the Bulgarian National Society of Otorhinolaryngology, Head and Neck Surgery.

CONCLUSION

The professional qualification, research, teaching, lecturer's and public activity of Galen Dimitrov Shivarov, MD, PhD, completely meet the requirements of the Statute-book for the conditions and order for the acquisition of scientific degrees and for tenure of the academic position of 'Associate Professor' in the Medical University 'Prof. Paraskev Stoyanov' of Varna. The scientific works with which he participates in the present competition conform with the quantitative criteria for tenure of this position in the Medical University 'Prof. Paraskev Stoyanov' of Varna.

I would like to declare that I shall with complete conviction vote for the election of Galen Dimitrov Shivarov, MD, PhD, for tenure of the academic position of 'Associate Professor' in the scientific speciality of '*Otorhinolaryngology*' in the Medical University 'Prof. Paraskev Stoyanov' of Varna for the needs of the Department of Neurosurgery and ENT Diseases of the Medical University of Varna.

City of Varna
April 6, 2023



Prof. Yavor Petkov Enchev, MD, PhD, DSc