

**MEDICAL UNIVERSITY - PLEVEN
HOSTED THE THIRD
NATIONAL STUDENT
FESTIVAL OF
MEDICAL UNIVERSITIES
IN BULGARIA**

p. 2



**A POST-GRADUATE STUDENT
AT UMHAT SVETA MARINA – PLEVEN
RECEIVED THE 'DOCTORS
WE TRUST' AWARD**

p. 3



**SURGEONS IN PLEVEN PERFORMED
A ROBOT-ASSISTED OPERATION
ON A PATIENT WITH A GASTRIC ULCER**

p. 3



**ST. MARINA HIFU CENTER – PLEVEN
PRESENTED THE RESULTS OF ITS
WORK AT TWO EUROPEAN FORUMS
ON THERAPEUTIC ULTRASOUND TREATMENT**

p. 3



**THE MEETING OF THE SOCIETY
OF EUROPEAN ROBOTIC
GYNAECOLOGICAL SURGERY
(SERGS) WILL BE HELD IN SOFIA AND
WILL INCLUDE LIVE 3D ROBOT-ASSISTED
SUGERY**

p. 4



**THE 'I SPEAK BULGARIAN'
COMPETITION WAS
HELD AT MU-PLEVEN**

p. 4



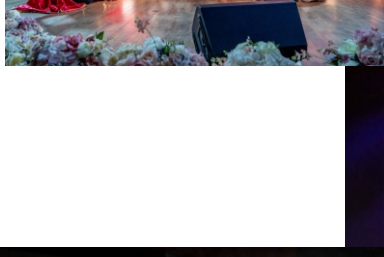
A LIBERAL ARTS STUDENT FESTIVAL WITH 150 PERFORMERS FROM ALL MEDICAL UNIVERSITIES IN THE COUNTRY

In the year of its 45th anniversary, Medical University - Pleven hosted the Third National Student Festival of Medical Universities in Bulgaria. On May 10 and 11, 2019, the city of Pleven and the Saglasie 1869 Community Center became an international stage of students' art and talent. The festival was held under the patronage of the Mayor of the Municipality of Pleven, Mr. Georg Spartanski and was part of the program dedicated to the Day of Pleven.

The National Student Forum in Pleven attracted more than 150



representatives of the academic and student community from all medical universities throughout the country. The most numerous were the student-participants from the medical universities in Varna and Pleven - 31 Bulgarian and foreign performers and dancers, followed by 27 participants from the Faculty of Medicine at the Thracian University - Stara Zagora, 26 from the Medical University - Plovdiv and 21 students from the Medical University - Sofia. The student festival was held under the motto "Spirituality and Creativity".



A POST-GRADUATE STUDENT AT UMHAT SVETA MARINA – PLEVEN RECEIVED THE 'DOCTORS WE TRUST' AWARD

The Obstetrics and Gynecology specialist, Dr. Theodora Semova with Prof. Dr. Grigor Gorchev as a supervisor is an Assistant Professor and a post-graduate student at the Medical University - Pleven. She was among the chosen medical specialists to receive the prestigious Doctors We Trust award from the annual campaign of 24 Chasa newspaper.

The initiative to introduce the most outstanding physicians who have won the trust of their patients, along with their students and followers, carries the prospect of building a bridge of support and an outstretched hand to the future generations of young physicians and is therefore highly valued among both the academic community and the general populace.

V. Dukova



SURGEONS IN PLEVEN PERFORMED A ROBOT-ASSISTED OPERATION ON A PATIENT WITH A GASTRIC ULCER



The first robot-assisted surgery in Bulgaria of a patient with pyloric constriction (part of the stomach) due to an ulcer was performed by a team at the Oncology Surgery Clinic at the Dr Georgi Stranski Hospital in Pleven. The innovative intervention was carried out by Assoc. Prof.

Dr. D. Dimitrov, Prof. Dr. T. Deliyiski, Dr. Tsv. Ivanova and Dr. M. Karamanliev, nurse N. Porumova and nurse K. Peneva; with anesthesiology team: Dr. I. Mihailov and nurse V. Stefkova.

The patient had complained for 2 months of discomfort after eating and of periodically vomiting. Examinations were carried out, through which the presence of a stomach ulcer causing constriction that prevented food from entering unobstructed into the small intestine was determined. Conservative treatment and eradication of *Helicobacter pylori* were performed. After further two months of treatment, the symptoms persisted, necessitating a surgical intervention. Through the robot-assisted

surgery, reconstruction of the part of the stomach covered with fibrous tissue due to the peptic ulcer disease was performed. A pyloric plastic procedure was performed, using special suturing lines. The robotic system made the procedure extremely precise and accurate. The complex intervention required five small abdominal incisions for the robotic system to penetrate into the body. That way, the patient was spared a large abdominal incision. Other benefits of robot-assisted surgery as compared to open surgery were the early return of motor functions of the woman who regained the ability to ingest food on the second postoperative day and was discharged on the fifth postoperative day.

V. Dukova

ST. MARINA HIFU CENTER – PLEVEN PRESENTED THE RESULTS OF ITS WORK AT TWO EUROPEAN FORUMS ON THERAPEUTIC ULTRASOUND TREATMENT

Two annual Therapeutic Ultrasound Scientific Forums - the International Society for Therapeutic Ultrasound (ISTU) and the European Focused Ultrasound Charity Society (EUFUS) - took place in June 2019 in Barcelona, Spain. Scientists, engineers, medical professionals and large manufacturers from around the world gathered for a joint meeting to share experiences, ideas, best practices and innovations. A total of 440 delegates from leading ultrasound centers from the United States, England, Israel, Germany, France, Italy, China, Korea, Japan and others participated in the forums. The various sessions covered a wide range of topics, from modeling and physics, thermal ablation to immunotherapy.

The six-year experience and results of the HIFU Center at St. Marina University Hospital - Pleven were presented by Assoc. Prof. Dr. Dobromir Dimitrov, MD, Vice-Dean of the Faculty



of Medicine at the Medical University - Pleven. Through a poster presentation and a plenary lecture at one of the

clinical sessions, he presented mainly the results of the Center for the treatment of cancer. The results achieved in the treatment of patients with advanced pancreatic cancer were a particular point of interest. The positive effects included the diminishing pain of this aggressive disease, improving the quality of life, as well as the better effect of chemotherapy and an average survival of over 13 months.

At the end of the forum, Prof. David Cranston, Chairman of the Society for Minimally Invasive and Non-Invasive Medicine from Oxford, England, announced that in October 2020, Medical University - Pleven will host the Annual Conference on Minimally Invasive and Non-Invasive Medicine. Moreover, 20 specialist doctors from Europe will be completing a two-week focused ultrasound surgery course in Pleven.

V. Dukova

THE MEETING OF THE SOCIETY OF EUROPEAN ROBOTIC GYNAECOLOGICAL SURGERY (SERGS) WILL BE HELD IN SOFIA AND WILL INCLUDE LIVE 3D ROBOT-ASSISTED SURGERY

The European Annual Congress of Robotic Gynecologic Surgery (11th Annual Meeting of the Society of European Robotic Gynecological Surgery (SERGS)) will be held from 26 to 28 September 2019 at the Aula of St. Kliment Ohridski University of Sofia under the motto "Beyond Borders". The event is organized under the auspices of the Medical University - Pleven and the Bulgarian Association for Minimally Invasive Gynecological Surgery. Prof. Dr. Slavcho Tomov, Rector of the Medical University - Pleven, second term member of the Council of the Society of European Robotic Gynecological Surgery (SERGS), is the Chairman of the Scientific Committee of the forum. Prof. Dr. Grigor Gorchev, Honorary Rector of the Medical University - Pleven, will be the President of the Congress in Bulgaria. The forum will attract many internationally-renowned surgeons from the US and Europe in the field of minimally invasive and robot-assisted surgery, who will deliver plenary reports, sharing their experience and vision for the development of new technologies and robotics.

Plenary lectures at the European Robotics Forum in Sofia will be delivered by leading surgeons from the USA and Europe, such as Camran Nezhat (USA), Pedro Ramirez (USA), Robert Holloway (USA), Richard Satava (USA), Jan Persson (Sweden), Angelo Maggioni (Italy), Rainer Kimmig (Germany) and others.

Beside the plenary sessions, within the framework of the Congress, two live operations will be presented in parallel, broadcast in 3D format by utilizing the high-tech systems at St. Marina University Hospital - Pleven. The operations will be broadcast live at the Aula of Sofia University, where the forum will be held. The unique 3D surgeries, which will be performed for the first time in Bulgaria, will also require a transmission of a three-dimensional signal at such a long distance (150km) that it has never been done before in the history of the Society of European Robotic Gynaecological Surgery (SERGS).

Out of the two procedures, one will be a robot-assisted surgery, performed by the team of Prof. Dr. Grigor Gorchev, and the second - focused ultrasound surgery live by applying the HIFU technology from the team of Assoc. Prof. Dr. Dobromir Dimitrov. The audience will follow HIFU live surgery in which a non-invasive thermal burn, through focused ultrasound, will obliterate a myoma node of a Bulgarian patient. The audience will be able to observe the innovative interventional treatment, which is performed without cuts, incisions or puncture. Specialists participating in the forum will have the opportunity, through a live-feed with the team in the operating room of the HIFU Center in Pleven, to observe three types of information: the patient's position and comfort, the software of the device and the different atmosphere of the HIFU room. The intervention procedure will be performed under real-time ultrasound control using contrast-enhanced ultrasound to evaluate the effect of the ablated tumor tissue. The audience will also have a constant connection with the team in the operating theatre.



THE 'I SPEAK BULGARIAN' COMPETITION WAS HELD AT MU-PLEVEN ON THE DAY OF BULGARIAN CULTURE, LANGUAGE AND ENLIGHTENMENT

Within the celebrations on the occasion of May 24 - the Day of Bulgarian Enlightenment and Culture and of Slavic Literacy - the competition "I speak Bulgarian" was held for the second consecutive year. The event was organized by the Bulgarian language lecturers from the Department of Language and Specialized Training at the Medical University - Pleven. On May 14, 2019, seven students from the 4th year, Medicine major, took part. The guests of the event were Prof. Margarita Alexandrova, Ph.D. - Deputy Rector for Academic Activities, Assoc. Prof. Zdravka Radionova, MD - Deputy

Rector for Quality and Accreditation, Assoc. Prof. Dr. Galya Stavreva, MD - Deputy Rector for Research, Assoc. Prof. Milena Atanasova - Director of DESO, Assoc. Prof. Teodora Valova, PhD, Mrs. Virginia Lazarova - Head of Academic Administration, foreign language lecturers and students.

The three-member jury included Bulgarian language teachers, composed of: Chairman, Sen. Lecturer Adorey Beneva and members, Sen. Lecturer Krasimira Kandeveva and Lecturer Stelian Penkov.

The results of the public vote and the jury's assessments determined the



final ranking. The winner of this year with a total of 35 points was Bargava Vora with Bulgarian language lecturer, Stefka Kostova.

The Department of Language and Specialized Training (DLST) is a main academic unit within the Medical University - Pleven. It was created by Decision of the Academic Council on 29.09.2006. It provides foreign language training in Latin, English, German and French for the purposes of the specialties of the University and the Medical College - Pleven, as well as training in Bulgarian for the needs of international students.

Info: V.Kirilova, DLST



A NEW DENTIST SPECIALIST TRAINING AND EDUCATION CENTER WAS ESTABLISHED IN PLEVEN



The opening of the new Dentists and Dental Assistants Training Center on May 10 was widely hailed as yet another step towards the development of dental medicine in Pleven.

The Manager of the new Nano Dental Academy, Dr. Branimir Kirilov, introduced the new training center as a modern place where top-level training will be achieved through modern methods and technological advances. The Chair of the City Council, Mr. Martin Mitev, expressed his

satisfaction with the accumulated healthcare investments in Pleven. The importance of high technologies, which are also used in the dental sector and would further establish the city as a leader in the sector, was also pointed out by the Mayor of Pleven, Georg Spartanski.

Nano Dental Academy is a training center, equipped with high-tech equipment, which enables practical training of medical professionals, dentists and dental assistants as well as provide eight workplaces to the overall workforce of the city.



OPEN DOOR DAYS AT UMHAT DR. GEORGI STRANSKI - PLEVEN

On May 8th and 9th, 2019 - Open Door Days were held at the Dr. Georgi Stranski University Hospital in Pleven. The event was related to International Midwifery Day - May 5 and International Nursing Day - May 12. In the clinics of obstetrics and gynecology and neonatology, meetings and explanatory lectures were organized for pregnant women, medical specialists and high school and university students on the topic "Let's talk openly about healthcare".



HEALTHCARE SPECIALISTS DAY AT UMHAT DR. GEORGI STRANSKI - PLEVEN



For the tenth consecutive year, the Scientific and Practical Forum for Health Care Specialists was held at the Dr. Georgi Stranski University Hospital in Pleven. The event was dedicated to International Nursing Day - May 12 and was preceded by meetings on the topic of "Let's talk openly about healthcare". The Executive Director of the Hospital, Assoc. Prof. Dr. Tsvetan Lukanov presented 10 plaques and certificates.

Among the awarded professionals were the nurse Rumyana Mihailova from the Clinic of Neurology, Malina Vitkova - midwife at the Clinic for Obstetrics and Gynecology, rehabilitation specialist Tsvetomira Moncheva from the Clinic for Physical and Rehabilitation Medicine and Laboratory Assistant Albena Tsvetovata.

The forum featured the introduction of new medical consumables, an innovative method for breast cancer research, nutritional supplementation options and high quality natural medicine using mycotherapy, mainly employed in oncology.



EUROPEAN WEEK OF PUBLIC HEALTH AT MU-PLEVEN



The Governing Board of EUPHA (European Public Health Association), during the 11th European Public Health Conference in Ljubljana (28.11-

01.12.2018), decided to hold the "European Public Health Week, 13-17 May". The initiative was supported by the WHO, the European Commission and all non-governmental European public health organizations.

In relation to the European Public Health Week, at Medical University - Pleven, in conjunction with the Municipality of Pleven, the Student Council and the Association of Medical Students in Bulgaria - Pleven Branch, a

number of various events had been planned and registered on the EUPHA website.

On May 13, 2019, the European Public Health Week at the Medical University - Pleven started with the Day of Physical Activity under the motto "Be Physically Active" at the Sports Complex "Prof. Nedko Kyuchukov." The event continued with a meeting and discussion

cont. from p.5

between the 2nd year medical students and students from Vasil Levski Primary School on the issues of healthy eating and obesity prevention.

On May 16, 2019, a scientific, practical conference "For Better Health at Local Level" was held at the Medical University – Pleven. It was a joint initiative of the Municipality of Pleven, the Faculty of Public Health and the Bulgarian Association for Public Health. For all university students, a Public Health Ethics Evening with a screening and discussion of "Outbreak" - a production of Warner Brothers, starring Dustin Hoffman, Rene Rousseau, and Morgan Freeman – was held.

On May 17, 2019, the European Public Health Week at the Medical University – Pleven was concluded with a round table on the topic of "The mental health of adolescents".



THE CITY OF PLEVEN TOOK PART IN THE NATIONAL HYPERTENSION PREVENTION HEALTH CAMPAIGN



On World Hypertension Day - May 17, from 11am to 6pm, the National Health Campaign "Focus on Quality and Aim at Optimal Blood Pressure Control" was held at 'Vazrajdane' Square in Pleven. The initiative included free consultations on hypertension, as well as weight and blood pressure measurements with electronic devices using AFIB, a technology that detects atrial fibrillation without ECG. The guests of the campaign were also able to receive information on the positive behavioral patterns when suffering from hypertension.



MU-PLEVEN'S MOST DISTINGUISHED STUDENTS FOR 2019 WERE AWARDED WITH COMMEMORATIVE PLAQUES BY THE RECTOR AT A SPECIAL MEETING OF THE ACADEMIC COUNCIL



During a special ceremony of the Academic Council of MU-Pleven on 27 May, 2019, the most distinguished students for 2019 were awarded as well as an international student for his successful mastering of the Bulgarian language. The event was held on the occasion of May 24 - the Day of Bulgarian Education and Culture and the Slavic script. The students, awarded personally by the Rector, Prof. Dr. Slavcho Tomov, for high results in their academic and scientific activity in 2019, received commemorative plaques from the Medical University – Pleven as well as professional literature and other awards. These students are: Radoslav Trifonov, 4th year,

"Medicine", Ananya Mehta, 3 year, Medicine, Nelyay Kutolieva, 3 year, Pharmacy, Petya Petrova, 3 year, Midwifery, Kristiana Matova, 4 year, Protection and Control of Public Health, Valya Borisova, 3 year, Social Activities. The special prize of the competition "I Speak Bulgarian" was awarded to the foreign student of 4th year, Medicine specialty - Bargav Vora – for his successful mastering of the Bulgarian language.





'TEDDY BEAR HOSPITAL' OPENED DOORS AT PANORAMA MALL - PLEVEN

On the International Day of the Child - June 1, 2019 - in the "Crazyland" corner of the Panorama Mall – Pleven, the campaign "Are you sick, Teddy?", organized by the Association of Medical Students in Bulgaria – Pleven, was hosted.

The purpose of the event was for children to be able to get to know the medical profession and not be afraid of the "white coat". The initiative came with lots of fun, candy, plush toys and medical supplies and became a fun venture for the little ones.



THE NATIONAL SURGERY CONFERENCE AND NURSING SESSION FOR HEALTHCARE SPECIALISTS WERE HELD SIMULTANEOUSLY FOR THE FIRST TIME AT MU – PLEVEN

Between June 5-7, 2019, Medical University - Pleven hosted two prestigious national forums, held jointly for the first time - the National Surgery Conference and Nursing Session for Health Care Specialists.

The Surgical Forum was held at the Telecommunication Endoscopy Center at the Medical University - Pleven and focused on the topic: "Acute abdomen. Expertise in surgical cases, including jurisprudence and forensics." For the second time the organizer of the scientific event was the staff of the First Surgical Clinic at the University Hospital "Dr. Georgi Stranski" - Pleven under the leadership of Prof. Dr. Dimitar Stoykov.

In the year of its 45th anniversary, MU-Pleven

attracted more than 200 surgeons from all over the country, who presented more than 80 reports and plenary lectures from leading names such as: Acad. Damyam Damyanov, Corr. Grigor Gorchev and Prof. Slavcho Tomov.



For the first time, in conjunction with the National Surgery Conference at the Faculty of Pharmacy at the Medical University - Pleven, a nursing session was held for healthcare

professionals on the topic of "Modern trends in surgical care". It attracted more than 50 healthcare professionals - surgical nurses and midwives, who had submitted 25 reports. There were representative of all the leading large healthcare establishments across the country.

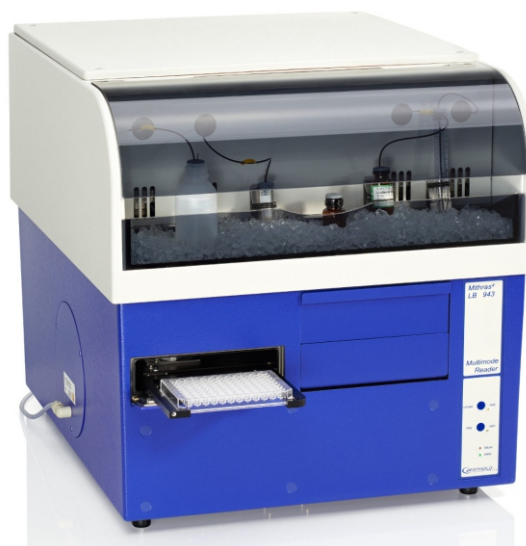


AN UNUSUAL OPERATION WAS PERFORMED AT UMHAT 'DR. GEORGI STRANSKI' - PLEVEN

At the Clinic for Pediatric Surgery at 'Dr. Georgi Stranski' Hospital in Pleven, an unusual operation was performed on a 12-year-old girl. A hair mass of about 30 cm by 10 cm was removed from the child's stomach. The girl could not eat, would vomit and even got anemia. The hospital reported that a ball of hair could accumulate into the abdominal cavity as a result of a child's habit of chewing their long hair. This was the second such case Assoc. Prof. Dr. Borislav Ninov, Head of the Pediatric Surgery Clinic had ever had to deal with. The operation was successful and the child is recovering. Surgeons are adamant that such a habit, chewing hair, can lead to adverse health effects.



A MULTIFUNCTIONAL PLAQUE READER, MITHRAS LB 943 M2 MF, WILL AID MU-PLEVEN'S ACADEMIC STAFF IN THEIR SCIENTIFIC WORK



In March 2019, a multifunctional Mithras LB 943 M2 MF plaque reader was delivered to the MU - Pleven. The device had been purchased with budget funding and expands the range of physics and chemical and biochemical measurement capabilities for university research.

Mithras LB 943 M2 MF is a combined instrument for measuring luminescence, fluorescence and absorption, including the UV range. It provides opportunities to obtain scientific and clinical information on the course and prognosis of specific diseases. It can study enzymatic activities, immune processes, phagocytosis, respiratory burst of leukocytes, calcium influx, cell vitality, apoptosis and more.



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