

STATEMENT

In connection with a dissertation for the award of the educational and scientific degree "**DOCTOR**" on the topic: "IMPROVING THE QUALITY OF LIFE OF PATIENTS WITH SPARKING AND OBSTRUCTIVE SLEEP APNEYA THROUGH INTERPORALS"

Author of the dissertation:

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Supervisor:

Assoc. Prof. Dr. Hristina Arnautska, Ph.D. , Assoc. Prof. Dr. Mario Milkov, Ph.D.

Member of the Scientific Jury who prepared the review

- Assoc. Prof. Dr. Alexander Valkov Valkov, MD, Department of Ophthalmology, ENT Diseases and Oral and Maxillofacial Surgery with Surgical Dentistry, Department of Ear, Nose and Throat Diseases, Medical University of Pleven, Pleven.

The review was prepared in accordance with the Academic Staff Development Act , the Regulations for the Application of the Academic Staff and the Regulations on the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions at MU-Varna. The Scientific Jury for the Public Defense of the Dissertation was determined by an order of the Rector of the Medical University - Varna № P-109-560 / 30.11.2021. And the regulations of MU - Varna.

Dr. Lyudmil Hristov Matev was born on September 15, 1976. In 2003 graduated with a master's degree in dentistry from the Medical University of Sofia and began his professional career as a dentist immediately after graduating. Since 2008 he has been an assistant at the Faculty of Dental Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" Varna. In 2013 he successfully passed the exam for acquiring the specialty "Prosthetic Dentistry". In August 2018. is enrolled as a doctoral student in an independent form of study in the doctoral program "Orthopedic Dentistry" at the Medical University of Varna. Dr. Matev has completed in time all the tasks and activities set in the individual curriculum. He has successfully passed the doctoral minimum exam.

Structure of the dissertation:

The dissertation of Dr. Lyudmil Matev is written on 165 standard pages, of which:

1. Title page – 1
2. Content – 1
3. Abbreviations used in Bulgarian -1
4. Abbreviations used in Latin -1
5. Introduction - 2
6. Literary review - 56
7. Purpose and tasks - 1
8. Materials and methods - 15
9. Results and discussion - 45
10. Conclusions - 1
11. Conclusion - 1

12. Contributions of the dissertation - 1
13. Bibliography -31
14. Appendices – 10

The ratio overview: methodical: result-discernment part is optimal, respectively 30: 10: 60%. The dissertation contains a total of 81 figures, 6 tables. The bibliography includes 332 sources, of which 7 in Cyrillic and 325 in Latin. All the cited titles are directly related to the studied problem.

On the topic of the dissertation the candidate has published three papers, accepted and published in the journals "Varna Medical Forum" and "International Bulletin of Otorhinolaryngology". Based on this, the scientific activity in the period of preparation of the work is assessed as satisfactory.

Characteristic features of work:

The topic of the dissertation "**IMPROVING THE QUALITY OF LIFE OF PATIENTS WITH Snoring And Obstructive Sleep Apnea Through Intraoral Apparatus**" is aptly chosen in terms of significance of the present and current issues. We have almost no publications related to research methods and trends in surgical treatment and application of intraoral devices in obstructive sleep apnea.

The literature review is 56 pages long and presents the author as an expert on the subject. Epidemiology and risk factors related to obstructive, diagnostic, and treatment of obstructive sleep apnea are consistently covered. The factual preconditions for the study are derived from the review in the form of a conclusion.

The aim of the study is formulated precisely and clearly, namely - to study the effectiveness of diagnostic and therapeutic approaches to improve the quality of life in patients with snoring and OSA and pathological dental status. To achieve this, the dissertation student has defined 5 main tasks in her dissertation:

1. To identify patients with symptoms of snoring and OSA, suitable for dental treatment.
2. To diagnose with modern methods the main clinical characteristics of these patients (oral status and polysomnographic examination).
3. To analyze the dynamics of the functional indicators of respiration of patients with snoring and OSA before and after treatment with splints and CPAP.
4. To study the individual quality of life of patients with respiratory disorders during sleep before and after treatment with intraoral devices and CPAP.
5. To develop a diagnostic and therapeutic algorithm in adult patients with snoring and OSA and pathological dental status.

The formation of the sequence of tasks is an example of structuring research - from active search for patients with obstructive sleep apnea, through analyzing the pathology and therapeutic options, building and introducing a practical approach to diagnosing adult patients with OSA and pathological dental status, subsequent treatment and its effects.

Impressive is the methodology of the study, which included 120 patients with mild to moderate obstructive sleep apnea, of whom 30 were placed intraoral devices on 71 CPAP and 19 without treatment, monitoring their condition before and after treatment and their quality of life.

The results obtained are convincing. They are presented clearly, accurately - in general for the studied contingent, as well as by subgroups, allowing for tracking and comparison of data. Completely appropriate statistical methods have been used to obtain them. Each chapter ends with a summary of the data obtained and the doctoral student makes a successful attempt to integrate them in order to build an optimized systems approach.

The conclusion corresponds to the obtained results, the same applies to the **conclusions** made. The contributions of the dissertation are of emphasized scientific and applied nature, well formulated and are the result of the research. For the first time in Bulgaria a critical analysis of the use of intraoral devices in the treatment of OSA and confirmed their importance in patients with mild and moderate OSA. Also emphasizes the dental status of the patient, which is related to the specialty of Dr. Lyudmil Matev .

I highly appreciate the work of Dr. Matev. in several directions

1. The importance of intraoral devices in the treatment of GMS is shown.
2. Emphasis is placed on the multidisciplinary approach in the diagnosis and treatment of GMS
3. The proposed systematic approach in adults with GMS based on modern diagnostic and therapeutic methods
5. I would recommend continuing the work of Dr. Matev in the direction of increasing the experimental cohort, evaluating the use of intraoral devices in patients with moderate-severe OSA.

The results of the dissertation confirm, clarify, supplement and enrich the knowledge about adults with GMS, their diagnosis and treatment, and the study is of great practical value for our country.

Conclusion: In conclusion, the dissertation presented by Dr. Lyudmil Hristov Matev contains scientific, scientific-applied and applied results, which represent an original contribution to science and meet the requirements **for awarding educational and scientific degree "DOCTOR"**. The dissertation shows that the doctoral student has in-depth theoretical knowledge and professional skills in the scientific specialty, demonstrating qualities and skills for independent conduct and discussion of research. On these grounds, I propose to the esteemed members of the Scientific Jury to vote positively and propose to the Rector of MU - Varna to award the scientific and educational degree "Doctor" in Orthopedic Dentistry, Dr. Lyudmil Hristov Matev, Department of Dental Materials Science and propaedeutics of prosthetic dentistry ", Faculty of Dental Medicine, MU" Prof. Dr. Paraskev Stoyanov "Varna.

31.01.2022

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