



# Academia MEDICA

Publication  
on Ecology  
and Medicine



ISSN - 1314 - 958X

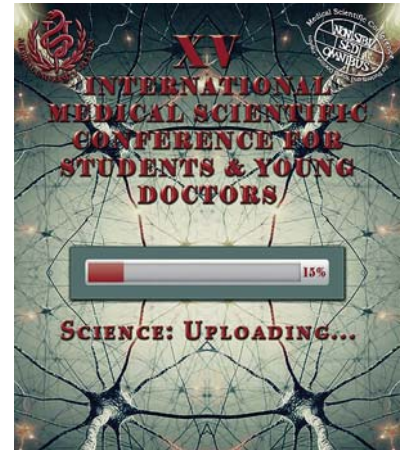
Vol.5, (September - October) 2017

MU - Pleven's Medical Newspaper / 1.00 lv.

## RECORD NUMBER OF PARTICIPANTS AND VARIOUS SCIENTIFIC INITIATIVES AT THE INTERNATIONAL MEDICAL SCIENCE CONFERENCE FOR STUDENTS AND YOUNG DOCTORS AT MU-PLEVEN

стр. 2

*The official start of the new, unique 3D education studio was celebrated.  
138 scientific papers in ten thematic fields were introduced.*



п. 4

## THE START OF THE NEW ACADEMIC YEAR, 2017/2018 AT MU-PLEVEN



## PROFESSOR GORCHEV RECEIVED A MEDICAL OSCAR

п. 5



## "SVETA MARINA" IS THE NEW UNIVERSITY HOSPITAL IN PLEVEN

п. 8

## MU-PLEVEN HOSTS THE EUROPEAN RESEARCHERS' NIGHT 2017

п. 5



## GLOBAL ETHICS DAY AT MU-PLEVEN

п. 7



## RECORD NUMBER OF PARTICIPANTS AND VARIOUS SCIENTIFIC INITIATIVES MARK THE NEW EDITION OF INTERNATIONAL MEDICAL SCIENCE CONFERENCE FOR STUDENTS AND YOUNG DOCTORS AT MU-PLEVEN

From 9 to 14 October 2017 in the Telecommunication Endoscopic Center at MU-Pleven the new edition of the traditional Youth Scientific Forum - XV International Medical Science Conference for Students and Young Doctors (MDSC) was held. In line with the motto "Science: Uploading ..." a variety of attractive initiatives were included in the program of the event, focusing on the latest advances in medicine and innovative approaches in medical education, science and practice. This year, the number of registered participants was record-high - more than 340, including foreign guests from Ukraine, Russia, Slovakia, Slovenia, Iran, Tanzania, Romania and others. More than 200 students and lecturers participated from Medical University - Pleven, representatives from other medical universities in Sofia, Stara Zagora, Varna and Plovdiv. The participants presented 138 scientific papers divided into 10 thematic categories. For the first time in the program, the thematic category of "Pharmacy" was included, enabling students and young pharmacists to present their research in the thematic field.

The official opening ceremony was held on 10 October 2017 in the *Ambroise Pare* Hall. Among the official guests of the event were the Mayor of Pleven Municipality, Georg Spartanski and the Honorary Rector of the University, Prof. Grigor Gorchev.

The participants were welcomed by the Rector of the Medical University, Prof. Dr. Slavcho Tomov, who in the spirit of the motto of the conference "Science: Upgrade ...", stressed that it is precisely because of them - the students of the Pleven Alma Mater - that the leadership annually builds on the



innovative image of the university. "Last year, the introduction of the first 3D medical table for virtual dissections was our focus and this year an even greater investment and addition in both the training and in the research activities of MU-Pleven was made," he explained, while officially launching the first 3D studio in the country and Southeast Europe, which was installed in the Ambroise Pare Hall of the Telecommunication Center. With special 3D glasses, the audience was introduced into the three-dimensional reality of a robot-assisted surgical operation.

Students and young doctors were also greeted by the mayor of Pleven Municipality, Georg Spartanski. "Pleven has many reasons for pride - the rich history, the cultural traditions, the beautiful nature, but without a doubt the most important feature of today's Pleven is medicine. Its development, modern hospitals, equipment and the potential of its medical specialists have become the emblem of the city. With our Medical University attracting more and more students from all over the world, our reasons to be proud are ever-increasing" said Georg Spartanski. He emphasized that he highly appreciated the forum as an opportunity for young people to discuss the latest achievements and make new friends.

Within the framework of the 15th edition of the Youth Science Forum, for the third consecutive year, "Autumn School of Innovations in Medicine" took place, with focus placed on the following topics:

October 9, 2017 - "A personalized approach to the treatment of cancer", moderator *Novartis Bulgaria*. Distinguished guest lecturers from Sofia and young specialists from "Dr. Georgi Stranski" University Hospital - Pleven presented current issues in different areas of personalized medicine.

October 10, 2017 - "The Future of Minimally Invasive Surgery" with moderator Assoc. Prof. Dr. Dobromir Dimitrov, PhD from the Clinic of Oncologic Surgery at Dr. Georgi Stranski University Hospital, Pleven.

Among the lecturers of the Autumn School were Dr. Tsvetomir Ivanov from the Clinic of Oncologic Surgery of UMHAT-Pleven, Dr. Manis Sachdeva from the Department of Anatomy, Histology, Cytology and Embryology at MU-Pleven and Dr. Martin Karamanliev, MD - Pleven.

The schedule on October 11, 2017, was also full of exciting and varied events:

**Dr. Totko Naydenov**, a writer and editor-in-chief of the *Bulgarian Physician* newspaper, presented the *Chilovi Dni* initiative, which was held in 2017 for the 20th time.

With his lecture "Hidden Neuroanatomy in Michelangelo's Frescoes of the Sistine Chapel," the young doctor, **Dr Horatio Moisa, MD** of the Clinic of Neurosurgery at the University of Medicine and Pharmacy "Carol Davila" in Bucharest, Romania

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cont. from p.2

plunged the participants into the atmosphere of the Renaissance. In his lecture "Brain tumors: what do we know so far?" **Dr. Horatio Moisa** introduced new developments in the field of oncologic neurosurgery.

**Dr. Boris Tablov** from the Anesthesiology and Intensive Care Clinic of Rupiner Hospital in Noyrupin, Germany, Chair of the I MDC Organizing Committee with the lecture "Advanced Trauma Life Support".

**Dr. Ivaylo Nenov** from the Department of Cardiac Surgery at *Heart and Brain Hospital*, Pleven, member of

MDSC I, II and III Organizing Committee presented a lecture on "Current situation and future trends in cardiac surgery".

**Dr. Kenichiro Hasumi**, Tokyo, Japan, founder of the Hasumi-Bulgaria International Research Foundation and Doctor Honoris Causa at the MU-Pleven, presented on October 13, 2017, an academic lecture on "Application of Intra-immune Dendritic Cells Combined with Chemo and Radiotherapy targeting patients in native phase IV triggers better sequencing in cancer therapy." Dr.

Hasumi is a pioneer in the study and application of therapeutic anti-cancer vaccines by injecting cultured autologous dendritic cells to stimulate a therapeutic immune response in oncologic diseases.

**Prof. Dr. Dean Mann** of the Department of Pathology at the University of Maryland, Baltimore, USA presented a talk: "Intra-tumor dendritic cell injection in combination with a radiation-induced tumor antigen-specific immune response in patients in advanced stages of cancer."



## THE FATHER OF FETAL MEDICINE BECAME "DOCTOR HONORIS CAUSA" AT THE MEDICAL UNIVERSITY IN PLEVEN



sponsors the research and training of doctors. More than 80 physicians are trained in the clinic. So far, the foundation has awarded scholarships to many physicians around the world, including 9 doctors from Bulgaria, and another 5 are already in training. The professor said that it is very important for a doctor not only to improve his clinical practice but also to pass on their knowledge.

Dr Petya Chaveeva, a student and follower of Prof. Nicolaidis, said he is an emblematic figure in the 21st century in the field of maternal and fetal medicine. She further added, "It is my honor that one of the most important names in the field of maternal and fetal medicine receives the title *Doctor Honoris Causa* of the Medical University - Pleven."

At the opening ceremony for the 15<sup>th</sup> International Medical Science Conference for Students and Young Doctors, the *Doctor Honoris Causa* title of the Medical University - Pleven was awarded to the man, recognized as the father of fetal medicine - Prof. Dr. Kipros Nikolaidis, Kings College, London, United Kingdom. The honorary title was presented by Professor Slavcho Tomov, Rector of the Medical University - Pleven. Prof. Nikolaidis was thankful for the honor: "It is a great honor for me to receive this title. It is especially important to me because Prof. Tomov is a pioneer in the development of endoscopic surgery."



Prof. Kipros Nikolaidis congratulated the students from MU-Pleven for the good organization of the scientific conference. He further promised he would dedicate himself to contributing to the successful continuation of the conference and to help students acquire better knowledge and skills and thus raise the standard of care for pregnant women in Bulgaria.



Prof. Dr. Kipros Nikolaidis calls himself the "father" of fetal medicine, but he never wanted to remain a lone voice for the field. "I was obsessed with the idea of helping people to raise the standard of medicine," the professor explained. That's why he created a private clinic in London. Profits from it flow into a charity foundation that



## A UNIQUE 3D STUDIO FOR TRAINING STUDENTS AND POST-GRADUATES WAS SET UP IN MU-PLEVEN

At Medical University – Pleven, the first in the country and Southeast Europe 3D studio for training and education of students, postgraduates and doctoral students and for research activity has been set up. It allows learners to observe a lecture or surgical operation in real 3D format with special glasses. It can be used in all surgical disciplines - gynecology, urology, orthopedics, cardiology, neurology, etc. The three-dimensional teaching system will be widely used in the annually hosted by MU-Pleven international scientific forums and events.



The official start of the new 3D studio's functions, housed in the *Ambroise Pare Hall* at MU-Pleven, was given by the Rector of the University, Prof. Slavcho Tomov at the 15th International Medical Scientific Conference for Students and Young Doctors, which was held in Pleven, October 9-14, 2017. With special 3D glasses, the audience was plunged into the 3D reality of a robot-assisted operation, watching the surgeon's movements controlling the hands of the robot that was, itself, working on the patient's body.



## THE NEW ACADEMIC YEAR, 2017/2018 BEGAN AT MU-PLEVEN

For the 43rd time, Pleven Medical University has opened its doors to receive its newly-admitted over 500 freshmen students. For them as well as for the lecturers and employees, the academic leadership traditionally organizes a grand opening ceremony. The academic 2017/2018 year was launched on September 11 with a celebration traditionally held in the *Magnum Hall* at *Second Clinical Base*.

The ceremony started with receiving and welcoming the newly admitted students who received scrolls with the anthem of the academic community - *Gaudeamus*, performed by the Municipal Chorus with conductor Anelia Decheva; the Academic leadership of MU-Pleven was then welcomed.

Host of the celebration was Prof. Margarita Alexandrova, Vice Rector of Education, who presented the highlights of the University to the audience.

Prof. Slavcho Tomov, Rector of the University also welcomed the freshmen and guests of the celebration and introduced them to the achievements and history of the higher education institution.

Among the official guests was Miroslav Petrov, the Municipality Governor of Pleven Municipality. He warmly greeted the students and congratulated them on the occasion of the beginning of the new academic year and wished them success.



The President of the Students Council as well as the Chairman of the Association of Medical Students - Pleven were also present to congratulate and welcome the new students. On the part of the freshmen, to the greetings responded Betina Mukova from Slavyanovo - one of the two students accepted with a maximum mark of 36.00 in the MA program "Medicine".

The Rector, Professor Tomov handed the student's books to the students with the highest exam marks in all programs – BA and MA in all four Faculties and the College.

For the first time the solemn event ended with a musical greeting for the newly enrolled students from representatives of the student body, Gena Stoykova from the MA program "Medicine", V year and Svetlozar Hristov from the BA program "Assistant Pharmacist" III year.



## PROFESSOR GORCHEV RECEIVED A MEDICAL OSCAR, 2017 IN THE PROFESSIONAL RECOGNITION CATEGORY OF THE NATIONAL ANNUAL MEDICAL AWARDS

Fourteen Bulgarian doctors and teams received the National Annual Medical Awards for 2017 for outstanding achievements in the field of medicine. The awards, affectionately nicknamed *Medical Oscars* were presented at an official ceremony in Sofia on October 10 at 8 pm in *Best Western Premier Sofia Airport*. In the category "Professional Recognition, 2017" the award was handed to Prof. Grigor Gorchev, Director of University Hospital "Sveta Marina" - Pleven, Head of the Research Institute and Honorary Rector of Medical University - Pleven. The "Investments in Medicine 2017" award also found its way to Pleven. It was awarded to "Heart and Brain" Hospital, Pleven.

The third edition of the National Annual Medical Awards 2017 supports the campaign "Say no to Violence", which arose in response to increased aggression against doctors across the country. The information campaign was initiated by the Bulgarian Medical Association in partnership with patient



organizations group "Together with you". Its main purpose is to promote and prompt recognition of good practices in medicine, the success of Bulgarian medics in Bulgaria and around the world, to encourage doctor's aspirations for better quality of life in Bulgaria.

Prof. Dr. Grigor Gorchev, Member of correspondence at BAS is one of the leading surgeons in Bulgaria; a doctor with three specialties - obstetrics and

gynecology, oncology and surgery. He is the Director of the Research Institute and Honorary Rector of the Medical University - Pleven as well as the Director of University Hospital "Sveta Marina" - Pleven. He has done many specializations all over the world. He is the President of the

Bulgarian Association of Gynecological Endoscopy, the Bulgarian Association of Minimal Invasive Gynecological Surgery and the Balkan Medical Union. He is a member of the Board of Directors and Co-founder of the Association for Robotic Surgery for Southeast Europe.



## MU-PLEVEN HOSTS THE EUROPEAN RESEARCHERS' NIGHT 2017



MU-Pleven hosted the European Night of Scientists, Pleven, which was held under the motto "Sports - the Best Way to Combat Daily Stress". The University participated yet again in the initiative of the European Commission, which is held for the 11th time in Bulgaria. The large-scale event, being held in over 250 cities in Europe and around the world, among which the 11 cities in Bulgaria, was welcomed by unparalleled number of participants in the universities, educational and research institutions in the country and with the support of the local municipalities.

The night of the researchers was held under the patronage of the Mayor of Pleven, Georg Spartanski. At MU-Pleven, the project was managed by the Center for European Integration and International Cooperation,

Headed by Professor Savelina Popovska, Vice Rector of European Integration and International Cooperation.

The events, part of the 2017 European Scientist's Night, took place on 29 September simultaneously in over 250 cities in Europe and around the world. They are part of the FRESH Project "Find Researchers Everywhere and Share", funded under the EU's Horizon 2020 Program - 2016-2020. The theme of the European 2017 Scientific Night is in line with the priorities for achieving a better level of health and promoting physical activity during the Bulgarian Presidency of the European Union Council in 2018.

On September 16, 2017, the first phase of the Researchers' Night was held under the title "Health Routes". At

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8:30 am the Sports Complex of MU-Pleven the three routes of health started, including sports activities for high school students, students, teachers and citizens of Pleven and the municipality. Each of the routes involved different sporting events ranging between mini tournaments in basketball and volleyball (route 1); rhythmic gymnastics and yoga (route 2) and gender-specific power, endurance and cardio training at a huge local gym (route 3). The three routes later met at the center of Pleven, where the winners of the respective routes were named and various dancing events took place.

The official opening of the 2017 Researchers' Night was on September 29th, at 17:00, at the Sports Complex at MU-Pleven. The start of the event was given by the Mayor of the Municipality of Pleven - Mr. Georg Spartanski and the Rector of MU-Pleven, Prof. Dr. Slavcho Tomov.

Prof. Atanas Kirilov, Chairman of the Union of Scientists in Pleven, recalled the history of "Researchers' Night" dating back to 2006, noting that the Union of Scientists in Bulgaria has always been a partner and co-organizer for Bulgaria. "Researchers are ordinary

people who also have their needs and problems. They are sporting, drawing, having hobbies and for the ninth consecutive time under the auspices of the "European Night of Scientists" the next poetry book with poems of Bulgarian scientists is getting published. For the first time this year the best poems from this poetry collection will be nominated for an award," he elaborated.

Later that evening, guests had the opportunity to visit the various presentations of scientists, to examine photo exhibitions, interesting expositions of scholars related to the sport, to participate in a quiz, to learn about various opportunities for

increasing physical activity and to learn more about the movement as a means of treating and preventing various diseases. The topic of sports and sporting were discussed as a means of dealing with stress and improving adaptation; how stress affects our health; the important role of physical activity in the proper functioning of our nervous system.

The talks with the guest lecturers Prof. Margarita Todorova and Prof. Lyubomir Lazov from the European Center for Education, Science and Innovations (ECESI) made the participants think about physical activity as an important factor in conducting seminars. Prof. Todorova is an expert in computer systems and technologies, graduated from the National Technical University, Kiev, Ukraine. Prof. Lyubomir Lazov teaches at the University of Rezekne, Latvia, and is Chairman of the Physicists' Association in Gabrovo.

The night of the scientists continued in the foyer of the

Telecommunication Endoscopic Center, the Medical University - Pleven. From 18:00 to 21:00 on September 29, 2017, the participants could visit the Public Health Stand and to participate in the demonstrations of the TANITA apparatus. They had the opportunity to measure their body composition with the device, and Dr. Vanya Birdanova interpreted the results of the measurements and advised them on how to improve those indicators that are out of or above the norm.

In the FRESH Youth Interactive Module, the stars - secondary school students and high school students presented the Health Routes from the first phase of the program, that took place at the Medical University and in the town of Pleven and gave advice on how to improve our physical activity through collective games, fitness, rhythmic gymnastics and yoga.



## GLOBAL ETHICS DAY 2017 AT MU-PLEVEN

On October 18th, the Global Day of Ethics was celebrated at the Medical University - Pleven. For the second consecutive year MU-Pleven was the only Bulgarian academic institution that is included in its world celebration, under the patronage of the Carnegie Council for Ethics in International Affairs, a New York-based institution. Similar to Earth Day, 57 institutions and organizations around the world celebrated the Global Ethics Day by organizing roundtables and discussions on various topics from the field of ethics.

The opening of the forum was at 10 am in the Ambroise Pare Hall of the University Telecommunications Center. This year partners of MU - Pleven in the celebration of the Global Ethics Day were the "Ethical Research" section of the Institute for the Study of Societies and Knowledge (BAS) at the Bulgarian Academy of Sciences and the Bulgarian Association of Bioethics and Clinical Ethics.

The program of the event provided interesting discussions on topical issues of applied ethics, reproductive bioethics, clinical practices and integrated ethical counseling:

*On the practical applications of bioethics* – Silviya Aleksandrova-Yankulovska, MU-Pleven

*Applied ethics – current challenges to the academic education* – Emilia Marinova – ISSK, BAS

*Normativity in ethical case analysis* – Atanas Anov, Silviya Aleksandrova-Yankulovska – MU-Pleven

*On the training function of integrated clinical ethics*



*consultation* – Antonia Grigorova, Silviya Aleksandrova-Yankulovska – BABCE, MU-Pleven

*Medical care – legal borders and ethical horizons* – Stoyan Stavru – ISSK, BAS

*Reproductive decisions and dilemmas – clinical practice and reproductive bioethics* – Luboslava Kostova – ISSK, BAS

The event was concluded with a viewing of "What Happened on Monday" (2017), starring Naomi Rapace, a movie about:

*A world where families are limited to one child due to overpopulation, a set of identical septuplets must avoid being put to a long sleep by the government and dangerous infighting while investigating the disappearance of one of their own.*

Following the movie was a discussion over public health measures to control fertility and ethical issues of pro-natalists and anti-natalist policies.



According to the BBC, a new cancer drug was approved in the United States. It changes the patient's immune system so that it attacks the cancer cells. The drug is called CAR-T and is made by utilizing the patient's own white blood cells. The approval of this medicine is defined as a "historical moment" and with it medicine goes into a "new age". In the UK, doctors have identified the medicine as an exciting step forward.

Unlike standard anti-cancer therapies, the new drug is adapted to each patient. Cells are reprogrammed to "search" and "kill" cancer cells. After injecting them into the patient, they multiply and move toward them. According to Prof. Peter Johnson, this is an exciting step in medicine. "This is the first cell therapy that is done through genetic modification, a very exciting step forward," he commented.

## "SVETA MARINA" IS THE NEW UNIVERSITY HOSPITAL IN PLEVEN AND IT COMES EQUIPPED WITH A STATE-OF-THE-ART PET SCANNER

By decision of the Council of Ministers from the formal meeting on October 4, 2017, "Sveta Marina" hospital in Pleven was allowed to become a university hospital. Pursuant to the Law for Medical Institutions, university hospitals, which are multi-profile or specialized, after successful accreditation, can carry out clinical education activities for students and graduates in medicine, dental medicine, pharmacy and health care as well as post-graduate training.

The prospects for the development of the second University Hospital in Pleven, "Sveta Marina" were presented to the journalists by its Manager, Prof. Dr. Grigor Gorchev, the Director and Deputy Director - Dr. Petar Keremedchiev and Hristo Hristov, as well as the Rector of MU - Pleven, Prof. Slavcho Tomov.

"The Medical University in Pleven is developing extremely fast and there is a need for new and modern training facilities for the students," Prof. Gorchev commented on the new status of *Sveta Marina* hospital. He stressed that henceforth the hospital will be looked at differently because, apart from the medical activities, the specialists will also be responsible for the education of students, graduates and postgraduates.

"Sveta Marina" hospital has an extremely avant-garde material base and now also a staff of lecturers. Its latest acquisition is the only Northwest Bulgaria PET scanner, informs Professor Gorchev. The device enables precise diagnosis of cancer at the cellular level.

"For modern oncology, it is impossible to work without advanced diagnostics - the PET scanner avoids possible misinterpretation of the degree and severity of the disease, which is important for the application of adequate treatment," Prof. Gorchev explained. Examinations with the new equipment for patients with health insurance will be fully covered by the Health Insurance Fund, and for the rest,



the price will be set at 2 000 BGN.

The PET scanner (PET/CT) is a complex imaging method, combining a nuclear-medical examination (positron-emission tomography) and X-ray scanning (a computer tomography scanner). Like any nuclear-medical study, the method is related to intravenous injection of small radioactive material agents - a radiopharmaceutical. As a final result, three images are visualized - functional (PET), morphological (CT) and software-generated third image, called *fusion*, combining functional and morphological images. The resulting images are three-dimensional and can be on individual segments or the whole body. In oncology patients, whole body images are preferred.

The PET scanner is a high-class device that allows you to make the most accurate diagnosis, displaying metastasis even at the cellular level. PET scanning allows for a combined image that shows functionally altered tissues and organs as well as their relatively accurate localization. Thanks to this imaging methodology, a more precise determination of the stage of an oncologic disease is made; the effect of therapy (chemotherapy, radiotherapy or surgical treatment) is observed while also allowing for early detection of recurrent zones, more accurately targeting of the radiation therapy to the more active parts of the tumor mass; determination of the most suitable biopsy site is an additional perk as well as the opportunity to search for a tumor with unknown localization but prominent metastases.



## SCHOOL FOR PARENTS ORGANIZED AT SVETA MARINA UNIVERSITY HOSPITAL

Improving upon the *Open Days* initiative, the Obstetrics and Gynecology Clinic at "Sveta Marina" university hospital is accepting applications for the first "School for Parents". It is organized in response to the needs of expectant mothers who lack but would like to acquire more theoretical and practical knowledge and skills in parenting, effectively turning them into confident and experienced future mothers. The new initiative will be held during the Open Days with those willing to participate in theoretical and practical workshops for future parents.





## MU-PLEVEN ALUMNUS LIVING IN VIENNA WAS NOMINATED FOR THE 'ENLIGHTENER OF 2017' AWARD



The Enlightener of 2017 campaign has entered its final phase and the jury of the competition has chosen the top 10. Of those 10 most distinguished people, the sixth position is held by Dr. Anelia Hohvarter, a leading ophthalmologist who has been living in Austria for the past 26 years. She is one of the most successful Bulgarian doctors abroad, with an established name in society and well-known for her participation in humanitarian causes all over the world. She was born in Gorna Mitropolia, graduated from the Medical University of Plevan, and later graduated in General Medicine in Vienna, where she specializes in and practices as general practitioner and

ophthalmologist. Since 1997, she has been working at the Rudolphsitting Hospital in Vienna, and since 1999 she is a practicing ophthalmologist at the Ophthalmology Clinic in the same hospital.

Dr. Hahvartner is a lecturer at the University of Vienna's dedicated Medical Clinic and a researcher at the Ludwig Boltzmann Institute of Retinology and Biomicroscopic Laser Surgery. Her scientific research is in the field of autoimmune diseases and the consequent damage to the retina, but above all her work focus is

surgical, related to operative activities.

Dr. Anelia Hohvarter is not only an established ophthalmologist, but also a person actively engaged in social projects. The latest project she is engaged with has to do with the Lokomat machine. She has dedicated all proceeds from her novel, 'Travel' to acquiring the first Lokomat robot in Bulgaria. This device is successfully used in the rehabilitation of people with partially or completely impaired motor functions - patients with multiple sclerosis, childhood cerebral palsy, stroke, brain trauma or trauma from a car accident, as well as Parkinson's patients. The statistics show that in Bulgaria there are several tens of thousands of people in need of rehabilitation.



"Your Health is in Your Hands" was an event held in Plevan on 13 and 14 September 2017 at the initiative of the Medical University - Plevan, the Association of Medical Students - Plevan, "Dr. Georgi Stranski" University Hospital - Plevan and "Medical Engineering Engineering" Ltd. The campaign was aimed at two



## YOUR HEALTH IS IN YOUR HANDS

groups of people - the medical specialists / students in Plevan and the public. Interested parties in Sofia, Varna, Ruse and Stara Zagora also conducted similar campaigns aimed at prevention of infections associated with medical services through steady quality improvement of hygienic and surgical disinfection, including hand washing. The idea of the initiative is linked to the World Day of Hand Hygiene, which takes place every year on May 5 and is part of the World Health Organization's global strategy to enhance hand hygiene in health care facilities, medical universities and among the general public.

The main objective of the event is to increase the understanding of different age groups in the society of personal hygiene, washing of hands and the use

of alcohol-containing disinfectants in everyday life, with the initiators from MU-Plevan and UMHAT "Dr. Georgi Stranski" -Plevan aiming to reduce the number of people suffering from various infections.



## THE ASSOCIATION OF MEDICAL STUDENTS IN BULGARIA - PLEVEN CELEBRATED WORLD HEART DAY

For yet another year, the Association of Medical Students in Bulgaria - Pleven joined the events organized on World Heart Day. On 29.09.2017, the Association jointly - with the Society of Cardiologists and with the assistance of the Student Council at the Medical University - Pleven, under the patronage of the Mayor of Pleven Municipality Georg Spartanski - organized three points for free measurement of the blood pressure of the citizens of the town of Pleven: the entrance of the Kailuka Nature Park (8:00-12:00 am), in front of Pleven Municipality building (10:00-14:00) and at Central Mall - Pleven (10:00-14:00). The campaign is one of the most popular events among the students, lecturers and employees of the Medical University - Pleven, as well as the most attended one by the citizens of the town.

Together with the Society of Cardiologists, medical students began an investigation into how the heart is affected by physical activity, the intake of certain foods and healthy lifestyle, as well as the importance of the various risk factors for the development of cardiovascular diseases.



## 15<sup>th</sup> INTERNATIONAL MEDICAL SCIENTIFIC CONFERENCE FOR STUDENTS AND YOUNG PHYSICIANS – AN INTERVIEW

*Interview with the Chairman of the Organizing Committee of the XV International Medical Scientific Conference for Students and Young Doctors (MDSC) - Aygula Akisheva, Trainee Physician, Medical University – Pleven*

**Q: How did this year's Conference go and how, if at all, did it differ from what has been done so far?**

A: The motto of this year's Conference is "Science: Uploading ...". And we really did manage to build and 'upload' a week that was full of many events where there were many innovations and which, I hope, useful and fun for all the participants.

**Q: This year, you had two guest speakers from abroad. Will you tell us more about their lectures?**

A: Undoubtedly, the most exciting event at the conference was the ceremony of awarding the honorary title *Doctor Honoris Causa at MU-Pleven* to Prof. Dr. Kipros Nikolaidis, a specialist in fetal medicine at King's College, London, who delivered an extremely inspiring academic lecture. Prof. Dr. Maxim Pogriev and Associate Professor Andrey Loboda from the State University of Sumi, Ukraine also presented several interesting lectures in the field of nanotechnology in medicine. We were also lucky to have the active participation of Hasumi International Research Foundation in Bulgaria, and this year Dr. Kenichiro Hasumi, *Doctor Honoris Causa at MU-Pleven* and Prof. Dean Man presented the impressive results of their latest discoveries in the field of immunotherapy and the battle against oncology diseases.



**Q: How many guests and participants attended this year's Conference?**

A: The conference is an event that annually gathers hundreds of participants from different countries that have the opportunity to communicate with each other, share experiences and have fun together. More than 600 participants became part of this year's (anniversary) edition. This year, we had participants from from Ukraine, Slovenia, Slovakia, the Czech Republic, even from Iran. Within 10 thematic selections, participants presented 138 scientific works in various fields of medicine. For the first time there was a separate thematic selection, called "Pharmacy" for the students of the pharmaceutical faculties, which was extremely popular.

**Q: How hard is it to organize a medical conference?**

A: A lot of hard work, dedication,

perseverance, stubbornness, and especially a lot of drive go into it. It is necessary to focus on every detail in order for the participants to be satisfied and to look forward to the next conference.

This year, the Organizing Committee has a completely new lineup, as the people who organized the conferences so far have already graduated. So we, the few remaining enthusiasts from the previous editions of the conference, had the extremely large and responsible task of training the new colleagues who joined us. I think we have managed to build a cohesive, well-working team that can organize a truly unforgettable event. Of course, we could not have done it without the support we received from our coordinator - Dr. Diana Pendicheva, MD.

**Q: What are your plans for next year?**

A: The preparations for the new conference begin immediately after the end of the previous one. This year, even during the event, ideas were born for the next year on which we are already working. What we can release as information for the next conference are the dates of the event: 8-13 October 2018.

*Interviewer: Emel Emin, adapted*

## MU-PLEVEN FILLED THE ADDITIONAL 15 SPOTS FOR STUDENTS OF PHARMACY

After the successful second admission of students in the specialty "Pharmacy", Medical University - Pleven received an additional 15 spots for future MA pharmacists. This was done on 15.09.2017 with a decision of the Council of Ministers approving the number of students admitted for training during the academic year 2017/2018.

MU-Pleven announced the accepting of documents for the new 15 places in the "Pharmacy" specialty under quota - 8 girls and 7 boys.

After carefully considering the ranking of the candidates, the enrollment of the new 15 freshman students ended on September 20th. With the newly-enrolled 15, the freshmen in the Faculty of Pharmacy became a total 44 students.

## AN EXOTIC PROCEDURE AT THE OPHTHALMOLOGY CLINIC AT UMHAT – PLEVEN

A rare case encountered specialists from the Eye Clinic at the University Hospital in Pleven. A patient sought medical attention after he sensed something was moving under the eyelid on his right eye. After a few attempts, the professionals at the clinic managed to take out a 10-cm parasite from the patient's eye. The operation was much more difficult than expected because the parasite was not under the conjunctiva, but under the skin and constantly moving. It was on the third day that it was finally located near the nose and removed. Professor Balabanov, Head of the Clinic, commented that there was an immediate danger that the moving parasite would penetrate the orbit of the eye and then it would be impossible to remove it.



## XV NATIONAL SCIENTIFIC SESSION FOR STUDENTS AND LECTURERS HELD AT MEDICAL COLLEGE - PLEVEN ON 5 AND 6 OCTOBER

Traditionally, during the first week of October, a National Scientific Session for Students and Lecturers is organized by the Medical College at the Medical University - Pleven. This year the forum took place on 5 and 6 October 2017, and the official opening was on 05.10.2017 at 13:00 in Ambroise Pare Hall of the Telecommunication Endoscopic Center. A total of 80 students and lecturers participated in the

Fifteenth National Scientific Session.

In collaboration with students and lecturers, medical experts from the Vascular Surgery Clinic at MMA-Sofia participated in the scientific session. During the two days of the forum, a total of 34 reports were presented, divided into three sections: Medical Diagnostic Studies, Pharmaceutical Care and Social Activities.

## MU-PLEVEN INSTITUTES THE TRAINING ACTIVITIES ON THE PROJECT FOR PROMOTING POSTGRADUATE STUDENTS AND YOUNG SCIENTISTS

On September 15, 2017, the first training course on Module 1 "Fundamentals of Imaging, MRI, Radiography and Ultrasound" was launched under the project "Creation of a training center for post-doctoral students, post-graduate students and young scientists at the Faculty of Medicine, MU-Pleven". The lecturer was Prof. Nachiko Totsev, Head of the Department of Radiology. It is included in Action 2 "Personalized Approach to Preoperative Preparation and Operative Treatment of Patients by Minimally Invasive Surgery based on Imaging Reconstructions, 3D Visualization and Virtual Simulation", which will take place in the form of an interactive and integrated course within a time frame of 6 months. The aim of the training is to help over 30 young scientists from the surgical specialties acquire practical skills and motivation for sustainable academic development by working in a real environment with appropriate scientific equipment. The expected result is PhD students, young doctors and graduates to develop analytical skills for research, as well as to increase their readiness and adaptability for improved professional development.

The total number of activities defined in the Project for Supporting the Development of the target group of 84 postgraduates and young scientists is six. The training activities will take the form of highly specialized courses, each of which includes several modules. The main 6 activities are: Activity 1: "Developing a curriculum and conducting courses on key knowledge and competence required for a successful scientific



*cont. on p.12*

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career"; Activity 2: "Personalized approach to preoperative training and surgical treatment of patients through minimally invasive surgery, based on imaging reconstructions, 3D visualization and virtual simulation"; Action 3: "Implementing training for participation and preparation of research projects, contemporary proposals, technology transfer and intellectual property management"; Action 4: "Practical training as part of the *Experimental Science Program*"; Action 5: "Supporting the individual scientific and career development of the participants in the target group" and Action 6: "Active promotion of postgraduate students and young scientists to potential employers and partners in future joint projects".

Within the framework of the first Activity, leading

scientists and lecturers will propose a program and methodology for qualification, continuous training and career development of the project "Creation of a training center for post-doctoral students, postgraduate students and young scientists at the Faculty of Medicine" at MU-Pleven. The aim is for young people to be motivated and assisted in the development of their academic and scientific career by enhancing their qualification. The specific activities that are set are: providing training for acquiring skills and competences in the sphere of academic writing; methodology of research and biostatistics; ethical aspects of scientific research; main aspects of project activity; working with systematized scientific information - databases, scientific libraries, and more.



## THROUGH OCTOBER - THE MONTH DEDICATED TO BATTLING BREAST CANCER - UNHAT "DR. G. STRANSKI" INSTITUTED FREE PROPHYLAXIS



Free prophylactic and diagnostic examinations were organized at the Department for In-hospital Surveillance of Patients with Oncologic Diseases. They were held in an oncology clinic by an oncologist at the Clinic of Oncologic Surgery at the University Hospital on Mondays to Thursdays based on pre-made appointments.



## A STUDENT AT MU-PLEVEN WON THIRD PRIZE IN A POPULAR INTERNATIONAL MUSIC COMPETITION

On October 6 and 7, the 21st edition of the International Contest for Pop Music "Northern Lights 2017" took place in Ruse. The competition is part of the program of the *Autumn Days of Culture and Arts*, organized by Ruse Municipality. The music forum is held under the patronage of the mayor of the city.

Svetlozar Hristov - a student in the specialty "Assistant Pharmacist" at the Medical University - Pleven competed in the age group 18 to 25. The young pop performer won a third prize. Currently, he studies at MU-Pleven and, despite him being very busy academically, continues to conquer the stages of international competitions.



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Translation and Proofreading: Tsvetelin Lisaev

Prepress: Engr. Silvia Emileva

Materials received are not to be returned. Authors are held responsible for the contents of their articles.

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Prices:

Entire page, A4 – 140.00lv.

½ page – 80.00lv.

¼ page – 40.00lv.

Excluding VAT.

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