

# *Adam Ostrzenski, M.D., Ph.D.*

Professor of Obstetrics & Gynecology (Ret.)



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St. Petersburg, FL, U.S.A.

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Cell: (727) 458 6060

## **CURRICULUM VITAE**

### ***PERSONAL:***

US Citizen  
Married to Maria Molenda, February, 1967  
Master in Law, George Washington University  
Attorney at Law

### ***CHILDREN:***

Katarzyna M. Ostrzenska, M. D., Board Certified Internist  
Bartosz A. Ostrzenski, J.D., Attorney at Law

### ***ACADEMIC***

#### ***APPOINTMENTS:***

Professor  
Clinical Obstetrics & Gynecology  
Florida International University  
Miami, FL, 2009-2010

Professor  
Clinical Obstetrics & Gynecology  
University of South Florida  
Tampa, FL, 2001-2008

Visiting Professor  
La Sapienza University School of Medicine, Rome, Italy  
Department of Gynecology & Obstetrics  
“Non-compensatory Site-specific Pelvic Reconstruction for Pelvic  
Organ Prolapse and Stress Urinary Incontinence: Surgical  
Techniques”  
Rome, Italy, December, 2004

Professor

Gynecology and Obstetrics  
Howard University College of Medicine  
Washington, D.C., 1994-2001

Associate Professor of Clinical Obstetrics & Gynecology  
George Washington University School of Medicine  
Washington, D.C., 1987

Assistant Professor of Clinical Obstetrics & Gynecology  
George Washington University School of Medicine  
Washington, D.C., 1982

Visiting Professor  
University of Rome "La Sapienza", School of Medicine  
Rome, Italy, 1993

Professor  
International Faculty Member  
Jagiellonian University, College of Medicine  
International Postgraduate Educational Center  
Krakow, Poland, 1992

Professor and Consultant  
Department of Obstetrics and Gynecology  
Jagiellonian University College of Medicine  
Krakow, Poland, 1991

Professor  
Gynecology and Obstetrics  
Arabian Gulf University  
Manama, Bahrain, Academic Year 1998/1999

Visiting Professor  
Gynecology and Obstetrics  
Silesian University School of Medicine  
Katowice, Poland, Academic Year 1997/1998 and 1999/2000

Visiting Professor  
Classic Gynecologic Surgery &

Gynecologic Advanced Video Endoscopy &  
Laser Surgery  
Live OR Demonstrating Surgeon  
The Kuwait University Faculty of Medicine  
October 1994

Assistant Instructor, OB/GYN State University of New York,  
Buffalo, NY, 1980-1982

Adjunct at the Academy of Medicine, Warsaw, Poland

Adjunct at the Academy of Medicine, Lubline, Poland  
1971-1973

Demonstrating Surgeon  
Classic Gynecologic Surgery &  
Gynecologic Advanced Video Endoscopy &  
Laser Surgery  
“La Sapienza” University. Rome, Italy, June, 1994,  
December 1994

Demonstrating Surgeon  
Classic Gynecologic Surgery &  
Gynecologic Advanced Video Endoscopy &  
Laser Surgery  
Warsaw, University School of Medicine, Poland,  
May 1994

Demonstrating Surgeon  
Classic Gynecologic Surgery &  
Gynecological Advanced Video Endoscopy &  
Laser Surgery  
Jagiellonian University, College of Medicine Krakow,  
Poland, 1991; 1992; 1993; 1994

Demonstrating Surgeon  
Classic Gynecologic Surgery &  
Gynecological Advanced Video Endoscopy &  
Laser Surgery  
Silesia University School of Medicine, Poland,  
February 1991, October 1991, May 1993, May 1994,  
January 1995, August 1999.

***CURRENT POSITION:*** Medical Director

Institute of Gynecology  
7001 Central Avenue  
Saint Petersburg, FL 33710

***POSITIONS HELD:***

Director  
Operative Gynecology - Endoscopy and Laser Surgery  
Department of Obstetrics & Gynecology  
Howard University, College of Medicine  
Washington, D. C., U. S. A. July 1994- July 1998

Director  
Institute of Video Endoscopy & Laser of Washington  
Premier Surgical Center  
Washington, D. C., U. S. A. 1992 to 1994  
Department of Obstetrics & Gynecology

Chairman  
Department Obstetrics & Gynecology  
Arabian Gulf University  
Manama, Bahrain. September to November 1998. (Due to military build-up and the threat of terrorism against the US citizens in the Middle East during that period American citizens were advised to leave the region)

Coordinator  
Student Gynecology-Obstetrics Clerkship  
Howard University, College of Medicine  
(Co-author of a new clinical teaching curriculum)  
Washington, D. C., 1995 – 2001

Coordinator  
Residency Program of Gynecology-Obstetrics  
Howard University, College of Medicine  
(Co-author of a new RRC approved residency program curriculum)  
Washington, D. C., 1995 – 2001

Lecturer  
1. Proctor in Operative Laparoscopy  
Omnia, Research and Education Division  
Philadelphia, Pennsylvania, June, 1996

2. United States Medical Licensing Examination (USML)  
Intense Prep Review Course in Gynecology & Obstetrics

Medical Education Services. Arc Ventures, Inc  
Washington, D.C., U. S. A., 1996

3. The American Board of Obstetrics and Gynecology  
Preparatory - Review Course for Oral and Written  
Examinations of ABO+G. The Osler Institute,  
Dallas, TX, Chicago, IL, 2006 – 2008.

Co-author

1. New Residency Program Core Curriculum

2. New Application for residency program accepted by RRC,  
Howard University, College of Medicine,  
The Department of Obstetrics and Gynecology  
Washington, D. C., 1994

Implementation

New Residency Program of Gynecology and Obstetrics  
Howard University College of Medicine  
Washington, D.C., 1996-1998

***EDUCATION:***

M. D. Diploma  
Academy of Medicine, Wroclaw, Poland 1966

Ph. D. Diploma  
Academy of Medicine, Wroclaw, Poland 1971

Habilitant Doctor Diploma (Post Ph.D. degree)  
Jagiellonian University, College of Medicine,  
Krakow, Poland, 1995

***PROFESSIONAL  
TRAINING:***

Internship: Internal: Medicine, Obstetrics & Gynecology,  
General Surgery, Pediatrics [6 months rotation per area)  
Academy of Medicine, Wroclaw, Poland 1966-1968

Residency Program in Obstetrics and Gynecology,  
Academy of Medicine, Wroclaw, Poland 1968-1971  
Fellowship in Extended Pelvic Surgery  
(2nd degree of specialization in OB/GYN )  
Academy of Medicine, Lublin, Poland 1971-1973

Fellowship in Reproductive Endocrinology  
Academy of Medicine, Warsaw, Poland 1973-1975

Residency Program in Obstetrics & Gynecology

(American Board of Obstetrics & Gynecology granted  
2 year credit for European clinical experience)  
State University of New York, Buffalo, NY, USA,  
1980-1982

***CERTIFICATION:***

Diplomate (Re-Certified 2009)  
Obstetrician & Gynecologist  
The American Board of Obstetrics & Gynecology, 2009

Diplomate (Re-Certified 1996)  
Obstetrician & Gynecologist  
The American Board of Obstetrics & Gynecology

Diplomate  
Obstetrician & Gynecologist  
The American Board of Obstetrics & Gynecology, 1986

Identified Specialist  
Obstetrician & Gynecologist and  
Reproductive Endocrinologist  
State of Maryland, Board of Medical Examiners, 1988

E.C.F.M.G. 1980  
F.L.E.X. 1982

Diplomate  
Obstetrician & Gynecologist. The European-Polish Board of  
Obstetrics & Gynecology, I-Degree 1971

Diplomate  
Obstetrician & Gynecologist  
The European-Polish Board of Obstetrics & Gynecology,  
(Second Degree), 1973

Diplomate  
Reproductive Endocrinologist  
The European-Polish Board of Obstetrics & Gynecology,  
1975

***MEDICAL LICENSE:***

Florida (active status)  
Washington, District of Columbia (inactive status),  
**Maryland (inactive status),**  
New York (inactive status),  
Hawaii (inactive status),  
Illinois (inactive status)

***HONORS:*** The Royal College of Obstetricians and Gynecologists (RCOG), UK,

**Consultant** for the second edition of guideline of “Management of Post Hysterectomy Vaginal Vault Prolapse”.  
RCOG, London, July 2014.

### **BioMedLib™**

**Selected** From Nearly 23 Million Scientific Articles  
and  
**Ranked** Number One In the World for 2012  
Scientific Article of G-Spot Discovery by A. Ostrzenski  
December 19, 2012

### **President**

1<sup>st</sup> International Symposium on Integrating Modern  
Cosmetic-Plastic Gynecology Into Practice.  
Fort Lauderdale, Florida, U.S.A.  
*Fort Lauderdale, FL, December 14-16, 2012*

### **Chairman**

Plenary Session  
XX FIOGO World Congress  
Obstetrics and Gynecology.  
*“Vaginal rejuvenation new  
techniques and G- Spotplasty”*  
Rome, Italy, October 7<sup>th</sup>-11<sup>th</sup>, 2012.

### **Chairman**

Plenary Session:  
*“Cosmetic-Plastic Gynecologic Surgery”*  
15<sup>th</sup> World Congress On Controversies In  
Obstetrics-Gynecology and Infertility  
Sayna Hainan, China, December 8-12, 2011.

### **Invited Speaker**

Plenary Session  
14<sup>th</sup> World Congress on Controversies on Obstetrics-  
Gynecology and Infertility Plenary Session Presentation:  
"DESIGNER VAGINA" FEMALE SEXUAL  
EXPRESSION AND ENJOYMENT OR  
EXPLOITATIVE PROCEDURE?"  
Paris, France, November 17-20, 2011.

### **Keynote Speaker**

The 5<sup>th</sup> Annual Congress on Aesthetic Vaginal Surgery Presented: *“Progress*

*in Aesthetic Gynecology*"

Tucson, Arizona, U.S.A., November 14-15, 2010

### **Invited Speaker**

The International Society of Cosmetogynecology

The 3<sup>rd</sup> Global Congress on Vaginal Surgery

*Presentations:* 1. "Vaginal rejuvenation"

2. "Clitoral Hoodoplasty"

Las Vegas, NV, U.S.A September 23-25, 2010

### **Invited Speaker**

The 3<sup>rd</sup> Annual World Congress on Cosmetic Gynecology *Master*

*Lectures:* 1. "Labia minora labioplasty"

2. "Clitoral hood reduction techniques"

3. "Vaginal rejuvenation techniques. The way I do it"

Orlando, Florida, U.S.A., January, 2010

### **Consultant**

Physicians' Council For Responsible Reform

The U.S. A. Congress, Washington, D.C., 06/22/2009

International Expert Invitation for Expressing an Opinion on  
the subject: "Postmenopausal Women and Hormones"

(Opinion Published in English and Hispanic Language)

Columnista Experto de SIIC, April 3, 2008.

International **Clinical "Research Award" Winner**

Turkish-German Gynecologic Association

Turkey, April 2007

Expert Advisor

FIGO (International Federation of Gynecology & Obstetrics)

London, UK, February 2007

Scientific Manuscript Reviewer for:

1. The American Journal Obstetrics & Gynecology

2. Obstetrics & Gynecology (Green Journal)

3. Journal of Reproductive Medicine

4. European Journal of Obstetrics and Gynecology &  
Reproductive Biology

5. International Journal of Gynecology & Obstetrics

6. Journal National Medical Association

Lecturer



Review Course for the American Board of Obstetrics & Gynecology  
Written - Oral Examination  
The Osler Institute  
Terre Haute, Indiana, USA from 2006-2009

2004 Physician of the Year  
The Congress of the U.S.A.  
The NRCC's Physicians' Advisory Board  
Washington, D.C.

Certificate of Excellence for Outstanding  
Performance and Lasting Contribution as a  
*Scientific Reviewer*  
For the Journal of the National Medical Association in 2004  
Washington, D.C.  
February 7, 2005

Chairman  
The NRCC's Physician's Advisory Board  
The United State of America Congress  
Washington, DC  
September, 2004

Member FIGO Advisory Panels (Reappointment)  
The International Federation of Gynecology (FIGO)  
London, UK, April 8, 2004

Scientific Reviewer  
The International Journal of Gynecology & Obstetrics  
The International Federation of Gynecology (FIGO)  
London, UK, April 8, 2004

Advisor  
Scientific Program Committee  
XVIII FIGO World Congress in Gynecology & Obstetrics,  
2006  
Kuala Lumpur, Malaysia, June 4, 2004

The Certificate of Excellence for Outstanding  
Performance and Lasting Contribution as a  
*Scientific Reviewer*  
For the Journal of the National Medical Association in 2002  
Washington, D.C.  
January 2003

Plenary Session Speaker by Invitation  
5<sup>th</sup> World Congress  
Society for the Investigation of Early Pregnancy  
Rome, Italy  
May 22-25, 2001

Competitive awarded book contract for students, residents,  
And specialists “Gynecology Integrating Conventional,  
Complementary & Natural Alternative Therapy”  
Lippincott Williams & Wilkins  
Philadelphia, PA, USA 1999.

Plenary Session Speaker by Invitation  
2<sup>nd</sup> International Congress on New Technology in  
Reproductive Medicine, Neonatology and Gynecology.  
Porto Conte-Alghero, Italy, September 18-23, 1999.

Honorary Appointment to the Research Board of Advisors  
The American Biographical Institute  
March, 1998, Raleigh, NC, USA

Man of the Year-1998  
American Biographical Institute, Inc.  
Raleigh, NC, USA

FIGO Expert Advisory Panel on Surgical Techniques,  
Endoscopy and Minimal Access Surgery  
International Federation of Gynecology & Obstetrics  
(FIGO). London, September 18, 1997

Chairman and Speaker of the Session by Invitation:  
“Uterovaginal Prolapse: Surgical Technique”  
XV FIGO World Congress of Gynecology & Obstetrics  
Copenhagen, Denmark, August 3-8, 1997

International Man of the Year 1995/1996  
International Biographical Center  
Cambridge, England, January 19th, 1996

Invited to Develop Core Teaching Curriculum  
“Educational Objective in Operative  
Gynecology, Endoscopy and Laser Surgery”  
For Residency Program in Obstetrics & Gynecology  
Howard University College of Medicine,  
Washington, DC, August, 1996

Invited Faculty Member and Presenter  
Third International Gynecologic Endoscopic Film  
Festival & Instrumentation Exhibition  
Phoenix, Arizona, U. S. A. May 17-18, 1996

Presenter and Faculty Member  
World Congress of Gynecologic Endoscopy  
Orlando, Florida, U. S.A. November 8-12, 1995

Plenary Session Speaker  
International Congress of Gynecologic Endoscopy  
Gdansk, Poland, September 28-30, 1995  
International Who's Who in Medicine  
In recognition of outstanding services  
Cambridge, England, April 1995

Invited Speaker Society for Minimally Invasive Therapy  
7th Annual International Conference  
Portland, Oregon, U. S. A., September 21-23, 1995

“Doers Profile” Outstanding Member of Metropolitan  
Washington, D.C. Community  
Selected by Senior Editors. The Washington Times  
The Washington Times, Washington, D. C., March 30, 1995

International Advisory Board Member by Invitation  
World Congress of Gynecological Endoscopy  
Jerusalem, Israel, February/March, 1995

Plenary Session Speaker by Invitation &  
Great Debate Participant by Invitation  
World Congress of Gynecological Endoscopy  
Jerusalem, Israel, February/March, 1995

Invited Lecturer [Operative Gynecology)  
Department of Obstetrics and Gynecology  
Hadassah Hospital, Hebrew University  
Jerusalem, Israel, February, 1995

Selected Honorary Member of Who's Who  
Among Outstanding Americans  
January, 1995

Medical Staff Award  
Howard University Hospital  
Washington, D. C., December, 1994

Plenary Session Speaker By Invitation  
XIV F.I.G.O. World Congress  
Montreal, Canada, September 1994

Medal Award  
Pelviscopy International Society  
Montreal, Canada, September, 1994

Medal Award  
Gynecological Urology International Society  
Montreal, Canada, September, 1994  
Moderator by Invitation  
Italian National Research Counsel  
Bio-ethical Aspect of Medical Experiments  
Rome, Italy, June 16-18, 1994

Honorary Member  
The Polish Gynecological Society  
Warsaw, Poland, May, 1994

Co-Director  
International Gynecological Endoscopy Workshop  
Academy of Medicine at Warsaw, Poland  
Warsaw, Poland, May, 1994

Expert Coordinator  
FIGO Study Group on the Assessment of  
New Technology  
Subgroup of Gynecological Endoscopy  
Montreal, Canada, September 26, 1994 to August 1997

Scientific Paper Presenter & Faculty Member  
International Congress of Gynecological Endoscopy  
New York City, New York, USA, November 18-23, 1994

Co-Director  
International Gynecological Endoscopy Workshop  
“La Sapienza” University, Rome, Italy Rome &  
Christian Albrechts University, Germany &  
Howard University College of Medicine, USA  
Rome, Italy, December 1994

Scientific Paper Presenter & Faculty Member  
World Congress of Gynecological Endoscopy  
San Francisco, California, USA, November 10-14, 1993

Member of the Educational Committee  
Society of Laparoendoscopic Surgeons  
San Diego, California, USA, March, 27, 1993

Plenary Speaker by Invitation &  
Expert Panel Discussion Member by Invitation &  
World Congress of Gynecological Endoscopy  
The International Federation of Gynecological  
Endoscopists, Bombay, India, December 2-5, 1993

Faculty Member &  
Scientific Paper Presenter by Invitation  
The First International Gynecological Endoscopic  
Film Festival  
San Diego, California, USA, August 27-28, 1993

Expert  
FIGO Study Group on the Assessment of New Technology  
Subgroup on Gynecological Endoscopy  
Rome, Italy, January 26, 1993 to August 1997

Special Lecture Speaker by Invitation  
Panel Discussion Participant

The 36th Annual Pan American International Conference  
Fertility and Sterility Puerto Vallarta, Mexico  
January, 1993

Invited Guest Speaker  
Interdisciplinary Conference  
“Laparoscopic Surgery - Avoiding Complications.”  
The Society of Laparoendoscopic Surgeons, USA  
San Diego California, USA, March, 1993  
Vice-President  
The World Club of Polish Gynecologists  
December, 1992 - Present.

Chairman  
Woman’s Health Awareness  
Washington, DC, 1992-1995

Presenter of Scientific Papers  
The XIV World Congress on Fertility and Sterility  
Caracas, Venezuela, November, 1992

Faculty Member & Scientific Paper Presenter  
International Congress of Gynecological Endoscopy  
Chicago, Illinois, USA, September, 1992

Member of the 1992 Research Subcommittee  
The North American Menopause Society  
Cleveland, Ohio, September, 1992

Executive Committee Member  
International Society for Prenatal & Perinatal  
Psychology & Medicine, May 1992 – 199  
International Scientific Committee Member  
Plenary Session Speaker by Invitation  
The World Congress of Prenatal & Perinatal Psychology  
& Medicine, Stockholm, Swiden, May, 1992

Faculty Member & Presenter of Scientific Paper  
The Fifth World Congress on Transvaginal Sonography  
Orlando, Florida, USA, May, 1992

Advisory Committee Member  
The National Coalition of 100 Black Women  
Washington, DC, 1991 - 1996

Who's Who in the East, U. S.A., 1991

President  
The National Polish American Medical Society  
Washington, DC, USA, 1991-1993

Medal Award  
For Activity in the Polish-American Medical Society  
“Medical Polonia”, Czestochowa, Poland, 1991

Faculty Member & Scientific Paper Presenter  
The Fourth World Congress on Vaginography in  
Gynecology  
Chicago, Illinois 1991

Medal Award  
For Contribution to New Surgical Technique in  
Female Infertility  
Fallopian International Society  
Madonna di Campiglio, Italy, 1991

The Man of Achievement  
Inclusion in International Register of Profile  
World Edition, Cambridge, England, 1983

Patent Award  
Certificate of Inventor for Surgical Instrument  
The Polish Patent Bureau, Warsaw, Poland, 1976

Presenter of the Scientific Paper  
The Eighth FIGO World Congress  
Mexico City, Mexico, 1976

Chairman, Co-Chairman  
Plenary Session, Round Table Panel Experts  
World Congresses, International & Domestic Scientific  
Clinical Symposia, 1988 - Present

Clinical Grant Research Award  
The Polish Academy of Science, Warsaw, Poland, 1974  
Presenter of the Scientific Paper  
The 7<sup>th</sup> FIGO World Congress, Moscow, USSR, 1973  
Silver Medal

Best Invention for Medical Instrument Category  
The Polish Patent Bureau, Wroclaw, Poland, 1973

***PROFESSIONAL  
ORGANIZATION  
MEMBERSHIP:***

The Polish Gynecologic Society (Honorary Member)

The International Society of Prenatal and Perinatal  
Psychology & Medicine

Association of Professors of Gynecology & Obstetrics  
Washington, DC, USA

***EDITORIAL  
POSITIONS:***

International Advisory/Editorial Board  
International Journal of Advances in Reproduction  
Kiawah Island, SC, USA, 1998-Present

Editorial  
International Scientific Committee Member  
Gynecological New Trends in Endoscopy  
Rome, Italy, 1995-Present

Co-Editor-in-Chief  
The International Journal of Prenatal & Perinatal

Studies. Stockholm, Sweden, 1993 - Present

International Advisory Editorial Board Member  
International Journal: "Materia Medica Polona"  
Warsaw, Poland, 1989 - Present

***INTERNATIONAL &  
DOMESTIC  
ENDOSCOPIC  
WORKSHOPS:***

Director  
CME Cosmetic Gyn & Reconstructive Pelvic Surgery  
St. Petersburg, FL, USA, 2008-now

Director  
CME Advance Laparoscopic Gyn Surgery  
St. Petersburg, FL, USA, 2006-now

Director  
CME Menopause Course  
St. Petersburg, FL, 2005-2006

Director and/or Scientific Coordinator  
Surgical Courses  
Live OR Demonstrating Surgeon  
From 1989 to Present

***PROFESSIONAL  
CONSULTANT :***

Premier Surgical Center  
Washington, DC, US, 1994 - 1997

Medical Staff, Division of Operative Gynecology &  
Reproductive Endocrinology  
Department of OB/GYN, Jagiellonian University  
College of Medicine, Krakow, Poland, 1991 - Present



## SCIENTIFIC PAPER PRESENTATION DURING CONGRERS

- 2004** Invited Gust Speaker  
International Congress of Endometriosis  
“Pelvic Pain”  
Rome, Italy, December 19, 2004
- 2003** Chairman & Speaker by Invitation  
Plenary Session  
XVII FIGO World Congress of Gynecology & Obstetrics  
“Alternative therapies in Gynecology & Obstetrics”  
Santiago, Chili, November 3-7, 2003.
- 2001** Plenary Session Speaker by Invitation  
5<sup>th</sup> World Congress  
“Laparoscopic Pelvic Reconstruction and SUI”  
Society for the Investigation of Early Pregnancy  
Rome, Italy  
May 22-25, 2001
- 1999** Plenary Session Speaker by Invitation  
“Advanced Laparoscopy in Pelvic Surgery”  
2<sup>nd</sup> International Congress on New Technology in  
Reproductive Medicine, Neonatology and Gynecology. Porto  
Conte-Alghero, Italy.  
September 18-23, 1999.
- 1997** XIV FIGO World Congress of Gynecology & Obstetrics:  
1. “Immunomodulatory Proteins May be Associated with  
Failed Implantation but are not Predictive of Spontaneous  
Abortion [SAB) in Progesterone (P) upplemented  
Women.”  
2. “New Laparoscopic Techniques: Lateral Paravaginal  
Reconstruction; Colpopexy; and Hysteropexy.”  
3. “A New Contrast Ultrasonography Diagnostic Technique  
for Paravaginal Defects.”  
4. “A new Retroperitoneal Posterior Culdoplasty and  
Vaginal Suspension at the Time of Laparoscopic Total  
Abdominal Hysterectomy [L-TAH].” Copenhagen,  
Denmark, August 1997
- 1997** Annual Convention and Scientific Assembly National

Medical Association:

1. "Laparoscopic Retroperitoneal New Technique of Colpopexy and Hysteropexy: Technique Developed at Howard University."
  2. "Laparoscopic Paravaginal Reconstruction for Genuine Stress Urinary Incontinence: Technique Developed at Howard University." Honolulu, Hawaii, USA, August 1997
- 1996** International Congress of Gynecological Endoscopy AAGL Faculty Member Chicago, Illinois, September 25-29, 1996
- 1995** World Congress of Gynecological Endoscopy "Live Imaging Gynecological Endoscopy [LIGE]." Orlando, Florida, USA, November 8 - 12, 1995
- 1995** World Congress of Gynecological Endoscopy
1. Great Debate Participant by Invitation "Total Hysterectomy versus Supracervical Hysterectomy Is It Really Better ?"
  2. Plenary Session by Invitation "Posterior Culdoplasty and Vaginal Vault Suspension." Jerusalem, Israel, February 26 - March 2, 1995
- 1994** The International Congress of Gynecologic Endoscopy "OLPH - Ostrzenski's Laparoscopic Panhysterectomy (Intrafascial Cervical Excision with Suturing Technique)." New York, USA, October, 1994
- 1994** XIV FIGO World Congress of Gynecology & Obstetrics
1. "Advanced Video Endoscopic Gynecological Surgery as a Live Imaging." Plenary Session Presenter by Invitation
  2. "Laparoscopic Panhysterectomy with Reconstructive Posterior Culdoplasty and Vaginal Vault Suspension." (Ostrzenski's Technique - OLPH, Video Presentation), Montreal, Canada, September, 1994
- 1994** XXV International Congress The Polish Gynecological Society
1. "Laparoscopic Panhysterectomy with Reconstructive Posterior Culdoplasty and Vaginal Vault Suspension" (Ostrzenski's Technique - OLPH )
  2. "Laparoscopic Fimbrioplasty." Warsaw, Poland, May 1994
- 1994** The American College Of Obstetricians & Gynecologists Annual Clinical Meeting "Simplified Reconstructive Posterior

Culdoplasty with Vaginal Vault Suspension in Prevention of Post Hysterectomy Dysfunctional Vagina. Ten Year Observation 1983-1993." May 1994, Orlando, Florida, U. S. A.

- 1993** World Congress of Gynecologic Endoscopy
1. "Translaparoscopic Hysteropexy in Managing Pelvic Pain and Infertility."
  2. "Prophylactic Posterior Culdoplasty and Vaginal Vault Suspension During Total Laparoscopic Hysterectomy." San Francisco, California, November 10-14, 1993
- 1993** First International Gynecologic Endoscopic Film Festival.
1. "How to Avoid the Bladder Complications During Laparoscopic Surgery."
  2. "Prophylactic Posterior Culdoplasty and Vaginal Vault Suspension During Total Laparoscopic Hysterectomy."
  3. "Translaparoscopic Hysteropexy in Managing Pelvic Pain and Infertility." San Diego, California, USA, August 27-28, 1993
- 1993** The 36th Annual Pan American Conference on Fertility & Sterility "Endoscopic Definitive Diagnosis of Hypergonadotropic Hypogonadism." Puerto Vallarta, Mexico, January 31-February 7, 1993
- 1993** The Society of Laparoendoscopic Surgeons, USA Interdisciplinary Conference Laparoscopic Surgery: Avoiding Complication
1. "Preventing Complications in Treatment of Endometriosis with a New Approach."
  2. "Laparoscopic Bladder Repair, and How to Prevent Complications."
  3. "Hysteropexy with Laser for the Treatment of Infertility or Pelvic Pain: Avoiding Problems." San Diego, California, USA, March 26-27, 1993
- 1992** XIV World Congress on Fertility and Sterility
1. "A New Video Laparoscopic Laser Hysteropexy in Infertility Treatment."
  2. "Video Laparoscopic Full-Thickness Ovarian Biopsy in Hypergonadotropic Hypogonadism." Caracas, Venezuela, November 22-27, 1992
- 1992** International Congress of Endoscopy & 21<sup>st</sup> AAGL Annual Meeting
1. "Video Laparoscopic Pelvic Herniorrhaphy with CO<sub>2</sub>

- Laser."
2. "Videolaparoscopic CO<sub>2</sub> Laser Ovarian Drilling v/s Ovarian Wedge Vaporization in Resistant PCOD." Chicago, Illinois, USA, September 23-27, 1992.
- 1992**      The North American Menopause Society Third Annual Meeting  
 "Treatment of Androgenic Alopecia in Postmenopausal Women." Cleveland, Ohio, USA, September 17-20, 1992
- 1992**      The World Congress of Prenatal-Perinatal Psychology & Medicine  
 "Psychological Advantages of Advanced Endoscopy v/s Laparotomy in Gynecological Surgery." Krakow, Poland, May 15-17, 1992
- 1992**      The Fifth World Congress on Transvaginal Sonography "Diagnosis of Broad Ligament Varicose Vein by Means of Transvaginal Ultrasound." Orlando, Florida, USA, May 8-10, 1992
- 1991**      The International Society for Gynecologic Endoscopy Biannual Meeting
1. "Pelviscopic Colpopexy with CO<sub>2</sub> Laser."
  2. "A New Endometriosis Classification." Barcelona, Spain, October 3-5, 1991
- 1991**      The Fourth World Congress on Transvaginal Sonography "The Use of transvaginal Sonography in the Diagnosis of Immature Follicle or Luteinized Unruptured Follicle Syndrome in Resistant PCOD." Chicago, Illinois, June 21-23, 1991
- 1991**      The Third European Winter Congress in Gynecology & Obstetrics
1. "Multiple Operative Steps in Treatment of Endometriosis in CO Laser Through Laparoscope."
  2. "A New CO<sub>2</sub> Laser Option to Perform an Ovarian Wedge Resection in Resistant PCOD via Laparoscope."
  3. "CO<sub>2</sub> Laser Therapy to the Cervix for HPV Infection During Pregnancy." Madonna di Compiglio, Italy, February 3-10, 1991.
- 1991**      The North American Menopause Society The Second Annual Meeting  
 "The Vaginal Ultrasound and Progestin Challenging Test Replacing Endometrial Biopsy Before ERT." Montreal, Canada

September 25-28, 1991

- 1990** The Thirty Third Pan-American International Congress of Infertility  
“Treatment of Resistant Polycystic Ovarian Disease.”  
Santo Domingo, Dominican Republic, February  
3-10,1990.
- 1990** The Second International Seminar in Reproductive Medicine “CO<sub>2</sub> Laser  
in Pelviscopic Surgery.” Naples, Italy, March  
24-26,1990
- 1990** The Third Congress of Latino-American Sterility & Infertility “Is a Low  
Dose of Clomiphene Citrate Indicated Immediately after  
Translaparoscopic CO<sub>2</sub> Laser Ovarian Wedge Resection  
in an Initially Resistant Polycystic Ovarian Disease?”  
Santiago, Chile, September, 1990
- 1988** The American College of Obstetrics & Gynecology District IV Annual  
Meeting “A New Translaparoscopic Approach in  
Treatment of Endometriosis.” Orlando, Florida, USA,  
November 11-15, 1988
- 1988** The American Society for Colposcopy and Cervical Pathology &  
Gynecologic Laser Society “An Ovarian Wedge  
Resection In Resistant PCOD with Laparoscopic CO<sub>2</sub>.”  
San Francisco, California, USA, April 17-19, 1988
- 1988** The Polish Gynecological Society 23<sup>rd</sup> Congress  
1. “Viral Vulvitis and Cervical Neoplasm.”  
2. “Women and Aids.” Wroclaw, Poland, September 24-27,  
1988
- 1987** The International Meeting of Gynecologists and Obstetricians  
1. “Selection of Drug for Ovulation Induction.”  
2. "Laser in Gynecological Practice.”  
Poznan, Poland, May 25-30, 1987
- 1976** The VIII FIGO World Congress “Endometrial Candidiasis in Women –  
Histological  
Investigations.” Mexico City, Mexico, October 17-22, 1976
- 1974** The 8<sup>th</sup> Congress The Polish Endocrinology Society  
1. “The Introduction of the Ophthalmodynamometric Study  
for Diagnosis of Endocrinological Disturbances.”  
2. “The Evaluation of the Thyroid Gland and a New



4. Laparoscopic colpopexy for total vaginal prolapse.
5. Laparoscopic vaginal vault suspension following hysterectomy.
6. Laparoscopic reconstructive posterior culdoplasty following hysterectomy.
7. Laparoscopic bladder repair in three layers.
8. Laparoscopic hysteropexy for uterine prolapse.
9. Laparoscopic ovarian wedge resection.
10. Laparoscopic full-thickness ovarian biopsy (from antimesenteric to mesenteric area).
11. Laparoscopic uterine suspension in pelvic pain and infertility.
12. Laparoscopic radical hysterectomy with lymphadenectomy.
13. Laparoscopic posterior ligament and lateral fascia reconstruction for stress urinary incontinence.
14. Laparoscopic technique for interstitial/corneal pregnancy resection.
15. An intraoperative method of localizing a missing piece of a broken laparoscopic instrument.
16. Parallel technique of Veress pneumoperitoneum needle insertion.
17. Laparoscopic pelvic reconstruction in 4 anatomic pelvic level for POP.

#### ULTRASONOGRAPHY: NEW DIAGNOSTIC TECHNIQUES (1993 – PRESENT)

1. Classic transabdominal ultrasonography for diagnosis of paravaginal defect.
2. Transvaginal contrast diagnostic technique for paravaginal defect.
3. Transvaginal ultrasound and progestin challenging test replacing endometrial biopsy before HRT.

#### TEACHING AUDIO CASSETTE

1. Ostrzenski A: "Preventing Complications in Endoscopic Treatment of Endometriosis/Laparoscopic Hysteropexy with CO2 Laser for the Treatment of

Infertility or Pelvic Pain; Avoiding Problems.” (2 tapes). Issued by the Society of Laparoendoscopic Surgeons, USA, 1993

2. Reich H, Ostrzenski A: "Avoiding Complications in Operative Endoscopy for the Fertility Surgeon/Preventing Complication in the Treatment of Endometriosis with a New Approach.” (2 tapes). Issued by the Society of Laparoendoscopic Surgeons, USA, 1993
3. Reich H, Ostrzenski A: "Avoiding Ureteral Injuries/Laparoscopic Assisted Vaginal Hysterectomy v/s Total Laparoscopic Hysterectomy with Vaginal Vault Suspension.” (1 tape). Issued by the Society of Laparoendoscopic Surgeons, USA, 1993

TEACHING VIDEO TYPE CASSETTE:  
NEW TRANSLAPAROSCOPIC SURGICAL TECHNIQUES

1. Ostrzenski A: Laparoscopic Panhysterectomy with Reconstructive Posterior Culdoplasty and Vaginal Vault Suspension. Washington, D. C., USA, 1993 Rome, Italy, 1994
2. Ostrzenski A: A New Retroperitoneal Laparoscopic Colpopexy Technique. Washington, D. C., USA, 1994
3. Ostrzenski A: A New Retroperitoneal Laparoscopic Hysteropexy Technique. Washington, D. C., USA, 1994
4. Ostrzenski A: Laparoscopic Myomectomy with Tourniquet and Suturing Myometrium in Layers, Washington. D. C., USA, 1995
5. Ostrzenski A: A New Technique of Laparoscopic Ovarian Wedge Resection. Washington, D. C., USA, 1995
6. Ostrzenski A: A New Technique of Laparoscopic Full-thickness Ovarian Biopsy. Washington, D. C., USA, 1995
7. Ostrzenski A: A New Laparoscopic Technique for Stress Urinary Incontinence Treatment. Washington, D. C., USA, 1996
8. Ostrzenski A: Translaparoscopic New, Modified Colpopexy Technique. Washington, D. C., USA, 1996
9. Ostrzenski A: Translaparoscopic Urinary Base Bladder Reconstruction in Layers. Washington, D. C., USA, 1996



COSMETIC & RECONSTRUCTIVE GYNECOLOGY:  
NEW SURGICAL TECHNIQUES  
(1982-PRESENT)

Dr. Ostrzenski is a founder and director of the international-domestic courses/workshops for physicians who specializing in the cosmetic gynecology field.

The following surgical interventions have been developed and pioneered by Dr. Ostrzenski:

1. Deep posterior culdoplasty
2. Natural restoration of vaginal vault suspension with reconstruction in 4-anatomical levels.
3. Hydrodissection and reverse V-plasty for clitoral hood reduction.
4. Clitoral subdermal hoodoplasty.
5. Vaginal rugation rejuvenation (restoration of vaginal columnar rugae) with CO<sub>2</sub> laser for an acquired sensation of a wide/smooth vagina (Cosmetic Vaginal Rejuvenation).
6. Fenestration technique for labia minora labio-reduction.
7. Vaginal orifice reconstruction (perineal membrane, perineal body and pubocervical fascia reconstructions).
8. G-Spotplasty.
9. Labioplasty and labioplasty for labium majus rejuvenation.
10. Modified posterior perineoplasty for vaginal rejuvenation.

NEW ANATOMIC DISCOVERIES

1. G-spot anatomy and histology,
2. Labium majus fibro-adipose sac,
3. Clitoral frenulum deep stratum,
4. G-spot complex role in the genesis of the anterior vaginal wall ballooning.

## BOOK (S), CHAPTER (S), PREFACE (S) and MANUSCRIPT (S):

### I. EDUCATIONAL BOOKS:

1. Ostrzenski A. GYNECOLOGY Integrating Conventional, Complementary, and Natural Alternative Therapies. Lippincott Williams & Wilkins. Philadelphia, PA, USA 2002.
2. Ostrzenski A. "Laparoscopic Panhysterectomy with Reconstructive Posterior Culdoplasmy and Vaginal Vault Suspension." *Medical Science International Publishing Inc., USA, 1993.* (Original English Publication)
3. Ostrzenski A. "Panisterectomia Laparoscopica Con Colpoplastica Posteriore E Sospension Della Cupola Vaginale." Italian Scientific Editor Professor E.V. Cosmi, M.D. Translator M. Montanino, M.D. *CIC Edizioni Internazionali, Rome, Italy, 1994* (Italian translation from English)
4. Ostrzenski A. " Pan-histersctomia Laparoscopica com Culdoplstia Reconstructora Posterior e Suspensao da Culpula Vaginal." Brazilians Scientific Editor Professor Paulo Belfort, M.D. Editora de Publicacoes Cientificas Ltda (EPUC). *Rio de Janeri, Brasil, 1995.* (Portuguese translation from English)
5. Ostrzenski A. "Laparoscopowe Wyciecie Macity." Scientific Editor of the Polish Translation: Professor Ryszard Poreba, M. D., Ph.D. Publisher: *Silesian Academy of Medicine, Katowice, Poland 1996* (Polish translation from English)

### YEAR BOOK:

6. Ostrzenski A: " Endoscopic Carbon Dioxide Laser Ovarian Wedge Resection in Resistant Polycystic Ovarian Disease." Chapter 9 in Mishell DR, Jr, Lobo RA, Sokol RZ Eds. "*Year Book of Infertility 1993.*" *Mosby, USA, 199*

### CHAPTER (S) IN EDUCATIONAL BOOKS

(International Contributor):

7. Ostrzenski A: " Psychological Advantages of Advanced Endoscopy v/s Laparotomy in Gynecological Surgery." Chapter 1 in: Klimek R. "*Prenatal and Perinatal Psycho-Medicine.*" *DWN DReAM, Krakow, Poland, 1992*
8. Ostrzenski A: "Advanced Video Endoscopic Gynecological Surgery As a Live Imaging." Chapter 36 in: Popkin DR and Peddle LJ. Eds. "*Women's Health Today*". *Parthenon, London, UK 1994*

9. Ostrzenski A: "Psychological Impact of Pelvic Surgery: A Comparison of Laparoscopy versus Laparotomy." Chapter 2 in: Grochmal SA. Ed. "*Minimal Access Gynecology*" Radcliffe Medical Press Ltd., Oxford, U.K., 1995
10. Ostrzenski A: "Lateral Paravaginal - Tendinous Arch Reconstruction for Stress Urinary Incontinence (SUI )." Chapter in: Cosmi EV. Ed. "*A Slide Atlas of Major Surgical Procedures Using Laparoscopy*" The Parthenon Publishing Group Inc., New York-London 1997
11. Ostrzenski A: "Repair of Bladder-Base Injury." Chapter in: Cosmi EV. Ed. "*A Slide Atlas of Major Surgical Procedures Using Laparoscopy.*" The Parthenon Publishing Group Inc. New York-London 199

#### PREFACE IN EDUCATIONAL BOOK:

12. Ostrzenski A: Preface in W. Kokoszka "*Illustrated Diagnostic Gynecological Laparoscopy.*" DWN DRe AM, Krakow, Poland, 1992

#### SCIENTIFIC MANUSCRIPTS:

13. Ostrzenski A: "A Concentration of Sodium and Potassium Ions in the Ecrynic Secretion of the Palms of the Hands and in the Blood Serum in Normal Pregnancy Complicated by Late Gestosis." Ph.D. Desertation, *Academy of Medicine at Wroclaw, Poland, 1970*
14. Ostrzenski A: "Mycotic Endometriosis, Diagnosis and Treatment." Manuscript, *Academy of Medicine at Lubline, Poland, 1974*

#### EDUCATIONAL MANUSCRIPTS:

14. Ostrzenski A. (Contributing Author): "Guidelines to Medical Examinations for Professional Drivers." Manuscript. *Published by the Institute if Auto-Transport, Warsaw, Poland 1971, No.1650Z*
15. Ostrzenski A: "Videolaparoscopic Pelvic Herniorrhaphy, Colpopexy And Bladder Repair. Teaching Manuscript." *Institute of Laser and Video Laparoscopy, Metropolitan Surgical Center. Washington-Krakow, USA-Poland, 1993*

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- 5) Ostrzenski A. The Sodium and Potassium Ions Concentration in the Ecrine Sweat of Hand's Palm in Pregnant Women with Late Toxemia Syndrome. *Ginekol Pol* 1973; 44:127.
- 6) Ostrzenski A. Simultaneous Treatment of penile and Vaginal Vandidiasis in Sexual Partners. *Pol Tyg Lek* 1973;28:1190.
- 7) Ostrzenski A. Stein-Leventhal Syndrome in the Light of Genetic Investigations. *Pol Tyg Lek* 1973;28:1260.
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### **The Clinical Study (2006-2010) of Reconstructive and Cosmetic Gynecology on the Following Topics:**

1. Ostrzenski A. A new, cosmetic vaginal rejuvenation classification for an acquire sensation of wide vagina
2. Ostrzenski A: Restoration of vaginal columnar rugae with CO<sub>2</sub> laser: A new technique for vaginal rejuvenation
3. Ostrzenski A. G-Spotplasty: A new technique
4. Ostrzenski A. Fenestration Labioplasty (FB) for labia minora: A new technique
5. Ostrzenski A. Vaginal rejuvenation new surgical techniques (7 new techniques)
6. Ostrzenski A. Labia majora labioplasty: A new technique
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8. Subepithelial reduction of the clitoral prepuce: A new technique
9. Introital reconstruction for vaginal rejuvenation
10. Dorsal perineal membrane restoration for vaginal rejuvenation
11. Role of the internal sphincter muscles in vaginal rejuvenation

## 12. Restoration of the anterior and/or posterior commissure

### The Cadaver Study on G-Spot Anatomy in Cooperation with the Department of Forensic Medicine, Warsaw Medical University, Poland

The existence of the G-spot anatomy, histology, hormonal receptors, and immuno-histo-chemical study in different age groups (from female fetus, through child to adult) has been conducting. The G-spot anatomy, preliminary results, was published in April 2012 (*Journal of Sexual Medicine*) and immuno-histo-chemical study has been completed and the manuscript is in the final stage of preparation for submission. Also G-spot role in the mechanism of anterior vaginal wall engorgement was studied.

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