



Institute of Gynecology, Inc.

Director
Prof. Adam Ostrzenski, M. D., Ph. D., Dr. Habil.

7001 Central Ave, St. Petersburg, FL 33710, U.S.A.

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CURRICULUM VITAE

PERSONAL:

U.S./Polish Citizen

In 1967, Married to Maria Molenda Master in Law,

Attorney at Law

George Washington University Law School,

Washington DC, U.S.A. and

Wroclaw University Law School, Poland

CHILDREN:

Katarzyna M. Ostrzenska, M. D., Board Certified Internist

Bartosz A. Ostrzenski, J.D., Attorney at Law

EDUCATION:**M. D. Diploma**

Academy of Medicine, Wroclaw, Poland 1966

Ph. D. Diploma

Academy of Medicine, Wroclaw, Poland 1971

Dr. Habil. Diploma (Doctor Habilitant; Post Ph. D. degree)

Jagiellonian University, College of Medicine,

Cracow, Poland, 1995

Dr. Med. Honoris Causa

Thomas More University, Rome, Italy, 2017

**PROFESSIONAL
TRAINING:**

Internship: Internal: Medicine, Obstetrics & Gynecology,

General Surgery, Pediatrics (6 months rotation per specialty)

Academy of Medicine, Wroclaw, Poland 1966-1966

Specialty Residency Training in Poland:

1. Obstetrics and Gynecology Program

(for the First-Degree Specialization)

The Academy of Medicine, Wroclaw, Poland 1968-1971,

(worked under Prof. Kazimierz Nowosad)

2. Extended Pelvic Surgery

(for the Second-Degree Specialization – equivalent of a fellowship)

Academy of Medicine, Lublin, Poland 1971-1973

(worked under Prof. Barbara Trebicka-Kwiatkowska)

3. Fellowship in Reproductive Endocrinology, the joined program between:

The Academy of Medicine, Warsaw, Poland and

Jagiellonian University, Cracow, Poland, 1973-1975

(worked under Prof. Ireneusz Roszkowski, Prof. Jerzy Teter, from Warsaw and Prof. Rudolf Klimek from Cracow)

Diplomate

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

Diplomate

Obstetrician & Gynecologist

The Polish Board of Obstetrics & Gynecology, (Second Degree), 1973

Diplomate

Endocrinologist

The Polish Board of Obstetrics & Gynecology, 1975

**THE U.S.A.
CERTIFICATION:**

1. **E.C.F.M.G.** Certification, 1980, Philadelphia, U.S.A.
(Equivalent to the U.S. National Board allowing to enter a
medical internship and a residency program specialty
training)
2. **F.L.E.X.** Certification, 1982, Washington, DC, U.S.A.
(The state one of the requirements for a license to practice
medicine and surgery)

The U.S. Residency Specialty Training

Obstetrics & Gynecology

(The American Board of Obstetrics & Gynecology credited
2-year for prior training and experience)

The State University of New York, Buffalo, NY, U.S.A.,
1980-1982 (worked under Prof. David H. Nichols and
Prof. Jack Lipes)

Diplomate

The American Board of Obstetrics & Gynecology

Obstetrician & Gynecologist, 1986 until retirement in 2016

Identified Specialist

1. Obstetrician & Gynecologist
2. Reproductive Endocrinologist

The State of Maryland, Board of Medical Examiners, 1988

**PROFESSIONAL
MEDICAL LICENSE
in the U.S.A.**

Florida (active status)

Washington, District of Columbia (inactive status),

Maryland (inactive status),

New York (inactive status),

Hawaii (inactive status),

Illinois (inactive status)

**ACADEMIC
APPOINTMENTS:**

University Academic Appointment

Full University Professor

Gynecology and Obstetrics

Howard University College of Medicine

Washington, D.C., U.S.A.

UNIVERSITY ACADEMIC FUNCTION

Director

The Division of Operative Gynecology,

Howard University College of Medicine

Washington, D.C., U.S.A., 1994-2001

University Clinical Faculty Appointments

Full Professor

Clinical Obstetrics & Gynecology

Florida International University

Miami, FL, U.S.A., 2009-now

Full Professor

Clinical Obstetrics & Gynecology

University of South Florida

Tampa, FL, U.S.A (2001-2008)

Associate Professor

Clinical Obstetrics & Gynecology

George Washington University School of Medicine

Washington, D.C., U.S.A. (1987-1993)

Assistant Professor

Clinical Obstetrics & Gynecology

George Washington University School of Medicine

Washington, D.C., U.S.A. (1982-1984)

Visiting Professor Appointments:

Visiting Professor

International Faculty Member

The Department of Gynecology and Obstetrics

The Jagiellonian University, College of Medicine

The International Postgraduate Educational Center

Krakow, Poland (1992)

Teaching and Demonstrating Own New Surgical Techniques
of Reconstructive Laparoscopic and Classic Gynecologic
Surgery for Pelvic Organ Prolapse and Stress Urinary
Incontinence

Visiting Professor

La Sapienza University School of Medicine,

The Department of Gynecology & Obstetrics, Rome, Italy

(1993, June 1994, and December 1994, 2004)

Teaching and Demonstrating Own New Surgical Techniques
of Reconstructive Laparoscopic and Classic Gynecologic
Surgery for Pelvic Organ Prolapse and Stress Urinary
Incontinence

Visiting Professor

The Kuwait University Faculty of Medicine

The Department of Gynecology and Obstetrics

Teaching and Demonstrating Own New Surgical Techniques

of Reconstructive Laparoscopic and Classic Gynecologic

Surgery for Pelvic Organ Prolapse and Stress Urinary

Incontinence

The Kuwait City, Kuwait (October 1994)

Visiting Professor

The Silesian University School of Medicine

The Department of Gynecology and Obstetrics

Katowice, Poland, Academic Year 1997, 1998, 1999, 2000

Teaching and Demonstrating Own New Surgical Techniques

of Reconstructive Laparoscopic and Classic Gynecologic

Surgery for Pelvic Organ Prolapse and SUI

Junior Academic Appointments

Appointments in the U.S.A.

Assistant Instructor, OB/GYN State University of New

York, Buffalo, NY, U.S.A. (1980-1982)

Appointments in Poland

Adjunct at the Academy of Medicine, Lublin, Poland

(1971-1973)

Adjunct at the Academy of Medicine, Warsaw, Poland,
(1973-1978)

Demonstrating Surgeon of his Own Newly Developed Surgical Techniques in Poland:

1. The Jagiellonian University, College of Medicine Cracow,
Poland, The Department of Gynecology
(1991; 1992; 1993; 1994)
Teaching Classic Gynecologic Surgery &
Gynecologic Advanced Video Endoscopy & Laser Surgery
2. The Silesia University School of Medicine, Poland,
The Department of Gynecology (February 1991,
October 1991, May 1993, May 1994, January 1995,
August 1999)
Teaching Classic Gynecologic Surgery &
Gynecological Advanced Video Endoscopy &
Laser Surgery
3. Gdansk University School of Medicine
The Department of Gynecology
Teaching Classic Gynecologic Surgery &
Gynecologic Advanced Video Endoscopy & Laser Surgery
Gdansk, Poland, 1993

CURRENT POSITION: Medical Director

Institute of Gynecology, Inc.

7001 Central Avenue

Saint Petersburg, FL 33710, U.S.A.

POSITIONS HELD: Director

Operative Gynecology - Endoscopy and Laser Surgery

Department of Obstetrics & Gynecology

Howard University, College of Medicine (Emeritus Director)

Washington, D. C., U.S.A. July 1994 - July 2001

Director

Institute of Video Endoscopy & Laser of Washington

Premier Surgical Center

Washington, D. C., U.S.A. 1992 to 1994

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, the American citizens

were advised to leave the region, during that period)

Coordinator

Student Gynecology-Obstetrics Clerkship

Howard University, College of Medicine, Washington, DC,

U.S.A.1994 – 1998

(Co-author of a new clinical teaching core curriculum for students)

Coordinator

Residency Program of Gynecology-Obstetrics

Howard University, College of Medicine,

Washington, D. C., 1995 – 1998

(Co-author of a new RRC approved residency program curriculum),

Lecturer and Proctor

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, DC, 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 Core Curriculum Residency Program
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

HONORS:

Lifetime Award

Albert Nelson Marquis Lifetime Achievement Award
The Marquis Who's Who Publication Board
September 2017

Medal Award

Father of the Modern Cosmetic-Plastic Gynecology Award
The India Cosmetic Gynecology
October 2017

Scientific-Clinical Research Rankings

2012, Scientific Article on G-Spot Discovery Ranked Number One in the World. Selected From over 22 Million Scientific Articles by BioMedLib™, December 19, 2012.

2014

1. Scientific Article on Labium Majus Reconstruction Ranked Number One in the World. Selected From over 22 Million Scientific Articles by BioMedLib™, 2014.

3. Scientific Article on Labium Minus Reconstruction Ranked Number Two in the World. Selected From over 22 Million Scientific Articles by BioMedLib™, 2014.

Scientific Chairman

The 1st World Congress of Reconstructive and Cosmetic Gynecology, India Reconstructive Gynecologic Association

India Cosmetic Gynecology Society

New Delhi, India, October 6-8, 2017

President

The 1st 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 7th-11th, 2012.

Chairman

Plenary Session:

“Cosmetic-Plastic Gynecologic Surgery”

15th World Congress on Controversies In
Obstetrics-Gynecology and Infertility

Sayna Hainan, China, December 8-12, 2011.

Invited Speaker

Plenary Session

The 14th World Congress on Controversies on
Obstetrics-Gynecology and Infertility Plenary Session

Presentation:

"Designer vagina" Female sexual expression female
sexual and enjoyment or exploitative procedure”

Paris, France, November 17-20, 2011

4. **Keynote Speaker**

The 5th 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 3rd 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 3rd Annual World Congress on Cosmetic

Gynecology

Master Presentation:

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

Expert

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

The International Research Award

The Scientific-Clinical Research Award for a New
Surgical Technique of Colpopexy for Total Vaginal
Prolapse German-Turkish Gynecologic Association
Anatolia, Turkey, April 2007

Expert Advisor**FIGO Advisor**

Member FIGO Advisory Panels with Reappointments

The International Federation of Gynecology (FIGO)

London, UK, April 8, 2004-2007

FIGO Scientific Program Committee Advisor

XVIII FIGO World Congress in Gynecology & Obstetrics,

Kuala Lumpur, Malaysia, June 4, 2004

FIGO Advisor

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

Expert Coordinator

FIGO Study Group on the Assessment of New Technology
Subgroup of Gynecological Endoscopy
Montreal, Canada, September 26, 1994 to August 1999

Expert

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

Scientific-Clinical Manuscript Reviewer for:

1. Aesthetic Plastic Surgery Journal
2. Aesthetic Surgery Journal
3. American Journal Obstetrics & Gynecology
4. British Journal of Obstetrics and Gynecology
5. European Journal of Obstetrics and Gynecology &
Reproductive Biology
6. International Journal of Gynecology & Obstetrics
7. Journal National Medical Association
8. Journal of Reproductive Medicine

9. Obstetrics & Gynecology (Green Journal)

Scientific Reviewer Award

1. The Certificate of Excellence for Outstanding

Performance and Lasting Contribution as a Scientific
Reviewer

The Journal of the National Medical Association in 2002
Washington, D.C., U.S.A., January 2003

**2. 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., U.S.A., February 7, 2005

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, DC, U. S. A.

Chairman

The NRCC's Physician's Advisory Board

The United State of America Congress

Washington, DC, U.S.A., September 2004

Invited Speaker

Plenary Session Speaker

The 5th World Congress

Society for the Investigation of Early Pregnancy

Rome, Italy, May 22-25, 2001

Educational Book Contract Award

“Gynecology: Integrating Conventional,

Complementary & Natural Alternative Therapy”

For medical students, GYN-OB residents, and specialists

Lippincott Williams & Wilkins,

Philadelphia, PA, U.S.A., 1999

Invited Plenary Session Speaker

The 2nd International Congress on New Technology in

Reproductive Medicine, Neonatology and Gynecology.

Porto Conte-Alghero, Italy, September 18-23, 1999

Honorary Appointment

The Research Board of Advisors

The American Biographical Institute

Raleigh, NC, U.S.A., March 1998

“Man of the Year-1998”

For contribution to the progress in medicine

American Biographical Institute, Inc.

Raleigh, NC, U.S.A., 1998

Chairman

The Plenary Session

“Utero-vaginal Prolapse: A New Surgical Technique”

XV FIGO World Congress of Gynecology & Obstetrics

Copenhagen, Denmark, August 3-8, 1997

“International Man of the Year” 1995/1996

For contribution to the progress in medicine

International Biographical Center

Cambridge, England, January 19th, 1996

Authored Core Curriculum Educational Program

Invited to Develop Core Curriculum “Educational Objective
in Operative Gynecology, Endoscopy and Laser Surgery”

For Residency Program in Obstetrics & Gynecology

Howard University College of Medicine,

Washington, DC, U.S.A., August 1996

Presenter

The 3rd International Gynecologic Endoscopic Film

Festival & Instrumentation Exhibition

Phoenix, Arizona, U.S.A., May 17-18, 1996

Presenter

The World Congress of Gynecologic Endoscopy

Orlando, Florida, U.S.A. November 8-12, 1995

Invited Plenary Session Speaker

International Congress of Gynecologic Endoscopy

Gdansk, Poland, September 28-30, 1995

Inclusion in the International Who's Who in Medicine

In recognition of outstanding services

Cambridge, England, April 1995

Invited Speaker

The 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., U.S.A.,

March 30, 1995

Invited International Advisory Board Member

World Congress of Gynecological Endoscopy

Jerusalem, Israel, February/March 1995

Invited Plenary Session Speaker

The 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

Honorary Member of Who's Who

Among Outstanding Americans

January 1995

Medical Staff Award

Howard University Hospital

Washington, D. C., December 1994

Invited Plenary Session Speaker

XIV FIGO 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

Invited Moderator

Italian National Research Counsel

Bioethical Aspect of Medical Experiments

Rome, Italy, June 16-18, 1994

Honorary Member

The Polish Gynecological Society

Warsaw, Poland, May 1994

Presenter

International Congress of Gynecological Endoscopy

New York City, New York, U.S.A., November 18-23, 1994

Presenter

World Congress of Gynecological Endoscopy

San Francisco, California, U.S.A., November 10-14, 1993

Member of the Educational Committee

The Society of Laparoendoscopic Surgeons

San Diego, California, U.S.A., March 27, 1993

Invited Plenary Speaker & Expert Panel Discussion

The World Congress of Gynecological Endoscopy

The International Federation of Gynecological

Endoscopists. Bombay, India, December 2-5, 1993

Invited Scientific Presenter

The 1st International Gynecological Endoscopic

Film Festival

San Diego, California, U.S.A., August 27-28, 1993

Invited Special Lecture Speaker & Panel Discussion

Member

The 36th Annual Pan American International Conference

Fertility and Sterility Puerto Vallarta, Mexico

January 1999

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Invited Guest Speaker

Interdisciplinary Conference

“Laparoscopic Surgery - Avoiding Complications.”

The Society of Laparoendoscopic Surgeons, U.S.A.

San Diego California, U.S.A., March 1993

Vice-President

The World Club of Polish Gynecologists

December 1992 - Present.

Chairman

Woman’s Health Awareness

Washington, DC, U.S.A., 1992-1995

Presenter of Scientific Papers

The XIV World Congress on Fertility and Sterility

Caracas, Venezuela, November 1992

Scientific Paper Presenter

International Congress of Gynecological Endoscopy

Chicago, Illinois, U.S.A., September 1992

Research Subcommittee Member

The North American Menopause Society

Cleveland, Ohio, U.S.A., September 1992

Executive Committee Member

International Society for Prenatal & Perinatal
Psychology & Medicine. Stockholm, Sweden,
May 1992 – 1999

International Scientific Committee Member

Invited Plenary Session Speaker
The World Congress of Prenatal & Perinatal Psychology
& Medicine, Stockholm, Sweden, May 1992

Presenter of Scientific Paper

The 5th World Congress on Transvaginal Sonography
Orlando, Florida, U.S.A., May 1992

Advisory Committee Member

The National Coalition of 100 Black Women
Washington, DC, U.S.A., 1991 - 1996

Who's Who in the East

Inclusion to the U.S. Encyclopedia, 1991

President

The National Polish-American Medical Society
Washington, DC, U.S.A., 1991-1993

Medal Award

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

Scientific Paper Presenter

The Fourth World Congress on Vaginography in Gynecology

Chicago, Illinois, U.S.A., 1991

Medal Award

Falloppius International Society

For Developing New Surgical Techniques in

Female Infertility

Madonna di Campiglio, Italy, 1991

“The Man of Achievement”

Inclusion in International Register of Profile

World Edition, Cambridge, England, 1983

Certificate of Inventor

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

Plenary Session,

The World Congresses of International & Domestic

Scientific Clinical Symposia, 1988

Co-Chairman

Round Table Discussion of the Panel Experts

The World Congresses of International & Domestic

Scientific Clinical Symposia, 1988

Clinical Grant Research Award

The Polish Academy of Science, Warsaw, Poland, 1974

Presenter of the Scientific Paper

The 7th FIGO World Congress, Moscow, USSR, 1973

Silver Medal Award

Best Invention for Medical Instrument Category

The Polish Patent Bureau, Wroclaw, Poland, 1973

**PROFESSIONAL
ORGANIZATION
MEMBERSHIP:**

The Polish Gynecologic Society (Honorary Member)

Association of Professors of Gynecology & Obstetrics

Washington, DC, U.S.A.

The Polish Gynecologic Plastic Society (Honorary President)

**EDITORIAL
Journal
POSITIONS:**

International Advisory/Editorial Board

International Journal of Advances in Reproduction

Kiawah, Island, SC, U.S.A., 1998

Editorial

International Scientific Committee Member

Gynecological New Trends in Endoscopy

Rome, Italy, 1995

Co-Editor-in-Chief

The International Journal of Prenatal & Perinatal

Studies. Stockholm, Sweden, 1993

International Advisory Editorial Board Member

International Journal: "Materia Medica Polona"

Warsaw, Poland, 1989

**INTERNATIONAL
COURSES/
WORKSHOPS:**

Director

CME Advanced Cosmetic-Plastic Gynecology Course and

Hands-on Workshop

St. Petersburg, FL, U.S.A. 2003-present

Director

CME Course of Advance Laparoscopic Gynecologic Surgery

St. Petersburg, FL, U.S.A., 2006-2008

Director

CME Menopause Course

St. Petersburg, FL, 2005-2006

Co-Director

International Gynecological Endoscopy Workshop

Warsaw Medical University

(Prof. Dr. Longin Marianowski)

Christian Albrecht University, Kiel Germany

(Prof. Dr. Kurt Semm)

Howard University College of Medicine, U.S.A.

(Prof. Dr. Adam Ostrzenski)

Warsaw, Poland, May 1994

Co-Director

International Gynecological Endoscopy Workshop

“La Sapienza” University, Rome, Italy Rome

(Prof. Dr. Ermelando Cosmi)

Christian Albrecht University, Kiel Germany

(Prof. Dr. Kurt Semm)

Howard University College of Medicine,

Washington, DC, U.S.A. (Prof. Dr. Adam Ostrzenski)

Rome, Italy, 2005.

Scientific Coordinator

Surgical Courses and Live OR Demonstrating Surgeon

From 1989 to Present

**GYNECOLOGICAL
SURGICAL
CONSULTANT:**

Premier Surgical Center

Washington, DC, U.S.A., 1994 – 2001

Department of OB/GYN, Jagiellonian University

College of Medicine, Krakow, Poland, 1991

PRESENTATION DURING CONGRERS

2004

Invited Guest Speaker

International Congress of Endometriosis

“Pelvic Pain”

Rome, Italy, December 19, 2004

2003

Invited Chairman & Speaker of the Plenary Session

XVII FIGO World Congress of Gynecology & Obstetrics

“Alternative therapies in Gynecology & Obstetrics”

Santiago, Chili, November 3-7, 2003

2001

Invited Plenary Session Speaker

The 5th World Congress

“Laparoscopic Pelvic Reconstruction and SUI”

Society for the Investigation of Early Pregnancy

Rome, Italy, May 22-25, 2001

1999

Invited Plenary Session Speaker

“Advanced Laparoscopy in Pelvic Surgery”

2nd International Congress on New Technology in

Reproductive Medicine, Neonatology and Gynecology. Porto

Conte-Alghero, Italy, September 18-23, 1999

1997

Speaker at the XIV FIGO World Congress Presentations:

1. “New Laparoscopic Techniques: Lateral Paravaginal Reconstruction; Colpopexy; and Hysteropexy.”

2. “A New Contrast Ultrasonography Diagnostic Technique for Paravaginal Defects.”

3. “A new Retroperitoneal Posterior Culdoplasty and Vaginal Suspension at the Time of Laparoscopic Total Abdominal Hysterectomy (L-TAH).”

Copenhagen, Denmark, August 1997

1996

International Congress of Gynecological Endoscopy

AAGL Faculty Member Chicago, Illinois, U.S.A.

September 25-29, 1996

1995

World Congress of Gynecological Endoscopy “Live

Imaging Gynecological Endoscopy [LIGE].”

Orlando, Florida, U.S.A., November 8 - 12, 1995

- 1995** World Congress of Gynecological Endoscopy
1. Great Debate Participant by Invitation “Total Hysterectomy versus Supra-Cervical 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 (Intra-fascial Cervical Excision with Suturing Technique).” New York, U.S.A., 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.” Orlando, Florida, U.S.A., May 1994
- 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, U.S.A., 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, U.S.A., 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, U.S.A., 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 & 21st AAGL Annual Meeting
1. "Video Laparoscopic Pelvic Herniorrhaphy with CO₂ Laser."
 2. "Videolaparoscopic CO₂ Laser Ovarian Drilling v/s Ovarian Wedge Vaporization in Resistant PCOD." Chicago, Illinois, U.S.A., September 23-27, 1992
- 1992** The North American Menopause Society Third Annual Meeting
- "Treatment of Androgenic Alopecia in Postmenopausal Women."
Cleveland, Ohio, U.S.A., 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 5th World Congress on Transvaginal Sonography “Diagnosis of Broad
Ligament Varicose Vein by Means of Transvaginal Ultrasound.” Orlando,
Florida, U.S.A., May 8-10, 1992
- 1991** The International Society for Gynecologic Endoscopy Biannual Meeting
1. “Pelviscopic Colpopexy with CO₂ 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, U.S.A., 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 CO₂ Laser Option to Perform an Ovarian Wedge Resection in
Resistant PCOD via Laparoscope.”
 3. “CO₂ Laser Therapy to the Cervix for HPV Infection During Pregnancy.”
Madonna di Campiglio, Italy, February 3-10, 1991.

- 1991** The North American Menopause Society the Second Annual Meeting
 “The Vaginal Ultrasound and Progesterone Challenging Test Replacing
 Endometrial Biopsy Before ERT.” Montreal, Canada,
 September 25-28, 1991
- 1990** The 33rd 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
 “CO₂ Laser in Pelviscopic Surgery.” Naples, Italy, March 24-26, 1990
- 1990** The 3rd Congress of Latino-American Sterility & Infertility
 “Is a Low Dose of Clomiphene Citrate Indicated Immediately after
 Translaparoscopic CO₂ 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, U.S.A., 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 CO₂.” San Francisco, California, U.S.A.,
 April 17-19, 1988

- 1988** The Polish Gynecological Society 23rd 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 8th 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 Suggestion for the
Treatment of the Stein-Leventhal Syndrome". Bialowieza, Poland,
June 28-29, 1974
- 1973** Symposium of Allergy Section of the Polish Dermatological Society
- "A Contact Dermatitis to Linomag Cream During Pregnancy."
Lodz, Poland, October 25, 1973
- 1973** The 17th Conference on Thyroid Dysfunction
- The Polish Endocrinological Society "Hypothyroidism and Galactorrhea -
Amenorrhea in Women." Uniejow/Warta, Poland, October 12-13, 1973

- 1973** The 7th F.I.G.O World Congress “Mycosis of the Uterine Cavity as A Cause of Menorrhagia and Infertility in Women and Its Treatment.”
Moscow, USSR, August 12-18,1973
- 1973** The International Twelfth Clinical Day of Parasitology in Medicine “An Antagonism Between Vaginal Fungal Infection and Lyophilized Living Lactobacillus Acidophilus.” Lodz, Poland, April 1973
- 1972** The Polish Sport Medicine Society
1. “A Case of Follicular Gonadal Dysgenesis in Sportswoman.”
 2. “Studies on the Level of Sexual Education Among Female Graduate Students.” Katowice, Poland, February 1972

OSTRZENSKI'S NEW LAPAROSCOPIC SURGICAL TECHNIQUES

1. Ostrzenski's laparoscopic panhysterectomy (Total laparoscopic hysterectomy),
2. Laparoscopic myomectomy with tourniquet and suturing myometrium in layers,
3. Laparoscopic colpopexy for total vaginal prolapse,
4. Laparoscopic vaginal vault suspension at the time of hysterectomy,
5. Laparoscopic reconstructive posterior culdoplasty at the time of hysterectomy,
6. Laparoscopic bladder repair in three layers,
7. Laparoscopic hysteropexy for uterine prolapse,
8. Laparoscopic ovarian wedge resection,

9. Laparoscopic full-thickness ovarian biopsy (from anti-mesenteric to mesenteric area),
10. Laparoscopic uterine suspension in pelvic pain and infertility,
11. Laparoscopic radical hysterectomy with lymphadenectomy,
12. Laparoscopic paravaginal reconstruction,
13. Laparoscopic technique for interstitial/corneal ectopic pregnancy resection,
14. An intraoperative method of localizing a lost broken instrument or needle,
15. Parallel technique of Veress pneumoperitoneum needle insertion,
17. Laparoscopic pelvic reconstruction for POP in four anatomic pelvic levels.

ULTRASONOGRAPHY: OSTRZENSKI'S NEW DIAGNOSTIC TECHNIQUES

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 hormonal therapy.

OSTRZENSKI'S EDUCATIONAL 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, U.S.A., 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, U.S.A., 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, U.S.A., 1993.

OSTRZENSKI'S EDUCATIONAL VIDEO TAPE CASSETTE

1. Ostrzenski A: Laparoscopic Panhysterectomy with Reconstructive Posterior Culdoplasty and Vaginal Vault Suspension. Washington, D. C., U.S.A., 1993 and Rome, Italy, 1994,
2. Ostrzenski A: A New Retroperitoneal Laparoscopic Colpopexy Technique. Washington, D. C., U.S.A., 1994,
3. Ostrzenski A: A New Retroperitoneal Laparoscopic Hysteropexy Technique. Washington, D. C., U.S.A., 1994,
4. Ostrzenski A: Laparoscopic Myomectomy with Tourniquet and Suturing Myometrium in Layers, Washington. D. C., U.S.A., 1995,
5. Ostrzenski A: A New Laparoscopic Technique of Ovarian Wedge Resection. Washington, D. C., U.S.A., 1995,

6. Ostrzenski A: A New Laparoscopic Technique Full-thickness Ovarian Biopsy. Washington, D. C., U.S.A., 1995,
7. Ostrzenski A: A New Laparoscopic Technique for Stress Urinary Incontinence Treatment. Washington, D. C., U.S.A., 1996,
8. Ostrzenski A: A New laparoscopic, Modified Colpopexy Technique. Washington, D. C., U.S.A., 1996,
9. Ostrzenski A: Laparoscopic Urinary Base Bladder Reconstruction in Layers. Washington, D. C., U.S.A., 1996.

OSTRZENSKI'S NEW SURGICAL TECHNIQUES FOR RECONSTRUCTIVE & COSMETIC GYNECOLOGY

A. Reconstructive Techniques

1. Deep posterior culdoplasty,
2. Natural restoration of vaginal vault suspension WITHOUT surgical meshes or permanent sutures,
3. Vaginal colpopexy for total vaginal prolapse WITHOUT surgical meshes or permanent sutures,
4. Lateral vaginal reconstruction,
5. New modified perineal body reconstruction,
6. New modified posterior perineoplasty,
7. Vaginal columnar rugae restoration with CO₂ laser,
8. Vaginal introital reconstruction,
9. Labiolysis of the labia minora,

10. Labiolift of the labia minora,
11. G-Spotplasty,
12. Labiolift of the labia majora,
13. Labium majus adipose sac reconstruction,
14. Clitoral prepucioplasty,
15. Restorative clitoral hoodoplasty,
16. Clitoral sub-epithelial hoodoplasty,
17. Anterior commissuroplasty,
18. Posterior commissuroplasty,
19. Labium minus frenulum restoration,

B. Cosmetic Gynecologic Techniques

1. Clitoral hood reduction,
2. Clitoral frenulum reduction,
3. Fenestration labioreduction of the labia minora,

OSTRZENSKI'S NEW ANATOMIC DISCOVERIES

1. The G-spot anatomy,
2. The G-spot histology,
3. Labium majus adipose sac,
4. Clitoral frenulum deep fascia,
5. Labium minus blood supply,

Over 200 PUBLICATIONS

(Educational books, scientific-clinical articles, abstracts, and miscellaneous publications)

HAVE BEEN AUTHORED BY ADAM OSTRZENSKI

(over 80 out of 200 articles are indexed and abstracted in the PubMed website)

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., Port Washington, NY, U.S.A., 1993. (Original English Publication)

The BOOK TRANSLATED FROM ENGLISH INTO:

Italian

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

Portuguese

4. Ostrzenski A. "Pan-histerectomia Laparoscopica com Culdoplastia 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

Polish

5. Ostrzenski A. "Laparoscopowe Wyciecie Macicy." 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)

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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, U.S.A., pp.199.

EDUCATIONAL BOOK CHAPTERS

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 1999

PREFACE in the EDUCATIONAL BOOK

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

SCIENTIFIC MANUSCRIPTS:

1. Ostrzenski A: "A Concentration of Sodium and Potassium Ions in the Eccrine Secretion of the Palms of the Hands and in the Blood Serum in Normal Pregnancy Complicated by Late Gestosis." Ph.D. Dissertation, Academy of Medicine at Wroclaw, Poland, 1970.
2. Ostrzenski A: "Mycotic Endometriosis, Diagnosis and Treatment." Manuscript, Academy of Medicine at Lublin, Poland, 1974.

EDUCATIONAL MANUSCRIPTS

1. Ostrzenski A. (Contributing Author): "Guidelines to Medical Examinations for Professional Drivers." Manuscript. Published by the Institute of Auto-Transport, Warsaw, Poland 1971, No.1650Z.
2. 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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2. Ostrzenski A. The G-spot anatomical structure spotted. *J Sex Med* 2018;15:803-805.

3. Ostrzenski A. ACOG scientific integrity deficiency in recommendation for the practice of cosmetic-plastic gynecology misleads other gynecological societies, inhibits clinical education and research, and jeopardizes Women's Health. *J Reprod Med.* 2016 Jan-Feb;61(1-2):33-8.
4. Ostrzenski A, Krajewski P, Davis K. Anatomy and histology of the newly discovered adipose sac structure within the labia majora: international original research. *Arch Gynecol Obstet.* 2016 Sep;294(3):549-554.
5. Ostrzenski A. Clitoral prepucioplasty with anterior commissure transposition: a case report and description of a new, minimally invasive surgical technique. *J Reprod Med.* 2015 Mar-Apr;60(3-4):178-82.
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7. Ostrzenski A. Anterior vaginal introitoplasty. *J Reprod Med.* 2014 May-Jun;59(5-6):327-329.
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9. Ostrzenski A. Labioplasty for labium majus rejuvenation in the light of a newly discovered anatomic structure. *Aesth Plast Sur* 2014;38:544-560.
10. Ostrzenski A, Krajewski P, Ganjei-Azar P, Wasiutynski A, Scheinberg MN, Tarka S, Fudalej M. Verification of the anatomy and newly discovered and histology of the G-spot complex. *Brit Int J Obstet Gynecol (BJOG).* 2014 Oct;121(11):1333-9.

11. Ostrzenski A. Fenestration labioreduction of the labium minus: A new surgical intervention concept. *ISRN Obstet Gynecol* 2014;<http://dx.doi.org/10.1155/2014/671068>
12. Ostrzenski A. Selecting Aesthetic Gynecologic Procedures for Plastic Surgeons: A Review of Target Methodology. *Aesthetic Plast Surg*. 2013 Feb 5. [Epub ahead of print] PMID: 23381650.
13. Ostrzenski A. Clitoral subdermal hoodoplasty for medical indications and aesthetic motives. A new technique. *J Reprod Med*. 2013 Mar-Apr;58(3-4): 149-152.
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