



## *Institute of Gynecology*

### **Director**

**Prof. Adam Ostrzenski, M. D., Ph. D., Dr. Habil., Dr. Honoris Causa**

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### **ACADEMIC BIOGRAPHY**

#### ***Ostrzenski's RESEARCH CONTRIBUTION TO THE PROGRESS IN MEDICINE***

#### ***Personal***

Adam Ostrzenski born on August 29. 1940 in Poland, to Pawel and Valery. He married to Maria Molenda in 1967, practicing attorney at law in the U.S.A. and Poland. He is the parent of Katarzyna Ostrzenska, M.D., an internist, and Dr. of Law Bartosz Ostrzenski, practicing attorney. Grandfather of Dahlia Bagheri (a psychology student), Alex Ostrzenski, and Chloe Ostrzenski. He repatriated (American citizen through mother who was born in the U.S.A.) from Poland to the U.S.A. in 1978.

### ***Professional Titles***

#### **USA**

1980 – E.C.F.M.G. – Verification of M. D. Diploma

1982 – F.L.E.X. Certification, Washington, DC, U.S.A.

1986 – American Board-Certified Gynecologist and Obstetrician.

1988 –The Board of Medical Examiners of the State of Maryland-Identified  
Reproductive Endocrinologist

#### **POLAND**

1966 - Doctor of Medicine, 1966, Wroclaw Academy of Medicine, Poland.

1971 – The Polish Board - Certified I<sup>0</sup> Gynecologist and Obstetrician

1973 – The Polish Board - Certified II<sup>0</sup> Gynecologist and Obstetrician

1975 – The Polish Board - Certified Endocrinologist

### ***Scientific Degrees***

1971 – Doctor of Medical Science (Doctor of Philosophy [Ph.D.]), Wroclaw Academy of  
Medicine, Poland.

1995 – Doctor Habilitate (Dr. Habil.), Jagiellonian University, College of Medicine,  
Cracow, Poland.

### ***Honorary Degree***

2017 – Doctor Honoris Causa, Thomas More University, Rome, Italy.

### ***U.S. A. Academic Titles***

1998 – University Full Professor of Gynecology and Obstetrics, Howard University College  
of Medicine, Washington, D.C.

1987 – Associate Professor of Clinical Obstetrics and Gynecology, Georg Washington University, Washington, D.C.

1982 – Assistant Professor of Clinical Obstetrics and Gynecology, Georg Washington University Washington, D.C., U.S.A., 1982.

1980 – Assistant Instructor of Obstetrics and Gynecology, State University of New York, Buffalo, NY.

***The U.S. University Position***

1994 – 2001– Director of the Operative Gynecology - Endoscopy and Laser Surgery Division at the Department of Obstetrics & Gynecology, Howard University, College of Medicine, Washington, D. C.

***Fields of clinical-scientific research interest***

1. The anatomy and histology of female urogenital tract,
2. Female stress urinary incontinence,
3. Gynecologic surgery,
4. Female genital cosmetic-plastic surgery,
5. Mycologic infection of female genital tract.

***1. NEW ANATOMICAL and HISTOLOGICAL DISCOVERIES***

- The urethral stabilizing mechanism (Ostrzenski A. Eur J Obstet Gynecol Reprod Biol. 2019 Jun;237:164-169.
- The Infrafrenulum fascia bundle histology (Ostrzenski A., Clin Anat. 2018 Sep;31(6):907-912.

- The adipose sac anatomy (Ostrzenski et al., Arch Gynecol Obstet. 2016 Sep;294(3):549-554).
- The adipose sac histology (Ostrzenski et al., Arch Gynecol Obstet. 2016 Sep;294(3):549-554).
- G-spot anatomy verification (Ostrzenski et al., Brit Int J Obstet Gynecol. 2014 Oct;121(11):1333-1339).
- The G-spot histology (Ostrzenski et al., Brit Int J Obstet Gynecol. 2014 Oct;121(11):1333-1339).
- The G-spot role in genesis of anterior vaginal wall ballooning (Ostrzenski A. Eur J Obstet Gynecol Reprod Biol. 2014 Sep;180:186-191).
- The G-spot anatomy (Ostrzenski A. J Sex Med 2012;9:1355-1359).
  - *2012, the article ranking by BioMedLib® number one in the world (selected from 23-million domain).*

### ***OSTRZENSKI'S NEW ULTRASONOGRAPHIC DIAGNOSIS of ANATOMICAL ABERRATIONS***

- The new diagnosis of paravaginal defect in female stress urinary incontinence utilizing ultrasonography technology (Ostrzenski and Osborne. Int Urogynecol J Pelvic Floor Dysfunct. 1998;9(4):195-199).
- The new diagnosis of patent urachal sinus by (Ostrzenski et al. Int Urogynecol J Pelvic Floor Dysfunct. 1998;9(1):52-54).

## **2. FEMALE STRESS URINARY INCONTINENCE**

- The etiology of female stress urinary incontinence (Ostrzenski A. Eur J Obstet Gynecol Reprod Biol. 2020 Feb;245:26-34).
- A surgical therapy for female stress urinary incontinence without using slings or meshes (Ostrzenski A. Eur J Obstet Gynecol Reprod Biol. 2020 Feb;245:26-34).
- A surgical therapy for female stress urinary incontinence by laparoscopic paravaginal reconstruction. (Ostrzenski A. J Reprod Med. 1998 Jun;43(6):477-82).

## **3. GYNECOLOGICAL SURGERY**

### **Laparotomy and Vaginal Approaches**

- Lateral vaginal wall reconstruction (completed study submitted for publication)
- New perineal body reconstruction (completed study and submitted for publication)
- Total abdominal hysterectomy with new posterior culdoplasty and vaginal vault suspension (Ostrzenski, Gynecol Obstet Invest 1998;45(4):262-265).

### **Pelvic Reconstructive Surgical Techniques**

- New modified posterior perineoplasty (Ostrzenski A. J Reprod Med. 2015 Mar-Apr;60(3-4):109-116).
- Posterior culdoplasty (Ostrzenski A. J Reprod Med 1999;44:504-510).
- Vaginal colpexy for total vaginal prolapse WITHOUT surgical meshes or permanent sutures (Ostrzenski A. Int J Gynecol Obstet 1996;55:147-152).

### **New Endoscopic Surgical Techniques**

- A new parallel technique of Veress needle insertion (Ostrzenski A. Fertil Steril

- 1999;71:578-581).
- Laparoscopic paravaginal reconstruction (Ostrzenski A. J Reprod Med 1998;43:477-482).
  - Laparoscopic myomectomy with tourniquet and suturing myometrium in layers (European J Obstet Gynecol & Reprod Biol 1997;74:189-193).
  - Laparoscopic hysteropexy for uterine prolapse (Ostrzenski A. J Reprod Med 1997;43:361-366).
  - Localizing fragment of broken laparoscopic instruments intraoperatively. Am J Obstet Gynecol 1997;176:726-27.
  - Laparoscopic technique for interstitial/corneal ectopic pregnancy resection (Ostrzenski A. J Reprod Med 1997;42:363-366).
  - Total laparoscopic hysterectomy with posterior culdoplasty and vaginal vault suspension (Ostrzenski A. Int J Gynecol Obstet 1996;55:247-257).
  - New laparoscopic radical hysterectomy with pelvic node dissection (Ostrzenski A. Eur J Surg Oncology 1996;22(6):602-606).
  - Laparoscopic colpopexy for total vaginal prolapse (Ostrzenski A. Int J Gynecol Obstet 1996;55:147-152).
    - A competitive monetary price winner awarded by The German-Turkish Gynecologic Association, Anatolia, Turkey, April 2007.
  - Ostrzenski A. A new, simplified posterior culdoplasty and vaginal vault suspension during abdominal hysterectomy. Int J Gynecol Obstet 1995;49:25-34.
    - Abstracted in Obstet Gynecol Survey 1996;51(2):94-95.

- This surgical technique quoted in: Rock JA, Tompson JD. Eds. Te Linde's Operative Gynecology. Eighth Edition (50th Anniversary Edition.) Lippincott-Raven. Philadelphia-New York 1997;p 813 and 851.
- Laparoscopic full-thickness ovarian biopsy (Ostrzenski A. J Gynecol Surg 1995;11:109-112).
- Laparoscopic ovarian wedge resection (Ostrzenski A. Int J Fertility 1992;37(5):295-299.
  - included in the Yearbook of Infertility 1993.
  - Abstracted in: Fertility Digest 1993;No. 5.

#### **New Hysteroscopic Method**

Minimizing cervical trauma during dilatation by inserting Laminaria Digitata preoperatively (Ostrzenski A. Int J Fertility 1994;39(2):111-115).

#### ***4. NEW SURGICAL TECHNIQUES of COSMETIC-PLASTIC GGYNECOLOGY***

- Labiolytic of the labia minora a new corrective surgery for iatrogenic labium minus fusion. (Ostrzenski A. Ann Plast Surg 2019;83: 558–567).
- Clitoral frenuloreduction, a new surgical intervention for aesthetic motives. Ostrzenski A. Heliyon. 2019 Jan 18;5(1):e01098. doi: 10.1016/j.heliyon.2018.e01098).
- G-spotplasty, a new surgical intervention for secondary G-spot dysfunction (Ostrzenski A. Aesthetic Plast Surg. 2018 Aug;42(4):1126-1132. doi: 10.1007/s00266-018-1137-7. Epub 2018 Apr 20).

- A new prepuceplasty surgical technique for prepuce of the clitoris restoration with anterior commissure transposition (Ostrzenski A. J Reprod Med. 2015 Mar-Apr;60(3-4):178-82).
- Fenestration labioreduction of the labium minus, a new surgical intervention that preserves shape, color, and reduce size as well as establishes symmetry. This procedure also restores integrity of the fourchette.  
(Ostrzenski A. ISRN Obstet Gynecol 2014;<http://dx.doi.org/10.1155/2014/671068>).
  - *2014, the article ranking by BioMedLib<sup>®</sup> number two in the world (selected from 23-million domain).*
- A labiopexy technique by Colles' fascia reconstruction for labium majus rejuvenation (Aesth Plast Sur 2014;38:544-560).
  - *2014, the article ranking by BioMedLib<sup>®</sup> number one in the world (selected from over 23-million domain).*
- A labia majora labioplasty technique by reconstruction of the newly discover the adipose sac (Aesth Plast Sur 2014;38:544-560).
- A new vaginal introital reconstruction for sensation of the wide vagina (Ostrzenski A. J Reprod Med. 2014 May-Jun;59(5-6):327-329).
- A new clitoral subdermal hoodoplasty procedure establishes symmetry of the hood of the clitoris (Ostrzenski A. J Reprod Med. 2013 Mar-Apr;58(3-4):149-152).
- Vaginal rugae rejuvenation (restoration), a new surgical technique for an acquired sensation of wide/smooth vagina (Ostrzenski A. Gynecol Obstet Invest. 2012;73(1):48-52).



- A new hydrodissection with reverse V-plasty is restorative procedure for the treatment of buried glans of the clitoris associated with lichen sclerosus. This procedure can also be utilized for esthetic reduction of the clitoral hood (Ostrzenski A. J Gynecol Surg 2010;26(1):41-48).

#### ***5. MYCOLOGIC INFECTIONS OF The FEMALE GENITAL TRACT***

- Endometritis mycotica diagnosis and treatment: new discovery and therapy (Ostrzenski A. Ginekol Pol 1974;45:1113).
- Lyophilized suspension of live Lactobacillus Acidophilus in supportive treatment of mycotic forms of vaginitis in women. For the first time lyophilized bacteria were used and paved the way for probiotic (Ostrzenski A. Pol Tyg Lek 1974;29).
- New histological documentation of endometrial mycotica in women (Ostrzenski A. Ginekol Pol 1975;46:973).

#### ***EDUCATIONAL BOOKS:***

**Ostrzenski A.** "GYNECOLOGY Integrating Conventional, Complementary, and Natural Alternative Therapies". Lippincott Williams & Wilkins. Philadelphia, PA, USA 2002.

**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) and translated into languages: Italian (1994), Portuguese (1995), and Polish (1996).

#### ***YEARBOOK INCLUSION***

**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***

**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

**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

**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

**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

***INTERNATIONAL and DOMESTIC AWARDS***

**2017 – Lifetime Award**

Albert Nelson Marquis Lifetime Achievement Award

The Marquis Who's Who Publication Board, U.S.A.

**2017 - *Father of the Modern Cosmetic-Plastic Gynecology***

The Society of India Cosmetic Gynecology

**2007 – The International Research Award**

The Scientific-Clinical Research Competitive Monetary Award

for developing a new surgical technique of colpopexy

for Total Vaginal Prolapse. German-Turkish Gynecologic Association

Anatolia, Turkey.

**2003 – Scientific Reviewer Award**

The Certificate of Excellence for Outstanding

Performance and Lasting Contribution as a Scientific Reviewer

The Journal of the National Medical Association

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

**2004 – Physician of the Year**

The Congress of the U.S.A.

**1998 – Man of the Year**

For contribution to the progress in medicine

American Biographical Institute, Inc.

Raleigh, NC, U.S.A.

1995 – **International Man of the Year**

For contribution to the progress in medicine

International Biographical Center Cambridge

England.

1995 – **“Doers Profile”**

Outstanding Member of Metropolitan

Washington, D.C. Community

Selected by Senior Editors.

The Washington Times

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

1973 – **Silver Medal Award**

Best Invention for Medical Instrument Category

The Polish Patent Bureau, Wroclaw, Poland.