



## **Institute of Gynecology, Inc.**

### **Director**

**Full University Professor Adam Ostrzenski, M. D., Ph. D., Dr. Habil., Dr. Honoris Causa  
7001 Central Ave, St. Petersburg, FL 33710, U.S.A.**

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Cell: (727) 458 6060

## **CURRICULUM VITAE**

### **PERSONAL:**

U.S. Citizen

In 1967, Married to Maria Molenda, Master in 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. 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 - now

**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)

**LIVE DEMONSTRATION OF OWN NEW SURGICAL TECHNIQUES:**

1. La Sapienza University School of Medicine,  
The Department of Gynecology & Obstetrics, Rome,  
Italy (1993, June 1994, and December 1994, 2004)
2. 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)
3. 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

4. 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)

### **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:**

#### **Scientific Chairman**

The Padua University 1<sup>st</sup> World Congress of Modern

Cosmetic-Plastic Gynecology

Padua City, Italy, May 15, 16, 17, 2020

#### **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.

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 1<sup>st</sup> World Congress of Reconstructive and Cosmetic Gynecology, India Reconstructive Gynecologic Association India Cosmetic Gynecology Society  
New Delhi, India, October 6-8, 2017

**President**

The 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

The 14<sup>th</sup> 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

**3. 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 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

**FIGO Advisor**

Member FIGO Advisory Panels with Reappointments

The International Federation of Gynecology (FIGO)

London, UK, April 8, 2004-207

**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 5<sup>th</sup> 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 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**

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

**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 3<sup>rd</sup> 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

**Medal Award**

The title of the

*“Father of Modern Cosmetic-Plastic Gynecology”*

The Society of Cosmetic Gynecology

India, 2017

**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 1<sup>st</sup> International Gynecological Endoscopic

Film Festival

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



**Invited Special Lecture Speaker &**

**Panel Discussion Member**

The 36<sup>th</sup> Annual Pan American International Conference

Fertility and Sterility Puerto Vallarta, Mexico

January 1999

**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 5<sup>th</sup> 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**

Fallopian 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 7<sup>th</sup> 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 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**                      **Invited Plenary Session Speaker**
- “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**                      **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 & 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, 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 5<sup>th</sup> 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 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, 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 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 Campiglio, 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 33<sup>rd</sup> 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 3<sup>rd</sup> 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, 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 CO<sub>2</sub>.” San Francisco, California, U.S.A.,  
 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 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 17<sup>th</sup> Conference on Thyroid Dysfunction  
The Polish Endocrinological Society "Hypothyroidism and Galactorrhea - Amenorrhea in Women." Uniejow/Warta, Poland, October 12-13, 1973
- 1973** The 7<sup>th</sup> 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 colpexy 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
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 CO<sub>2</sub> 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,
6. The urethral stabilizing mechanism

### ***TOTAL 176 PUBLICATIONS***

*(89 out of 176 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. "Panistectomy 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-histectomy 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)

### *YEAR BOOK INCLUSION*

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

### ***SCIENTIFIC-CLINICAL ARTICLES in PEER REVIEW JOURNAL and Abstracted in PubMed***

1. Ostrzenski A. The new etiology and surgical therapy of stress urinary incontinence in women. Eur J Obstet Gynecol Reprod Biol. 2020 Feb;245:26-34.
2. Ostrzenski A. New site-specific anatomical defects discovered within the female urogenital tract 2019 Eur J Obstet Gynecol Reprod Biol. Jun;237:164-169.

3. Ostrzenski A. G-Spot Anatomy and its Clinical Significance: A Systematic Review. *Clin Anat.* 2019 Nov;32(8):1094-1101
4. Ostrzenski A. Labiolysis: A corrective surgery for iatrogenic labium minus fusion. *Ann Plast Surg* 2019;83: 558–567.
5. Ostrzenski A. Clitoral frenuloreduction: A new surgical intervention. *Heliyon.* 2019 Jan 18;5(1):e01098. doi: 10.1016/j.heliyon.2018.e01098.
6. Ostrzenski A. G-Spotplasty: A New Surgical Plastic Intervention-The Preliminary Study. *Aesthetic Plast Surg.* 2018 Aug;42(4):1126-1132. doi: 10.1007/s00266-018-1137-7. Epub 2018 Apr 20.
7. Ostrzenski A. The G-Spot Anatomical Structure Spotted. *J Sex Med.* 2018 May;15(5):803. doi: 10.1016/j.jsxm.2018.03.080.
8. Ostrzenski A. The Clitoral Infrafrenulum Fascial Bundle: The Anatomy and Histology. *Clin Anat.* 2018 Sep;31(6):907-912
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11. 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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17. Ostrzenski A. Selecting Aesthetic Gynecologic Procedures for Plastic Surgeons: A Review of Target Methodology. *Aesthetic Plast Surg.* 2013 Apr;37(2):256-65.
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19. Ostrzenski A. The G-spot anatomy: A new discovery. *J Sex Med* 2012;9: 1355-1359.



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