

FOREIGN SUPERVISOR'S REVIEW

on the PhD Dissertation of
Sagandykova Kalamkas Tulendinovna
on the topic:

“A clinical and functional assessment of the influence of gastro-oesophageal reflux disease on the development and progression of chronic nasal and nasopharyngeal pathology.”

submitted for the degree of Doctor of Philosophy (PhD)
in the specialty 8D10102 – Medicine

I am delighted to present this review of the dissertation submitted by Ms Kalamkas Tulendinovna Sagandykova. The dissertation focuses on an important and timely clinical topic: the investigation of chronic rhinosinusitis (CRS) in the context of gastro-oesophageal reflux disease (GERD) and associated pathologies. This includes the potential role of *Helicobacter pylori* as a cofactor in persistent inflammation.

From a scientific perspective, the dissertation demonstrates a high level of relevance, innovation and methodological rigour. The increasing incidence of refractory CRS, coupled with the suspected influence of gastro-oesophageal and laryngo-pharyngeal reflux (LPR) in its pathogenesis, makes this topic particularly pressing. The candidate addresses an evident gap in clinical diagnostics and treatment stratification by proposing a novel approach to integrated CRS patient assessment and management alongside concurrent reflux.

One of the most significant contributions of this study is the development and validation of the Nasopharyngeal Reflux Endoscopic Score (NRES). This original scoring system provides a reproducible and clinically meaningful way of visualising and quantifying reflux-related changes in the nasopharynx and nasal cavity. The dissertation convincingly demonstrates that the NRES correlates strongly with validated symptom indices (RSI, RSS and RFS) and responds sensitively to antireflux therapy. This provides a framework for personalised treatment and objective therapy monitoring.

Another strength of the work is its clear structure and comprehensive methodology. The study encompasses a systematic literature review, a well-designed observational clinical study and a prospective diagnostic validation study, all of which were performed to high ethical and scientific standards. Including over 500 patients and conducting rigorous statistical analysis enhances the credibility and clinical value of the findings.

Ms Sagandykova's research provides compelling evidence that *H. pylori* infection may play a significant role in the chronicity of disease, particularly in CRS patients

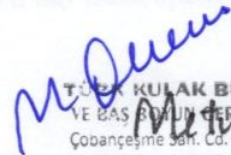
with polyposis and reflux symptoms. This novel insight opens up new perspectives for diagnostic evaluation and treatment strategies for a substantial subgroup of CRS patients.

I would also like to highlight the practical impact of the dissertation. The proposed diagnostic algorithm, which integrates symptom scores, endoscopic findings, microbiological testing and individualised therapy planning, has been piloted in clinical settings and has been shown to improve diagnostic accuracy and treatment outcomes. Therefore, this work is of considerable value not only to academics, but also to practising clinicians in otorhinolaryngology and gastroenterology.

The dissertation is well written and logically structured, with clear interpretations of complex clinical data. Throughout all stages of the work, the candidate has demonstrated independence, a deep understanding of the subject, and strong analytical and critical thinking skills. The quantity and quality of publications in peer-reviewed journals indexed in Scopus and Web of Science, as well as presentations of the results at international conferences, further demonstrate the scientific merit of the work.

In conclusion, this research meets the high standards required for the award of a PhD in Medicine. It makes a substantial scientific contribution to the interdisciplinary understanding and management of chronic rhinosinusitis, providing a foundation for further applied research in this field.

I fully support the award of a PhD to Ms Sagandykova Kalamkas Tulendinovna and congratulate her on this significant and clinically valuable scientific achievement.


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