

OPINION

by **Prof. Dr. Vera Borisova Krumova, MD,**

inside member of the scientific jury, based on an order of the Rector of MU - Varna,
№ P-109-311 / 07.08.2020

Subject: Competition for the academic position of "Associate Professor" in the field of higher education 7. Health and sports, professional field 7.2. Dentistry and scientific major "Periodontology and diseases of the oral mucosa" (SJ, issue 53 / 12.06.2020) (Decision of the Faculty Council - Protocol № 27 / 04.08.2020) and on the basis of Art. 127, para. 1, 2, 3 and 4 of the Regulations for the development of the academic staff in MU – Varna

Candidate - Dr. Maria Dimitrova Miteva-Hristova, MD

Chief Assistant Professor at the Department of Periodontology and Dental Implantology, FDM, MU – Varna

Brief data on the candidate's career profile

She was born in 1988 in the town of Sliven.

2002–2007 - graduated from Dobri P. Chintulov High School of Natural Sciences and Mathematics, Sliven

2007–2013 - Master, Dentist, Faculty of Dentistry, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna

2013 – Assistant Professor after a competition in the Department of Periodontology and Dental Implantology, FDM, MU - Varna, and from 2018 - Chief Assistant Professor

2014–2017 – scientific major in "Periodontology and diseases of the oral mucosa" in the same department

2015 - PhD student in the same department

2017 - acquired PhD Degree after successful defense of a dissertation on "Efficiency of high-energy lasers in non-surgical treatment of inflammatory diseases of the periodontium" in the scientific major "Therapeutic Dentistry"

2018 - acquires the scientific major "Periodontology and diseases of the oral mucosa"

From 2019 - scientific major in dental implantology

General evaluation of the competition materials

The materials submitted for participation in the announced competition for the academic position of "Associate Professor" are in accordance with the requirements of the Law on Academic Development and the Regulations for the Development of Academic Staff and Academic Positions at the Medical University - Varna.

Evaluation of scientific papers in the overall academic development of the candidate

General characteristics of the publishing activity and the scientific production:

Dr. Maria Miteva-Hristova, MD, presents: **1 abstract of a dissertation** on "Efficacy of high-energy lasers in non-surgical treatment of inflammatory diseases of the periodontium"; **a separate monograph** on "Non-surgical periodontal therapy -

basic principles." Varna, Medical University - Varna, 2019, ISBN: 978-619-221-230-8; 20 articles, 3 of which are related to the dissertation for PhD Degree in scientifically peer-reviewed and indexed foreign journals (first author: № 2, 3, 4); 7, related to the AP "Chief Assistant" (first author: № 1, co-author: 5–10); 10 after taking over the AP "Chief Assistant" (10 - independent author).

There is also a reference with actually printed full-text publications in scientific journals (in 4 indexed and scientifically referenced foreign journals), not included in the reference to meet the minimum scientometric requirements - in 1 - as a first author, and 3 - as a second author.

Dr. Maria Miteva-Hristova, MD, presented evidence for 9 citations in journals indexed in foreign databases, in Bulgarian scientifically peer-reviewed, referenced and indexed journals (attached reference according to the automated information from the scientific databases Web of Science, Scopus and Google Scholar of the library of MU - Varna).

Participation in scientific events

1. Miteva M, Peev S, Sabeva E. Comparison of Nd: YAG, Er, Cr: YSGG and diode lasers in non-surgical periodontal treatment. 27th Annual Assembly of the International Medical Association Bulgaria (IMAB), Varna, 2017.

2. Sabeva E, Peev S, Miteva M. Influence of macro- and micro-design of the implant on the primary stability. 27th Annual Assembly of the International Medical Association Bulgaria (IMAB), Varna, 2017.

3. Gerova Ts, Miteva M. Endo-periodontal lesions - conservative treatment or surgery. 28th Annual Assembly of IMAB and 5th International Meeting of Alumni Club at Medical University Varna, May 2018.

Participation in 2 research projects

- Complex oral diagnosis of children and adolescents with diabetes and obesity.
- Study of the dynamics of the healing processes in the peri-implant tissues by means of scintigraphy with ^{99m}Tc-MDP (methylene diphosphonate)

Personal skills

Fluent in English, computer literacy.

Dr. Maria Miteva, MD, enriches her professional experience by attending in 2015 a university course in dental implantology.

The scientific activity of the candidate is confirmed by her membership in BDA and BSDA.

Application of the scientific and practical achievements of the candidate

As a self-study PhD student, she successfully defended her dissertation for PhD Degree on the topic: "Effectiveness of high-energy lasers in non-surgical treatment of inflammatory diseases of the periodontium." The topic of scientific work is extremely relevant for the possibilities of treatment of periodontal diseases.

I want to emphasize the original contribution that for the first time the clinical effectiveness of Nd: YAG, Er, Cr: YSGG and diode lasers in the non-surgical treatment of periodontal inflammatory diseases is compared. It has been confirmed: laser-assisted non-surgical treatment of inflammatory periodontal diseases has no advantages over periodontal curettes-only treatment; non-surgical periodontal

treatment leads to improvement of clinical parameters - depth of probing, level of margo gingivalis and clinical level of the attachment; the reduction of bleeding on probing is accompanied by a decrease in the depth of the periodontal pocket; the reduction in the depth of probing is associated with an increase in the recession of the marginal gingiva.

Monographic work presented in the competition for "Associate Professor"

(Miteva, Maria. Non-surgical periodontal therapy - basic principles. Varna, Medical University - Varna, 2019, ISBN: 978-619-221-230-8)

In the monographic work Dr. Miteva presents the problem related to non-surgical treatment of periodontal diseases in great depth, dividing it into three parts: periodontal anatomy, instruments and instrumentation, and treatment sequences in periodontology.

This scientific paper is written in a high academic style and with excellent awareness of the importance of data collection, which allows for accurate diagnosis.

In addition to the good presentation of the anatomical features of the periodontium, the author also offers practical guidelines for its maintenance, which is of great importance for modern treatment with implants.

The monographic work is illustrated in great detail and clearly, which allows dental professionals and students to enrich their knowledge and experience.

Complex, qualitative assessment of the teaching-methodical and teaching activity

From the academic report on the employment of Dr. Maria Miteva-Hristova, MD, it can be seen that the average study load is according to the requirements of the Regulations of MU - Varna: 2015/2016 - 358 hours; 2016/2017 - 373; 2017/2018 - 299; 2018/2019 - 291; 2019/2020 - 182 hours. Total number - 1503.

I would like to emphasize that in the academic year 2018/2019 Dr. Miteva has a significantly high workload as a lecturer of students in Bulgarian and English, and conducts exercises with students and interns in Bulgarian and English. This workload shows that he has a responsible attitude towards Bulgarian and foreign students.

General assessment of the candidate in terms of compliance with the mandatory conditions for quantitative criteria and scientometric indicators according to the Regulations for the structure and activity of MU - Varna

I have known Dr. Maria Miteva-Hristova, MD, since her student years, as her teacher. I am impressed by her ambition and striving to achieve the highest results in all her activities. With a lot of work, will and creative skills, for her relatively short professional path she has achieved these high scientometric indicators, with which she appears in the competition according to the Rules for obtaining scientific degrees and holding academic positions at MU - Varna.

In **conclusion**, I would like to confirm that I will vote "yes" to **Dr. Maria Dimitrova Miteva-Hristova, MD**, to take the academic position of "Associate Professor" at the Department of Periodontology and Dental Implantology, FDM, MU - Sofia.

Sofia, October 6, 2020

Gave the opinion:


(Prof. Dr. Vera Krumova, MD)

