

ACADEMIC OPINION

For a competition for the academic degree "Associated Professor"

in the field of higher education 7. Health and Sport, professional field 7.1. Medicine and scientific specialty "Nervous Diseases" for the Department of Nervous Diseases and Neurosciences, Faculty of Medicine and the Second Clinic of Nervous Diseases at the University Hospital "St. Marina" – Varna, announced in SG 54/23.06.2023.

by Prof. Dr. Silva Peteva Andonova – Atanasova, DSC

*Head and internal member of the Scientific Jury, determined by order P-109-375/22. 08. 2023a,
by the Rector of Medical University – Varna.*

General information. The competition for the academic post of Associate Professor is announced in the professional field 7. 1. Medicine in the specialty of "Nervous Diseases" and promulgated in SG No. 54/23. 06. 2023. One candidate applied for the position:

Dr. Mihael Emilov Tsalta - Mladenov, PhD, Chief Assistant at the Department of Nervous Diseases and Neurosciences, Medical University - Varna.

Biographical data and career development. Mihael Emilov Tsalta-Mladenov was born on 13. 02. 1991 in the town of Varna.

In 2016. graduated in Medicine at the Medical University - Varna.

Professional development:

For the period 2016 - 2018 works as a resident doctor at the Second Clinic of Nervous Diseases, University Hospital "St. Marina", Varna. In 2018. was enrolled for specialization in Nervous Diseases at the Second Clinic of Nervous Diseases, University Hospital "St. Marina" - Varna.

From 01. 01. 2023 acquired a specialty in Nervous diseases.

Academic development:

For the period 23.01.2018 to 08.09.2018 he was appointed as a part-time assistant professor at the Department of Nervous Diseases and Neurosciences at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, and since September 2018. - for assistant professor at the department.

From 2018 to 2021 he is a full-time PhD candidate at the Department of Nervous Diseases and Neurosciences, specialty "Nervous Diseases" at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

In April 2021 he obtained the scientific and educational degree "Doctor of Medicine" after he successfully defended his PhD thesis.

From November 2021 and currently he is a senior assistant professor at the Department of Nervous Diseases and Neurosciences, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

He is a member of the Faculty and Academic Council of Medical University - Varna.

Dr. Tsalta speaks English fluently.

Diagnostic and therapeutic activity: Dr. Mihael Tsalta works entirely in the field of neurology. His total medical work experience at the date of the competition was 6 years and 07 months.

General description of the submitted materials. Dr. Mihael Tsalta has submitted 31 scientific papers for review, including 1 PhD thesis, 30 scientific publications in Bulgarian and foreign journals.

In 20 (65%) publications, Dr. Tsalta is the first author and in 4 (13%) he is the second author. 22 (71%) of the publications are in English in journals that are referred and indexed in world-renowned databases. The presented publications have a total impact factor of 71.348.

The scientific publishing activity of Dr. Mihael Tsalta, Ph.D. includes participation with papers and posters in 11 international scientific events and 10 national forums, over 40

participations in international and national scientific events and 13 participations in international training courses.

Participation in 3 projects of the Science Fund: № 19020 "Electronic registry of stroke, diabetes and diabetic retinopathy for studying the epidemiology of the diseases and the effectiveness of their management"; project № 19013 "Continuous glucose monitoring in type 2 diabetes mellitus - relation to diabetic retinopathy and diabetic nephropathy"; project No. 21015 "Molecular mechanisms of action of Cytodeox: new evidence supporting neuroprotective and antioxidant effects".

General characteristics and main contributions of the scientific research and applied activity. The scientific contributions in the publications and reports submitted for participation in the present competition are directed in several, interrelated scientific areas, corresponding to the topic of the announced competition and are presented according to the attached academic reference. They illustrate the candidate's research interests, covering the following subfields in neurology: **vascular diseases of the nervous system** (quality of life in patients who have experienced ischemic stroke; risk factors for stroke; differential treatment in the acute phase of ischemic stroke; epidemiological studies related to stroke);

Neuroinfections (*streptococcal meningoencephalitis; autoimmune limbic encephalitis; acute inflammatory demyelinating polyneuropathy (Guillain-Barre syndrome); Neurological complications of connective tissue diseases (vasculitis); Neurological diseases in metabolic disorders; Hereditary diseases of the nervous system; Degenerative diseases of the nervous system (Parkinson's disease; application of deep brain stimulation in late Parkinson's disease).*

The main scientific and applied contributions of Dr. Tsalta are related to the first in the country comprehensive study of quality of life after ischemic stroke, identifying the most affected aspects of life in the first three months after acute stroke and the role of certain clinical and sociodemographic factors.

A review of the scientific literature on scales for assessing the quality of life in stroke patients was conducted, and the most commonly used scales were presented - generic and specific, and their specificities.

The specific software and registry developed for a regional epidemiological study in stroke patients has scientific application and can be integrated in other studies in the country. By processing the primary data, valuable and up-to-date information on the epidemiology of stroke in the Varna region was obtained.

In the scientific and applied aspect, the effectiveness of the deep brain stimulation (DBS) method in selected patients with late Parkinson's disease is confirmed, and the candidate additionally presents his own extensive experience with this treatment.

Main contributions in teaching activity of the candidate. The teaching activity of Dr. Mihael Tsalta-Mladenov Ph.D. dates back to 2017 and has been uninterrupted until now (5 years and 10 months in total). Includes lectures and exercises with student in specialty "Medicine" and "Dental Medicine", "Nurse" and "Midwife" at the Medical University – Varna. Dr. Tsalta has attached an academic reference of classroom teaching hours.

On the basis of the presentation made, including a comprehensive assessment and analysis of the applicant's performance and in accordance with the requirements and accepted evaluation criteria of the Medical University - Varna, I find it justified to propose the following

Dr. Mihael Emilov Tsalta - Mladenov, Ph.D., to occupy the academic position of Associate Professor in the field of higher education 7. Health and Sport, professional field 7.1. Medicine in the specialty "Nervous Diseases" for the needs of the Faculty of Medicine, Department of Nervous Diseases and Neurosciences, at the Medical University "Prof. dr. P.

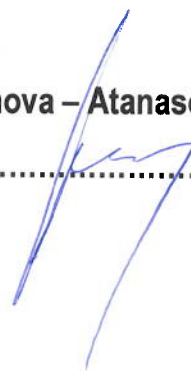
Stoyanov - Varna and the Second Neurological Clinic at the University Hospital "St. Marina" - Varna, announced in the SG 54/23.06.2023 г.

09.10.2023

Varna

Prof. Dr. Silva Peteva Andonova – Atanasova, DSC

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