

## REVIEW

from

Prof. Dr. Emil Paskalev Dimitrov, MD, PhD

Member of the scientific jury appointed by order of the rector of Varna Medical University

No. R-109-202/16.04.2025 and Minutes of the FS No. 38/14.04.25

for

Competition for the position of Associate Professor in the field of higher education

"Healthcare and Sports", Professional Field 7.1. "Medicine"

specialty "Nephrology", according to an announcement in State Gazette, issue No. 15/21.02.2025

To Dr. Snezhana Atanasova Atanasova, M.D.

Dr. Snezhana Atanasova Atanasova was born on 25.01.1988 in Varna. In 2007, she graduated from III PMG "Academic Methodius Popov", Varna. In 2013, she graduated from Medical University - Varna.

### Professional Development

From 2015 to 2019, he was a resident nephrologist at the Nephrology Clinic. and dialysis" at the University Hospital "St. Marina" in Varna.

As of January 1, 2020, he is a physician nephrologist at the Nephrology and Dialysis Clinic. St. Marina University Hospital - Varna.

### Academic Development

Since 2018, he has been a regular assistant at Varna Medical University, Department II "Internal Diseases, Nephrology, Dialysis, and Toxicology".

He has been a regular doctoral student at the University of Medical Sciences "Prof. Dr. Paraskev Stoyanov" - Varna since 2019.

There is a defended dissertation on the topic: "Evaluation and dynamic monitoring of hyperphosphatemia - a predictor of bone-mineral disorders in dialysis patients."

Qualification: ONS "Doctor" from April 2022

### Publications:

Textbooks: 2 copies

Studio: 10 units

Articles: 30 pieces

Reports: 15

Participation in scientific forums and research projects:

National Congress of Nephrology

Academy Nephrology

"Nephrology Conference"

World Kidney Day

ERA Congress

Membership in professional organizations:

Bulgarian Medical Association (BMA)

Bulgarian Society of Nephrology (BSN)

European Renal Association (ERA).

Languages for communication:

Bulgarian (Bulgaria):

Залчено на основание чл. 5,  
§1, 6. „В“ от Регламент (ЕС)  
2016/679

English

Personal skills and competencies:

Since 2019, I have been teaching a course on "Operating the 5008 V4.5 ONLINE plus hemodialysis machine."

Dr. Snezhana Atanasova is a proven nephrologist specialist in all areas of nephrology with broad scientific interests, the most significant of which are extracorporeal treatment methods.

Defended a dissertation on the topic: "Evaluation and dynamic monitoring of hyperphosphatemia - a predictor of bone-mineral disorders in dialysis patients."

Dr. Snezhana Atanasova has a significant body of scientific work, including 30 scientific papers, 11 of which she authored alone and 19 as a co-author. She is a co-author of two manuals in Bulgarian and English respectively. He actively attends scientific forums in Bulgarian and foreign languages, including interdisciplinary scientific meetings. There is participation in regional and European nephrology events - ERA, BANTAO, Master class - training seminars in Poland, Spain, North Macedonia.

To participate in the competition, Dr. Snezhana Atanasova submitted 10 full-text scientific publications in journals that are referenced and indexed in global databases.

data with scientific information - Scopus, recognized in NACID. The applicant's scientific and research activity for the period 2015-2024 is significant. The majority of the presented publications are original - 80% and 20% are review articles.

Extracorporeal treatment methods are the focus of the doctoral candidate's research. Her publications have investigated new specific biomarkers in patients undergoing hemodialysis treatment - sclerostin, Klotho, FGF-23, Galectin-3, which enable a more accurate assessment of changes in patients and the possibility of applying optimal therapy. Dr. Atanasova is interested in modern aspects of treating renal anemia in patients with CKD, bone-mineral disorders in dialysis patients, and improving the overall condition of patients through the effects of physical exercise. Dr. Atanasova demonstrates the significance of psychological issues in patients undergoing periodic dialysis treatment.

Dr. Atanasova's publications have a distinct practical, research, and theoretical significance.

Contributions

Patient-staff relationships in the dialysis facility of  
Klinik for Nephrology and Dialysis

The following contributions have been made in this direction:

Theoretical in nature

It proves the role of communication, which is of significant importance in staff-patient teamwork.

It proves the importance of comprehensive patient care, leading to effective communication between patients and medical staff;

Contribution with practical results

An article is available that shows the significant role of the psychosomatic status of patients in dialysis structures. It is determined by the contact between the patient and the medical team.

The acceptable proximity between them is a prerequisite for a proper understanding of the problems and the patient's compliance, leading to better results from the comprehensive treatment. An important result for effective treatment

The patients' conviction is to receive optimal treatment and results.

Innovative biomarkers in HD patients with bone-mineral disorders on hemodialysis (HD). With their application, early changes can be detected and treatment can be started early.

A new biomarker is sclerostin, which is tested in patients in the predialysis and dialysis stages. It has diagnostic and prognostic significance.

Galestin-3 is also a new biomarker and is believed to help stratify patients with kidney disease. The new biomarkers FGF-23 and Klotho are leading indicators for determining bone mineral disorders.

Contribution of practical application.

The examination of sclerostin in patients with BHD allows for the identification and interpretation of significant disruptions in bone-mineral metabolism and prevention of cardiovascular diseases. Galestin-3 is believed to be able to help monitor and guide specific therapeutic behavior. It has been proven that monitoring serum concentrations of parathyroid hormone, osteocalcin, and vitamin D in patients with CKD and progressive bone-mineral metabolism disorders is of significant scientific and practical interest and determines the individual diagnostic approach for hemodialysis patients.

The role of physical exercise in patients undergoing hemodialysis treatment

Contribution of a practical-theoretical nature.

Aerobic intra-dialytic exercises with a specialized bicycle were applied in an article for the first time in our country. The significance of these exercises for hemodialysis patients on their physical and emotional status has been proven.

Psychological problems in patients during adaptation to extracorporeal treatment

Contribution of practical application.

An article proves that patients with BHD often experience anxiety, insomnia, paranoia, despair, and depression. Success in combating these complications depends not only on therapeutic intervention, but also on the impact on the emotional state through psychotherapy methods.

Renal anemia in CKD-HD: current aspects and therapeutic behavior

Contribution with practical application. An update was made to the guide intended for a broad population of patients with anemia and chronic kidney disease. For the first time in our country, a study was conducted on the application of Monofer in patients undergoing hemodialysis. The results show a rapid response to treatment and higher effectiveness in the absence of adverse reactions and a long-lasting effect on hemoglobin levels with a reduced erythropoietin dose. The results presented by Dr. Snezhana Atanasova Atanasova are significant and enable improvement of the condition of patients with kidney disease. She achieves this through in-depth theoretical preparation and clinical work. Her results make her a well-established nephrologist specialist. Dr. Snezhana Atanasova Atanasova's scientific publications expand our knowledge of chronic kidney disease and new treatment trends. The emphasis on communication with patients, teamwork, and the discovery of new biomarkers for bone-mineral disorders. There is significance kidney rehabilitation and its possibilities during dialysis, applied for the first time in our country.

Dr. Snezhana Atanasova Atanasova has expertise in significant current nephrology issues. The dissertation expands the possibilities for improving treatment for patients with chronic kidney disease.

My familiarity with the provided materials gives me reason to give a positive assessment of Dr. Atanasova's dissertation.

I propose that the esteemed scientific jury award the academic and scientific degree of Associate Professor in the field of Nephrology to Dr. Snezhana Atanasova Atanasova.

Jun 17, 2025 Prof. Emil Paskalev, MD, DMN

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