

OPINION

by Assoc. Prof. Yavor Kostadinov Kashlov, MD, PhD

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Member of the scientific jury appointed by order of the Rector of MU – Varna

Order No. R-109-198/16.04.25 and Protocol of the Faculty Council No. 38/14.04.2025

Subject: Procedure for the academic position of “Associate Professor” Field of Higher Education:
7. Healthcare and Sports Professional Field: 7.1. Medicine Scientific Specialty: Nephrology
Announced in State Gazette, Issue No. 15 of 21.02.2025

Candidate: Dr. Snezhana Atanasova Atanasova, PhD Chief Assistant Professor at the Second
Department of Internal Medicine,
Medical University “Prof. Dr. Paraskev Stoyanov” – Varna

I. Biographical and Professional Data

Dr. Snezhana Atanasova Atanasova was born on January 25, 1988, in Varna. She graduated from Third High School of Mathematics and Natural Sciences “Acad. Metodi Popov” – Varna in 2007. In 2013, she earned a Master’s degree in Medicine from the Medical University “Prof. Dr. Paraskev Stoyanov” – Varna.

Her professional development began on May 4, 2015, when she was appointed as a resident physician in nephrology at the Clinic of Nephrology and Dialysis, University Hospital “St. Marina” – Varna. She obtained her specialty in nephrology in 2019. Since January 1, 2020, she has worked as a nephrologist at the same clinic.

Dr. Atanasova began her scientific activity in 2015, and since 2018 she has served as a full-time assistant at the Medical University – Varna, in the Second Department of Internal Medicine, Nephrology, Dialysis and Toxicology. In 2022, she successfully defended her dissertation titled “Assessment and Dynamic Monitoring of Hyperphosphatemia – A Predictor for Bone-Mineral Disorders in Dialysis Patients,” earning the academic degree of Doctor (PhD). Currently, she

holds the position of Chief Assistant Professor and acts as the administrative coordinator for dialysis treatment activities at UMHAT “St. Marina” – Varna.

II. Scientific Research Activity and Contributions

Publications:

Textbooks: 2 co-authored editions totaling 272 pages

Monographs/Studies: 10

Articles: 30, totaling 186 pages

Conference Papers: 15, totaling 269 pages

The candidate presents a comprehensive and in-depth research activity in the field of nephrology, structured into five key thematic areas:

Patient–Staff Relationships in Dialysis Center:

Dr. Atanasova has participated in two studies highlighting the importance of effective communication between healthcare staff and patients undergoing hemodialysis. Results demonstrate that open communication improves psychosocial adaptation, quality of life, and treatment satisfaction.

Innovative Biomarkers in Chronic Kidney Disease (CKD) and Bone-Mineral Disorders:

Four publications focus on new diagnostic approaches using biomarkers such as FGF-23, α -Klotho, osteocalcin, sclerostin, and Galectin-3. For the first time in Bulgaria, diagnostic value data for Galectin-3 and sclerostin are presented, showing potential for personalized therapy and prevention of cardiovascular complications.

Role of Physical Activity in Hemodialysis Patients:

Dr. Atanasova co-authored a study on the effects of intradialytic aerobic exercise on the emotional and functional status of patients. A specialized intradialytic exercise bike was introduced in Bulgaria for the first time.

Psychoemotional Problems in Predialysis CKD Patients:

A publication in this field emphasizes the need for psychological support, showing a correlation between disease progression and increased anxiety, depression, and social isolation.

Modern Approaches to the Treatment of Renal Anemia:

Two works are included—one examining the therapeutic potential of Monofer (a slow-release iron preparation), and the other offering a comprehensive review of the updated KDIGO guidelines on anemia treatment in CKD patients.

These publications are of high scientific and practical value, presenting original findings and methodologically innovative approaches. The contributions have both theoretical and applied significance, demonstrating deep expertise and research capacity in nephrology.

III. Teaching and Clinical Activity

Since 2018, Dr. Snezhana Atanasova has been consistently involved in teaching, conducting seminars and lectures in “Nephrology” for medical students at the Medical University – Varna. She is particularly recognized for her work with English-speaking students, effectively applying interactive and clinically oriented teaching methods. After earning her PhD, she began delivering independent lectures.

She is actively involved in the organization and execution of clinical practice sessions, contributing to the development of students' practical skills and clinical thinking. She is known for being accessible and committed to students, which is reflected in the positive feedback she receives.

Clinically, Dr. Atanasova holds the position of Chief Assistant at the Clinic of Nephrology and Dialysis, UH “St. Marina” – Varna, and since 2023 has served as the administrative coordinator for dialysis treatment. In this role, she is responsible for coordinating and managing the treatment process, ensuring compliance with internal standards and quality protocols, and introducing innovations into clinical practice.

Her participation in hospital committees and expert groups, along with her mentoring of young doctors and residents, further demonstrates her professional maturity and dedication to the advancement of medical science and practice.

IV. Conclusion

Dr. Snezhana Atanasova's documentation is complete and complies with the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB) and the internal regulations of the Medical University – Varna. The candidate fully meets all criteria across the board. There is clear evidence of independent research activity, teaching competence, and significant clinical contributions.

I recommend that the esteemed academic committee award the academic title of "Associate Professor" in the scientific specialty "Nephrology" to Dr. Snezhana Atanasova Atanasova, within professional field 7.1. Medicine.

Date: 18.06.2025

Name and Title: Assoc. Prof. Yavor Kashov, MD, PhD

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