

To the Chairman of the Scientific Jury,
assigned by Order No. P-109-421/03.10.2025
of the Rector of MU – Varna

Opinion

by Assoc. Prof. Dr. Alexander Dimitrov Shinkov, MD

Department of Endocrinology, Faculty of Medicine, Medical University Sofia

Regarding: a competition for the position of Academic Professor in the Higher Education Area 7. Health and Sports; Professional Field 7.1. Medicine; Specialty Endocrinology for the needs of the Second Department of Internal Medicine, Board of Endocrinology and Metabolic Diseases at MU "Prof. Dr. Paraskev Stoyanov" of the Clinic of Endocrinology and Metabolic Diseases at the University Hospital "St. Marina" Varna, as announced in the State Gazette No. 64 of 05.08.2025

One candidate applied for the competition – Assoc. Prof. Dr. Mira Valentinova Siderova, MD.

A complete set of documents has been submitted in accordance with the requirements of Law on

the Development of Academic Staff in the Republic of Bulgaria (ZRASRB), the Regulations for the

Implementation of the Law on the Development of Academic Staff in the Republic of Bulgaria, and the Regulations for the development of the academic staff of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

1. Brief biographical information of the candidate:

Assoc. Prof. Mira Valentinova Siderova was born in 1979 in Varna. She received secondary education at the First Language High School in Varna. In 2003, she graduated from Medicine at the Medical University of Varna with full honors and the Golden Hippocrates Award. For a short time, she worked in the Department of Anesthesiology and Resuscitation, St. Anna Hospital, Varna, and from 2005 to the present - in the Clinic of Endocrinology and Metabolic Diseases, St. Marina Hospital, Varna. She successively held the positions of resident, part-time assistant professor, assistant professor and

associate professor (since 2017). Between 2005 and 2008, she specialized in "Internal medicine", and in 2008 she was enrolled for specialization in "Endocrinology and Metabolic Diseases" and acquired the specialty in 2011. Since 2022, she has been the Head of the Second Department of Internal Medicine, Faculty of Medicine, MU-Varna. She is the Chairman of a State Examination Commission for the specialty "Endocrinology and Metabolic Diseases".

Between 2006 and 2009, she was a full-time doctoral student at the Department of Endocrinology, defended her dissertation on the topic "Immunohistochemical markers and ultrasound elastography - new diagnostic possibilities in the specification of thyroid nodules" and acquired the ONS "Doctor".

Through the years Assoc. Prof. Mira Siderova has achieved additional qualifications:

- Post graduate certification in Ultrasound of the cervical region and Fine needle aspiration biopsy under ultrasound control of thyroid, parathyroid glands, lymph nodes and tumor formations in the cervical region;
- Three-month specialization in Endocrinology in Bari, Italy under the Erasmus program in 2008;
- Courses in ultrasound of the European Thyroid Association; Practical course with certificate "Ultrasound meets Cytopathology", Hungary; Practical course with certificate "Focus on US-guided diagnostic procedures and laser treatment of thyroid lesions", Regina Apostolorum Hospital, Rome, Italy
- Course in osteodensitometry and work with sources of ionizing radiation in 2010;
- Rising Stars Educational Program "Diabetes management today: bridging physiology and clinical practice", September 2015, Stockholm, Sweden;
- Joslin Diabetes Center. The Joslin Case Clinic, 25th June, 2016, Bucharest and Steno Frontiers in Diabetology, Steno Diabetes Center, Copenhagen, Denmark.

Assoc. Prof. Siderova's main scientific and clinical interests are in the field of thyroid diseases. Over the years, she has emerged as a leading specialist in the ultrasound examination of the thyroid gland and other structures of the neck. She applies and intensively develops minimally invasive methods for diagnosis and treatment – fine-needle aspiration biopsy of the thyroid gland and extrathyroidal structures, percutaneous sclerotherapy under ultrasound control.

She is a member of the European Thyroid Association (ETA), the International Osteoporosis Federation (IOF), the Bulgarian Society of Endocrinology (BDE), the Union of Scientists – Varna; independent expert in scientific and ethical evaluation of projects at the European Research Council, Brussels.

2. Scientific activity

Assoc. Prof. Siderova has published 65 full-text articles as an independent author or participant in a scientific collective and has participated with oral reports or poster presentations in 31 international (annual meetings of the European Thyroid Association, the European Society of Endocrinology, the International Osteoporosis Foundation, the European Society for the Study of Diabetes, etc.) and 80 national scientific forums. She has participated with a chapter in a monograph (Siderova M. Diagnosis and management of thyroid nodules coexisting with Hashimoto's thyroiditis: pearls and pitfalls. in "Thyroid Nodules – risk factors, diagnosis and management", ed. Marsha Vasquez, Nova Science Publishers, Inc. New York, 2015; 129-159) and in a university textbook. She is a participant in scientific projects funded by the Science Fund MU Varna: "Immunocytochemical markers - a new diagnostic option in the diagnosis of thyroid nodules" and "Bone health and fracture risk in men depending on the androgen status".

3. Compliance with the requirements of the ZRASRB.

The scientific metrics have been checked and provided by the Library of MU - Varna.

For participation in the competition, Assoc. Prof. Mira Siderova has submitted a total of 56 publications and reports with a total impact factor (Clarivate Web of Science) of 9.171. Of these, 11 are in publications that are referenced and indexed in world-renowned databases of scientific information and are equivalent to a habilitation thesis (indicator B4 – 294 points with a required 100 points for group of indicators B). The topics of the articles reflect the scientific interests of Assoc. Prof. Siderova and cover: thyroid diseases (thyroid-associated ophthalmopathy, the skeletal effects in thyroid dysfunction, rare thyroid tumors) - publications: B4.1, B4.4, B4.5, B4.9, B4.10, B4.11; diseases of the parathyroid glands (primary and secondary hyperparathyroidism and relationship with metabolic bone disorders) - publications B4.3, B4.8; metabolic disorders in adrenal and gonadal diseases (hormone-non-secreting adrenal incidentalomas, drug-induced hypogonadism in men) - publications B4.2, B4.6; type 2 diabetes mellitus and oncological risk - publication B4.7. Assoc. Prof. Siderova is the first author in 5 and the last author in 1 of them.

Thirteen of the presented scientific works are in category G7 "Publications and reports published in scientific publications, referenced and indexed in world-renowned databases with scientific information", and 32 are G8 "Publications and reports published in non-indexed journals with scientific review or published in edited collective volumes". A chapter in a collective monograph is also presented. The total number of points for the group of indicators D is 647.61 points with 200 points required (indicator D7 – 224 points, indicator D8 403.61 points and indicator D9 20 points). For indicator D7, a minimum of 80 is required.

The publications of Assoc. Prof. Siderova have been cited in scientific papers, referenced and indexed in world-renowned databases with scientific information or in monographs

and collective volumes 20 times (D10 300 points) and in non-indexed journals with scientific review 9 times (D12 45 points). The total score for group of indicators E is 345 points.

Assoc. Prof. Siderova was the supervisor of three successfully defended doctoral students (E14 – 100 points with a required score of 80 points) and of one national scientific project (20 points should have been awarded, but in the reference of the Library of MU – Varna the points are omitted). Together with participation in a published textbook (1.53 points) and training of interns, postgraduates and doctoral students (30 points) for group of indicators E, the total score is 191.53 points (according to the presented reference - 171.53), with a required score of 200 points.

Beyond the formal indicators and requirements, Assoc. Prof. Mira Siderova is a very competent endocrinologist, an accomplished researcher with a flair for scientific work, a respected teacher and an interesting and engaging lecturer.

In conclusion, I can say that Assoc. Prof. Mira Valentinova Siderova possesses the necessary qualities and meets and exceeds the requirements of the Act on the Promotion of Academic Excellence in the Republic of Bulgaria, the Regulations for its implementation and the Regulations for the Development of the Academic Staff of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna for holding the academic position of "Professor". Based on this, I recommend to the esteemed members of the scientific jury to award Assoc. Prof. Dr. Mira Siderova, MD, the academic position of "Professor".

03.11.2025

Assoc. Prof. Dr. Alexander Shinkov, MD

Sofia

Заличено на основание чл. 5, §1, б. „Б“ от Регламент (ЕС) 2016/679
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