

TO THE CHAIRMAN OF THE SCIENTIFIC JURY,
APPOINTED WITH ORDER № P-109-421/ 03.10.2025
OF THE RECTOR OF THE MEDICAL UNIVERSITY
“PROF. DR. P. STOYANOV”- VARNA

OPINION

By prof. Antoniya Yordanova Atanasova, MD, PhD, DSc

Medical University “Prof. dr. P. Stoyanov”, Varna

Regarding: Announced competition for the academic position of "Professor" in the field of higher education 7. Health and Sports, professional field 7.1. Medicine, specialty "Endocrinology" – one position, 1 full-time position for the Second Department of Internal Medicine, Faculty of Medicine, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna and 0.5 full-time position for the Clinic of Endocrinology and Metabolic Diseases at UMHAT "Sveta Marina" EAD – Varna, pursuant to Article 3, paragraph 1 of the Law on the Development of Academic Staff in the Republic of Bulgaria, according to an announcement in the State Gazette, issue No 64 of 05.08.2025

Pursuant to Order No. R-109-421 of October 3, 2025, issued by the Rector of the Medical University of Varna, I have been selected as an internal member of the Scientific Jury for the procedure for the academic position of "Professor" in the Second Department of Internal Medicine, Faculty of Medicine, Medical University of Varna, based at the Clinic of Endocrinology at the University Hospital "Sveta Marina" EAD-Varna, and I have been appointed to prepare an opinion on the competition. The only candidate is Associate Professor Dr. Mira Valentinova Siderova, MD, PhD, Head of the Clinic of Endocrinology and Metabolic Diseases, University Hospital "Sveta Marina" Varna, Faculty of Medicine, Medical University of Varna.

The documents provided to me have been prepared on the basis of the regulations of Article 4, paragraphs 1 and 2, and Article 29, paragraph 1 of the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB) and the Regulations for the Development of Academic Staff at the Medical University of Varna. No procedural violations have been found.

I declare that I have no conflict of interest within the meaning of Article 4, paragraph 5 of the LDASRB.

I. BRIEF BIOGRAPHICAL INFORMATION AND CAREER DEVELOPMENT

Assoc. Prof. Dr. Mira Siderova, MD was born in Varna, graduated from the First Language School in Varna, and in 2003 obtained a Master's degree in Medicine from the Varna Medical University, with the Golden Hippocrates Award. From 2003-2005, she worked as a doctor in the Department of Anesthesiology and Intensive care, St. Anna Hospital, Varna, and from 2006-2009, she was a full-time PhD student at the Department of Endocrinology. She defended her dissertation and received the scientific degree of Doctor (PhD) on the topic: "Immunohistochemical markers and ultrasound elastography - new diagnostic options in the definition of thyroid nodules". Assoc. Prof. Siderova obtained a specialty in Endocrinology and Metabolic Diseases in 2011.

Work experience, professional development, position held, qualifications and professional skills

Assoc. Prof. Siderova, MD began her career as a doctor in 2003 in the Department of Anesthesiology and Intensive Care, St. Anna Hospital, Varna. From 2005 to 2022, she worked as a doctor at the Clinic of Endocrinology and Metabolic Diseases, St. Marina Hospital, Varna, successively as a resident, specialist, assistant and associate professor. From 2023 to the present she is the head of the Clinic of Endocrinology and Metabolic Diseases, St. Marina Hospital, Varna.

Assoc. prof. Siderova has many qualifications: "Ultrasound of the cervical region" (2018); "Fine-needle aspiration biopsy under ultrasound control of thyroid, parathyroid glands, lymph nodes and tumor lesions in the cervical region" (2018); training courses and specializations: European Thyroid Association Ultrasound course – Lisbon (2009); Course in osteodensitometry and work with sources of ionizing radiation (2010); Three-month specialization in Endocrinology in Bari, Italy under the Erasmus program (2008); Rising Stars Educational Program "Diabetes management today: bridging physiology and clinical practice", Stockholm (2015); Joslin Diabetes Center. The Joslin Case Clinic, Bucharest (2016); Ethics and integrity in medical research, European Commission (2017); Practical course with certificate "Ultrasound meets Cytopathology", Hungary (2017); Practical course with certificate "Focus on US-guided diagnostic procedures and laser treatment of thyroid lesions", Regina Apostolorum Hospital, Rome, Italy (2018); Steno Frontiers in Diabetology, Steno Diabetes Center, Copenhagen (2024).

She participates in committees and multidisciplinary teams: Endocrine Tumors Committee; Committees for the treatment of patients with type 1 and 2 diabetes mellitus, growth hormone deficiency, treatment with calcitriol, patients with

hyperprolactinemia, acromegaly; Committee for the prescription of medical devices for the use of insulin pumps and sensors.

II. SCIENTIFIC AND RESEARCH ACTIVITY

The scientific production submitted for participation in the competition, a total of 59 pieces, reflect the candidate's scientific and research activities in the period 2017-2025. Their distribution by indicators is as follows: Indicator A 1. Dissertation work - 1 piece. Indicator B 4. Publications equivalent to habilitation work in refereed and indexed in world-renowned databases of scientific information - 11 pieces. Indicator D7. Publications and reports published in scientific publications, refereed and indexed in world-renowned databases of scientific information - 13 pieces. Indicator D8. Publications and reports published in non-refereed journals with scientific review or published in edited collective volumes – 32 issues. Indicator D 9. Published chapter of a collective monograph – 1 issue. Indicator E 20. Published chapters in a university textbook – 1 issue. There are 35 publications in Bulgarian, and 24 publications in a foreign language (English). In these publications assoc. prof. Siderova is an independent author in 9 articles, and a co-author in 50 issues, of which as: first author – in 8 issues, second author – in 21 issues, third author – in 15 issues and fourth and subsequent author – in 6 issues. Assoc. Prof. Siderova has 9 IF full-text publications with a total IF 9.171. In section D10 Citations or reviews in scientific publications, referenced and indexed in world-renowned databases with scientific information or in monographs and collective volumes, the candidate has 300 points and, respectively, in section D12 Citations or reviews in non-refereed journals with scientific review - 45 points.

Assoc. prof. Mira Siderova is the head of a project under the Science Fund, No. 22002 "Bone health and fracture risk in men depending on androgen status", 19.12.2022-19.12.2025

III. CHARACTERISTICS AND CONTRIBUTIONS OF SCIENTIFIC PUBLICATIONS

Scientific research covers the period 2017–2025 and can be grouped into six main areas: **Thyroid pathology** – nodular goiter and thyroid carcinoma (A1, B 4.1, B 4.4, Г 7.1, Г 7.10, Г 8.22, Г 9), autoimmune thyroid diseases and TAO (B 4.5, B 4.11, Г 7.12, Г 7.13, Г 8.31), skeletal effects of thyroid dysfunction (B 4.9, B 4.10, B 4.11,

Г 8.5), drug-induced thyroid dysfunction (Г 7.4, Г 8.16, Г 8.27); **Sarcopenia in endocrine diseases** – thyrotoxicosis (Г 7.8, Г 8.8, Г 8.9, Г 8.10, Г 8.21), drug-induced hypogonadism in androgen deprivation therapy (Г 7.2, Г 7.11, Г 8.3, Г 8.28); **Pathology of the parathyroid glands** – primary, secondary and tertiary hyperparathyroidism, BMD and bone biomarkers in patients with CKD, ultrasound diagnostics of the parathyroid gland (B 4.3, B 4.8, Г 7.7, Г 8.18, Г 8.20, Г 8.30, Г 8.32); **Diabetes mellitus** - modern approaches in the treatment of type 1 and type 2 diabetes mellitus, new therapeutic methods in the treatment of diabetic sensorimotor neuropathy (B 4.7, Г 7.5, Г 7.6, Г 7.9, Г 8.1, Г 8.2, Г 8.7, Г 8.14, Г 8.15, Г 8.25); **Metabolic disorders in adrenal and gonadal pathology** - hormone-non-secreting adrenal incidentalomas, drug-induced hypogonadism in men (B 4.2, B 4.6, Г 8.6, Г 8.13, Г 8.17, 8.24); **Rare endocrine diseases** - challenges in clinical practice, organized transition from pediatric to adult care (Г 8.4, Г 8.11, Г 8.12, Г 8.19, Г 8.24, Г 8.26).

The scientific works of assoc. prof. Mira Siderova cover various areas of endocrinology and have a scientific-theoretical, scientific-practical and applied-educational nature. New treatment modalities beyond standard steroid immunosuppression in thyroid-associated ophthalmopathy (TAO) have also been studied. The publication has a clearly scientific-applied nature, which makes it valuable for clinical practice. Another publication by the candidate compares patients with hyperthyroidism without and with TAO, establishing a significantly lower bone mineral density (BMD) in those without TAO. This study has also been included in meta-analyses by other author teams. Valuable for Bulgaria is a study of the recommended antidiabetic therapy upon dehospitalization of patients with type 2 diabetes who have passed through a university endocrinology clinic (publication Г 7.6). The emphasis of the article is on the appointment of organ-protective classes of glucose-lowering agents, and the data are compared with data on the use of organ-protective antidiabetic medications in other European and non-European centers. Another contribution to diabetology is the editing of the book “Type 2 Diabetes – from pathophysiology to modern treatment”, edited by Mira Siderova, IntechOpen, 2019. This book contains chapters by other author teams that review the latest scientific concepts in the pathogenesis of type 2 diabetes, complications and approaches in diagnostics and glycemic control. Part of the book is dedicated to the effect of diabetes on mental functions and treatment strategies to prevent cognitive

decline - an important problem in patients with diabetes mellitus. Interesting results are presented by the application of the effect of high-energy MLS-laser therapy on neuropathic pain (Γ 7.5). The use of this new, non-invasive method for influencing pain and electroneurographic parameters in diabetic polyneuropathy is innovative and applied for the first time in Bulgaria. Some of the publications in the field of rare endocrine diseases are dedicated to the description of specific clinical cases that are of both practical and theoretical interest: "extinguished" acromegaly, which considers the difficulties in the diagnosis of pituitary apoplexy and the natural progression of pituitary adenomas with or without hormonal production (publication Γ 8.4); two cases occurring with severe thyrotoxicosis: TSH – producing pituitary adenoma (Publication Γ 8.11.); Thyroid hormone resistance syndrome with the impressive co-authorship of Refetoff (Publication Γ 8.12). An innovative treatment approach in the treatment of a patient with hypercortisolism by adrenal superselective arterial embolization is also reported (Publication Γ 8. 24).

The publication activity of assoc. prof. Siderova includes a wide range of areas of scientific interest. Some of the publications report pilot data for Bulgarian, others are related to widespread and socially significant diseases such as diabetes mellitus, metabolic syndrome, osteoporosis, thyroid dysfunction, and others review rare endocrine pathologies (e.g. genetic/familial thyroid diseases, incl. neoplasias, pituitary tumors or other combined endocrine problems in systemic disorders). The provided publications are dedicated to significant and current problems in endocrinology.

IV. TEACHING ACTIVITIES

The teaching workload of assoc. prof. Siderova is a total of 832 teaching hours for the last four academic years. It exceeds the normative decision of the Medical University of Varna, with a protocol of 11.04.2011, for 126 hours/year. Assoc. Prof. Siderova leads seminars and lectures with Bulgarian and Foreign language students, training of pre-graduates, residents in the specialty of Endocrinology and metabolic diseases, and also leads lectures in the basic course of post graduate education. She is the scientific supervisor of six doctoral PhD students, three of whom have successfully defended their theses, the rest continue their studies in the program for acquiring the scientific and educational degree "Doctor".

From 2017 to the present the candidate has been working as an associate professor at Medical University of Varna, Second Department of Internal Medicine/Endocrinology Sector. For the past three years to the present she has been the head of the Second Department of Internal Medicine, Medical University of Varna. From 2024 to the present she is the chair of the state examination committee for the specialty "Endocrinology and Metabolic Diseases".

V. MEMBERSHIPS IN SCIENTIFIC SOCIETIES AND ORGANIZATIONS

European Thyroid Association (ETA);
International Osteoporosis Federation (IOF);
Bulgarian Society of Endocrinology (BSE);
Bulgarian Medical Union (BMU);
Union of Scientists – Varna;
Independent expert in scientific and ethical evaluation of projects at the European Research Council, Brussels.

VI. FOREIGN LANGUAGES

The candidate is fluent in Bulgarian, English, German, Greek and Russian.

VII. CONCLUSION

Based on the candidate's scientific papers provided to me for review and analysis, I can confidently state that I vote **positively** for the election of associate professor dr. **Mira Valentinova Siderova**, MD, PhD to occupy the academic position of "**Professor**" in the scientific specialty "Endocrinology" in the Second Department of Internal Medicine, Faculty of Medicine at Medical University of Varna, Clinic of Endocrinology and Metabolic Diseases at University hospital "St. Marina" - Varna.

31.Oct.2025

Varna

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