

OPINION STATEMENT

by
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External member of the academic committee for the competition for the academic position of
"Associate Professor"

Regarding: Participation in the competition for the academic position of "Associate Professor" in Higher Education Area 7 "Healthcare and Sports", Professional Field 7.1 "Medicine", Scientific Specialty "Endocrinology", at the Second Department of Internal Medicine, Faculty of Medicine, Medical University – Varna, announced in State Gazette No. 30/08.04.2025

Candidate: Dr. Radina Stoyanova Dimitrova, MD, PhD

Chief Assistant Professor at the Second Department of Internal Medicine, Faculty of Medicine, MU – Varna

I. GENERAL CHARACTERISTICS OF THE CANDIDATE

Dr. Radina Stoyanova Dimitrova was born on December 25, 1985, in Shumen. She graduated in Medicine from the Medical University – Varna in 2010. Between 2014 and 2018, she specialized in "Endocrinology and Metabolic Diseases", earning her board certification in 2018. Since 2016, she has been engaged in academic activity as an assistant professor, and since 2022, as a chief assistant at the Second Department of Internal Medicine, Faculty of Medicine, MU – Varna. In parallel, she practices at the Endocrinology Clinic of University Hospital "St. Marina" – Varna, where she has served as administrative coordinator since 2022, as well as at Euromedica Medical Center – Kavarna.

Her scientific career includes a completed doctoral program (2018–2021) and a successfully defended dissertation in 2022, titled “*Comparative Characteristics of Metabolic Markers in the Assessment of Bone Health in Postmenopausal Women.*” Her research interests focus on bone metabolism, metabolic markers, thyroid dysfunction, modern therapeutic approaches in diabetes, and rare endocrine diseases.

Dr. Dimitrova demonstrates a broad interdisciplinary approach, combining theoretical, applied, and clinical perspectives in modern endocrinology. Her professional engagement is further demonstrated by her participation in numerous international and national scientific forums, training courses, and clinical research projects.

II. SCIENTIFIC OUTPUT AND BIBLIOMETRIC INDICATORS

Dr. Dimitrova participates in the competition with an impressive and thematically consistent scientific output, including:

- Habilitation work – monograph: “*On Osteoporosis in Men*” (147 pages), MU – Varna, 2024
- Dissertation for the educational and scientific degree “Doctor”: “*Comparative Characteristics of Metabolic Markers in the Assessment of Bone Health in Postmenopausal Women*” (2022)
- 22 full-text scientific articles, including:
 - 4 publications in refereed and indexed journals (Scopus, Web of Science)
 - 12 articles in peer-reviewed non-indexed journals
- 1 co-authored textbook
- 27 papers and abstracts in conference proceedings
- 7 citations (including in peer-reviewed journals and monographs)

The total number of points in the academic report amounts to 208.5, exceeding the minimum requirement of 200 points for clinical specialties. Her current Hirsch index is 2 (according to Google Scholar), and her scientific profiles are maintained in international databases (Scopus, ORCID, ResearchGate, ResearcherID).

Her scientific output is characterized by conceptual coherence, methodological rigor, and clinical relevance, addressing timely and socially significant topics in contemporary endocrinology.

III. ANALYSIS OF THE HABILITATION WORK

The monograph "*On Osteoporosis in Men*" is a comprehensive and contributory work, offering an in-depth analysis of an underexplored topic in Bulgarian medical literature. The author discusses the epidemiological, pathophysiological, diagnostic, and therapeutic aspects in the male population, supported by literature review and clinical experience.

Of particular value is the diagnostic-therapeutic algorithm presented for the management of osteoporosis in men, as well as the discussion of issues such as osteosarcopenia and pharmacological influence on bone metabolism. The writing style is academic and clear, with a well-structured presentation of data and critical review of sources.

The monograph combines theoretical depth with practical applicability, making it a significant contribution to both scientific research and endocrinology education.

IV. SCIENTIFIC CONTRIBUTIONS

Dr. Dimitrova's scientific work covers a broad spectrum of topics, structured into the following main areas:

- **Bone Health:** New risk profiles in postmenopausal osteoporosis have been identified, with emphasis on the relationship between metabolic and hormonal markers and bone integrity. An innovative perspective is presented on the impact of hyperuricemia, insulin resistance, and hypertension on bone density.
- **Thyroid Pathology:** Diagnostic and therapeutic guidelines have been developed for thyroid dysfunction, including subclinical forms. A systematic review of TRAb, TSI, and their roles in monitoring Graves' disease is included.
- **Diabetes:** Contemporary therapeutic approaches to LADA and T2DM are analyzed, with emphasis on incretin-based therapy and combination drugs with pleiotropic effects on bone and cardiovascular risk.

- **Rare Endocrine Diseases:** High-value case studies are presented, including TSH-secreting adenomas, thyroid hormone resistance syndrome, acromegaly, and others.

Her scientific contributions are original and of significant clinical value, many of them based on personal clinical observations enriched with critical literature analysis.

V. TEACHING AND CLINICAL ACTIVITY

Dr. Dimitrova is actively involved in teaching endocrinology to medical students (5th year) and students of medical cosmetics (3rd year), in both Bulgarian and English. She develops and leads practical sessions, lectures, and continuing education courses for residents. She is a mentor within university programs for student internships, a member of semester and state examination committees, and supervises two endocrinology residents.

Her clinical activity is centered at the Endocrinology Clinic of University Hospital "St. Marina" – Varna, where she also holds administrative duties, and in outpatient care at Euromedica Medical Center. She is involved in clinical trials and research projects at MU – Varna.

VI. CONCLUSION

Dr. Radina Stoyanova Dimitrova is a highly educated and erudite specialist with a proven contribution to modern endocrinology. Her scientific work demonstrates depth, relevance, and clinical applicability, while her teaching is marked by engagement, methodological consistency, and high effectiveness. The habilitation thesis is original, topical, and practically oriented. The candidate fully meets the requirements of the Law for Academic Staff Development and the internal criteria of MU – Varna for the academic position of "Associate Professor".

I am confident that Dr. Radina Dimitrova deserves to be appointed as Associate Professor in the scientific specialty "Endocrinology".

Evaluation: Positive

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