

OPINION STATEMENT

by Assoc. Prof. Yavor Asyov, MD, PhD

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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", in the 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. Savi Rinaldiev Shishkov, MD, PhD, Chief Assistant Professor at the Second Department of Internal Medicine, Faculty of Medicine, MU – Varna

I. GENERAL CHARACTERISTICS OF THE CANDIDATE

Dr. Savi Rinaldiev Shishkov was born in 1991 in Varna. He graduated in Medicine from MU – Varna in 2017, showing early interest in internal medicine and, more specifically, endocrinology. In 2021, he obtained a specialty in "Endocrinology and Metabolic Diseases," and in 2023, he successfully defended his PhD thesis entitled "*Androgen Levels in Men with Acute and Chronic Coronary Syndrome*", earning the educational and scientific degree "Doctor." Since 2023, he has held the position of Chief Assistant at the Second Department of Internal Medicine, MU – Varna.

The candidate is an active clinician, lecturer, and researcher with a strong focus on androgen deficiency, rare endocrine diseases, transitional care in chronic conditions, and thyroid pathology.

II. SCIENTIFIC OUTPUT AND BIBLIOMETRIC INDICATORS

The candidate participates in the competition with 23 scientific works published between 2019 and 2025, including:

- 1 habilitation work (monograph);
- 1 doctoral dissertation;
- 1 book based on the dissertation;
- 1 teaching manual (co-authorship);
- 19 publications (8 in peer-reviewed journals, 11 in non-refereed journals);
- 13 citations (including in peer-reviewed and indexed sources);
- Hirsch index: 3.

Dr. Shishkov's research interests are focused in six main areas:

- Androgens and cardiovascular risk;
- Rare endocrine diseases and transition to adult care;
- Diagnosis and treatment of thyroid pathology;
- Diabetes and microvascular complications;
- Psychosomatics in endocrinology;
- Educational and teaching activities.

According to the tabular report for minimum requirements, the indicators are met as follows:

- PhD dissertation – 50 points
- Habilitation work (monograph) – 100 points
- Publications in refereed and indexed journals – over 10, with a total score of over 90 points
- Published book on the dissertation topic – 40 points

- Chapter in a collective monograph – 5 points
- **Total:** over 295 points (minimum required by MU – Varna for clinical specialties – 200 points)

III. ANALYSIS OF THE HABILITATION WORK

The monograph “*Organized Transition to Adult Care in Rare Endocrine Diseases*” is an original and significant contribution in a field that has not yet been systematized in Bulgarian scientific literature. The author introduces the concept of “organized transition,” examining not only the clinical, but also the psychosocial and organizational aspects of patient transfer from pediatric to adult endocrine care. Practical algorithms and assessment scales are developed and tested in clinical practice, giving the work notable applicability.

IV. CONTRIBUTIONS OF THE SCIENTIFIC ACTIVITY

The scientific contributions of the candidate are characterized by notable originality, interdisciplinarity, and practical application. Highlights include:

- Investigating the link between androgen hormones and acute coronary syndrome;
- First data in Bulgaria on hormonal adaptation in patients with ischemic heart disease (IHD);
- Development of a new scale for assessing transition readiness in rare endocrine diseases;
- Presentation of rare clinical cases with high didactic value;
- Contributions to differential diagnosis of thyroid pathology and diabetic retinopathy;
- Educational materials for the training of residents and medical students.

V. TEACHING AND CLINICAL ACTIVITY

Dr. Shishkov actively participates in the training of medical students (in both Bulgarian and English), residents, and young physicians. He leads practical sessions, contributes to lecture courses, and serves on examination committees. He develops and implements teaching materials based on current clinical evidence. He is part of multidisciplinary teams for the comprehensive care of patients with rare endocrine diseases, diabetes, and other endocrine disorders.

VI. CONCLUSION

Dr. Savi Shishkov is a dynamic, knowledgeable, and highly motivated young specialist with excellent scientific, teaching, and clinical training. The submitted scientific output demonstrates originality, consistency, and depth of analysis. The habilitation work has significant practical value. His teaching activity is systematic and aligned with modern standards. His participation in research projects and international forums highlights his active role in the scientific community.

The candidate fully meets the requirements of the Academic Staff Development Act and the internal rules of MU – Varna for the academic position of “Associate Professor.” I am confident that Dr. Shishkov has the potential to continue his academic development and to contribute significantly to the advancement of Bulgarian endocrinology and medical education.

Recommendation: I propose that Dr. Savi Rinaldiev Shishkov be appointed as Associate Professor.

Evaluation: Positive.

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