

To the Chairman of the Scientific Jury,
Appointed by Order of the Rector of Medical University-Varna

N: P-109-259/6.06.2025

REVIEW

By Assoc. Prof. Dr. Irina Ivanova Ivanova, MD, PhD, Head of the Department of Gastroenterology, Hepatology and Nutrition at the Second Department of Internal Medicine, Faculty of Medicine, "Dr. P. Stoyanov" Medical University, Varna

Regarding: announced procedure for the academic position "Associate Professor" in the field of higher education 7. Health care and sports, professional direction 7.1 Medicine in the scientific specialty "Gastroenterology", promulgated in the D.V, 30/08.04.2025.

By order of the Rector of MU-Varna P-109-259/6.06.2025, I was appointed as a member of the Scientific jury for the mentioned procedure, and by the decision of the Scientific jury reflected in Protocol N.1 of 17.6.2025, I was assigned to prepare that reviews.

According to the announced procedure, two candidates submitted documents: Dr. Savi Rinaldiev Shishkov, MD, PhD, and Dr. Radina Stoyanova Dimitrova, MD, PhD.

I declare that I have no conflict of interest with the candidates.

I received all the necessary documents for the preparation of the review from the "Career Development", MU-Varna, precisely described and arranged by the candidates. I prepared the review, in accordance with the requirements of the Law of the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the Regulations for the development of the academic staff of MU-Varna.

1. A brief biographical reference of D-r Radina Dimitrova.

Radina Stoyanova Dimitrova was born on December 25, 1985 in Shumen. She graduated with a Master's degree in Medicine in 2010 at the Medical University of Varna. After graduation, she worked as a doctor at the Eurohospital Hospital - Varna and in the Emergency Department of the St. Marina University Hospital until 2013, and from 2014 to the present she has been an associate at the Clinic of Endocrinology and Metabolic Diseases of the St. Marina University Hospital, initially as a resident physician, and since 2018 and currently as a specialist. Since 2022, administrative manager of the clinical structure. She has acquired a specialty in "Endocrinology" in 2018. Dr. Dimitrova defended her ONS "Doctor" in the specialty "Endocrinology" in 2021 with a dissertation on the topic "Comparative characteristics of metabolic

markers in the assessment of bone health in postmenopausal age". She has completed training and practices the highly specialized methods of "Ultrasound of the neck", as well as the "Fine-needle aspiration biopsy under ultrasound control of thyroid, parathyroid glands, lymph nodes and tumor formations in the cervical region". In her clinical work, she participates in expert committees for endocrine diseases. In her academic work as an assistant since 2016, and after 2022 and senior assistant, she teaches Bulgarian-speaking students in "Medicine" - seminars and a lecture course, to students in "Medical Cosmetics". Dr. Dimitrova participates as a lecturer in the postgraduate training of specialists in "Endocrinology and Metabolic Diseases" and is the head of the specialization of 2 doctors. She participates in the examination committees for semester and state examination sessions at the Faculty of Medicine. Dr. Dimitrova is a researcher in 3 scientific projects at the Faculty of Medicine of MU-Varna and is fluent in English.

2. Scientific activity of D-r Radina Dimitrova.

The entire scientific activity of Dr. Radina Stoyanova Dimitrova includes a total of over 22 publications: a dissertation for the acquisition of the PhD degree on the topic "Comparative characteristics of metabolic markers in the assessment of bone health in postmenopausal age"; a monograph - habilitation work from 2024 with the title "On osteoporosis in men"; participation as a co-author in a textbook; numerous publications and reports in a total volume of 156 pages and 46 participations in scientific forums with oral presentation or poster.

For this procedure, Dr. Dimitrova presents the following scientific publications: the described dissertation and habilitation work; 4 publications in publications that are referenced and indexed in world-renowned databases; 13 publications in non-refereed journals with scientific review. Two of the publications are in English.

According to the provided academic report, D-r Dimitrova's scientific production exceeds the minimum quantitative scientometric requirements for occupying the academic degree "Associate Professor" provided by the Regulations for development of academic staff of MU-Varna in all indicators:

- A1: 50 points
- B3: 100 points
- Г7: 72 points
- Г8: 135.54 points; summary indicator of publication activity is 208.5.
- According to indicator Д10-12 – 7 citations has been stated (60 points).

The publication activity for the purposes of the competition is in the period of the last 10 years and excludes the publications of the candidate for the purposes of the protected ONS "Doctor". In 47% (8 out of 17) of the publications, Dr. Dimitrova is the first author. Therefore, the candidate is a leading author in the publication activity with lasting scientific interests in the field of the specialty "Endocrinology". The topics of Dr.

Radina Dimitrova's developments and scientific contributions can be summarized in the following areas:

- **Bone health – prevention and treatment of osteoporosis.**

Dr. Dimitrova studies the factors predisposing to osteoporosis in women and shows that despite the known protective role of excess weight, concomitant components of the metabolic syndrome - hyperuricemia, impaired carbohydrate and lipid metabolism may have the opposite effect and worsen bone health. Conversely, prolonged intake of GLP-1 receptor agonists may have a beneficial effect. Thus, in the works of Dr. Dimitrova, a risk profile of postmenopausal women for osteoporosis is developed. The process in the male sex has been studied in depth, in the context of the combination of osteoporosis-sarcopenia with morbidity and impaired quality of life with advancing age.

- **Thyroid pathology.** The candidate studies the effects of hyper and hypofunction of the thyroid gland on bone health, analyzes the mechanisms of osteoporosis and the increased risk of fractures associated with deficiency or excess of thyroid hormones. It also focuses on methods for diagnosing thyroid diseases, such as the role of antibodies against thyrotropin receptors (TRAbs) for Graves' disease, thyroid-stimulating immunoglobulins (TSI) for monitoring the effect of treatment and the universal clinical significance of ultrasound.

- **Modern approach to the treatment of diabetes mellitus.** In her scientific work, Dr. Dimitrova participates in developments on the issue of therapy of patients with latent autoimmune diabetes (LADA) and new trends in the combined treatment of type 2 diabetes mellitus, such as the combination SGLT2i - GLP-1 RA, with the aim of preventing macro and microvascular complications.

- **Rare endocrine diseases.** In this area, Dr. Dimitrova summarizes the published data on rare pathology with her own experience and that from clinical practice at the Clinic of Endocrinology and Metabolic Diseases in materials related to primary intrathyroidal Non-Hodgkin lymphoma, thyrotoxic periodic paralysis, endocrine disorders in Thalassemia major, TSH-producing pituitary adenoma, thyroid hormone resistance syndrome, spontaneously cured acromegaly with widespread panhypopituitarism, familial variant of medullary thyroid carcinoma.

The scientific contributions in the indicated areas are summarized with a scientific-theoretical, confirmatory and practical nature. Proof of Dr. Dimitrova's scientific research activity is her participation in 3 scientific projects at the Science Fund of MU-Varna. Also, the candidate presents her research in scientific conferences, for example: in 2017 at the Meeting of the European Thyroid Association; the European Congress of Endocrinology in 2022, 2024 and 2025; at the National Congresses of Endocrinology; at the Varna Endocrine Days forum and at the National Thyroid Course annually. Dr. Dimitrova participates as a co-investigator in clinical trials of medications in endocrinology (SUSTAIN 11, PIONEER PLUS, REIMAGINE 2)

3. Teaching and educational activity of D-r Radina Dimitrova.

Dr. Dimitrova is an academic teacher at MU-Varna, at the beginning of 2016 she was an assistant, and since 2022 after a competition she has been appointed as a chief assistant at the Second Department of Internal Medicine. The total teaching experience of the candidate (as of 04.2025) is 8 years and 6 months. Dr. Dimitrova leads seminars and exercises and participates in the lecture course of training of 5th year students of "Medicine", Bulgarian-language training, intern doctors at the Faculty of Medicine and students in the specialty "Medical Cosmetics". Excellent education and scientific activity are practically reflected in her daily work with students, interns and residents and the post-graduate training of doctors at the Clinic of Endocrinology and Metabolic Diseases. It should be noted her participation in examination committees of students of "Medicine" and in the committee for the state exam in "Internal Medicine". In the submitted study load report of Dr. Radina Dimitrova, issued by MU-Varna, it is clear that the candidate meets the study load requirements according to the PRAS of MU-Varna and annually exceeds the required number of hours of at least 220 academic hours.

4. Therapeutic-diagnostic activity of D-r Radina Dimitrova.

Dr. Dimitrova has extensive clinical experience: initially she worked as a doctor at the MCSM "Euromedics", at the Multi-specialty Hospital "Eurohospital" and at the SPO of the University Hospital "St. Marina" in Varna; from 2014 to the present she has been an associate at the Clinic of Endocrinology and Metabolic Diseases. Therefore, the candidate's clinical experience exceeds 14 years, with more than 6 years of her work experience as a specialist. She has completed numerous post-graduate training courses in the specialty "Endocrinology" and has qualifications in VSD "Ultrasound of the neck" and VSD "Fine-needle aspiration biopsy under ultrasound control of the thyroid, parathyroid glands, lymph nodes and tumor formations in the cervical region". Part of the candidate's medical activity is participation in expert committees at the University Hospital "St. Marina" - for the treatment of patients with type 1 and 2 diabetes mellitus, growth hormone deficiency, treatment with calcitriol, patients with hyperprolactinemia, acromegaly, treatment of osteoporosis with the drug Teriparatide in outpatient care and endocrine tumors. The candidate is a member of the Bulgarian Medical Association and the Bulgarian Society of Endocrinology. Last but not least, in the daily activities of a doctor at the University Hospital "St. Marina", I know and recognize the competence, diligence and precision and quality work of my colleague Dr. Dimitrova.

In conclusion,

Dr. Radina Stoyanova Dimitrova has extensive research and is a recognized, established physician with excellent skills as a clinician, endocrinologist and academic teacher. His development in all the indicated areas, proven by the materials provided by the candidate and my personal impressions, give grounds for a positive assessment of the proposal for awarding the academic position of "Associate Professor" to Dr. Radina Stoyanova Dimitrova.

Aug 20, 2025.

Varna

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

/Assoc. Prof. D-r Irina Ivanova/