

To the Chairman of the Scientific Jury,  
appointed with Order № P-109-259/06.06.2025r  
of the Rector of the Medical University of Varna  
and in accordance with Protocol № 1/17.06.2025r

## **OPINION**

**By assoc. prof. Mira Valentinova Siderova, MD, Ph.D.**

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**Regarding:** Competition for the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional field 7.1. Medicine, specialty "Endocrinology" at the Medical University - Varna, Faculty of Medicine, Second Department of Internal Medicine / Department of Endocrinology and Clinic of Endocrinology and Metabolic Diseases at St. Marina University Hospital - Varna, according to an announcement in the State Gazette, issue No. 30 of 08.04.2025

### **I. General presentation of the procedure**

Based on the Decision of the Faculty Council (No. 40/21.05.2025), order of the Rector of MU - Varna (No. R-109-259/06.06.2025) and Protocol No. 1/17.06.2025 from a meeting of the Scientific Jury, I was appointed as a member of the jury to prepare this opinion on the announced competition for Associate Professor at MU - Varna and University Hospital "St. Marina" - Varna in the specialty "Endocrinology".

The competition has been announced in accordance with the Act on the Development of the Academic Staff in the Republic of Bulgaria (ADRB) the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at MU - Varna. All procedural requirements for announcing the competition, the deadline for submitting documents and the selection of the Scientific Jury have been met. The candidate in the competition is Senior Assistant Professor Radina Stoyanova Dimitrova, MD, PhD.

### **II. Brief biographical data of the candidate**

Dr. Radina Stoyanova Dimitrova graduated "cum laude" from the High school of natural sciences and mathematics in Shumen (2004) and "Medicine" at the Medical University "Prof. Dr. P. Styanov" - Varna in 2010. Her professional career began in the same year at the "Euromedics" medical center and the MHAT "Eurohospital" - Varna. Since 2011, she has been working at the University Hospital "St. Marina" - Varna, initially in the emergency department, and since 2014 she has been part of the team of the Clinic of Endocrinology and Metabolic Diseases. Since June 2022, she has been the administrative head of the same unit.

In 2018, she acquired specialty in "Endocrinology and Metabolic Diseases." In 2019, she received certificates in "Neck ultrasound" and "Ultrasound-guided fine-needle aspiration biopsy".

Her academic activity began in 2016 as an assistant professor at the Medical University of Varna. In 2022, she defended her doctoral dissertation on the topic "Comparative characteristics of metabolic markers in the assessment of bone health in postmenopausal age." The same year she was appointed as a Chief Assistant Professor at the Second Department of Internal Medicine / Department of Endocrinology at the Medical University of Varna. Dr. Dimitrova leads lectures and exercises for students. She also participates in examination committees. She is the supervisor of two specializing doctors. She also takes part in theoretical and practical courses for Endocrinology residents.

Her scientific interests include osteoporosis, thyroid pathology and diabetology. She has over 40 participations in scientific forums, numerous publications in national and international journals, is a co-author of a textbook, holds certificates from leading scientific organizations (EASD, ADA, ETA, ESE). She is fluent in written and spoken English.

### **III. Scientific and research activity**

According to the submitted report, Dr. Dimitrova participated in the competition with the following scientific production:

- **Group A: fulfilled**
  - **Indicator A1:** dissertation of PhD thesis with educational and scientific degree "doctor" – 50 points
- **Group B: not required for academic position of "Associate Professor"**
- **Group B: fulfilled**
  - **Indicator B3:** monograph book "On Osteoporosis in Men" (2024) – 100 points with a minimum required number of 100 points
- **Group 7: fulfilled – 208,54 at a mandatory minimum 200 points**
  - **Indicator Г7:** 4 publications in refereed journals (Scopus/WOS) – 72 pts with a minimum required number of 60 points
  - **Indicator Г8:** 13 publications in non- refereed journals в нереферирани издания with scientific review – 136,54 points
- **Group D: fulfilled**
  - **Citations:** total 7 (Д10 – 1; Д11 – 3; Д12 – 3) – 60 points with a mandatory minimum of 50 points.
- **Additional publication beyond the minimum requirements – 4.29 points**
- **Scientific forums:** 16 posters and 11 oral presentations with published abstracts

Dr. Dimitrova has active profiles in Google Scholar, ORCID, Scopus and ResearchGate.

#### **IV. Scientific achievements and contributions**

The scientific production and research work of Dr. Radina Stoyanova Dimitrova, MD can be clearly distinguished into four main areas:

- 1. Bone health** – prevention, prophylaxis and treatment of osteoporosis. In her PhD dissertation, Dr. Dimitrova evaluated a wide range of metabolic markers in postmenopausal women, analyzing their relationship with bone characteristics. Innovative data on the relationship between bone health, blood pressure, and antihypertensive medications in postmenopausal women are presented. The results of the work lead to the development of a diagnostic and therapeutic algorithm for the prevention and treatment of osteoporosis. In her monograph, Dr. Dimitrova summarizes both established and debatable approaches to the prevention, prophylaxis, diagnosis, and treatment of osteoporosis in men. The habilitation work refers to both literary information and her own clinical experience.
- 2. Thyroid pathology** - Dr. Dimitrova analyzes the relationship between thyroid dysfunction and skeletal effects, including in children and pregnant women. The negative effects of hypothyroidism and thyrotoxicosis on bone integrity are emphasized. Some of her scientific publications in the field of thyroid diseases also examine the application of ultrasound and fine-needle aspiration biopsy in the diagnostic clarification of thyroid pathology. Also valuable for practice are the developments related to the role of thyroid-stimulating antibodies (TSI) in Graves' disease.
- 3. Diabetes mellitus** – modern approaches to treatment. In her research, Dr. Dimitrova examines therapeutic options for latent autoimmune diabetes in adults (LADA), combined with the use of continuous glucose monitoring (CGM) systems. Furthermore, it emphasizes the importance of a comprehensive approach in the treatment of type 2 diabetes mellitus, including one aimed at reducing cardiovascular risk through combination therapies with SGLT2 inhibitors and GLP-1 agonists.
- 4. Rare endocrine diseases.** Based on clinical cases and literature analyses, Dr. Dimitrova contributes to expanding knowledge about rare pathologies such as thyrotoxic paralysis, panhypopituitarism, TSH-producing pituitary adenomas, and genetic forms of thyroid carcinoma. She emphasizes the need for a proactive, patient-centered approach to caring for these patients.

**In summary**, Dr. Dimitrova's scientific contributions are of high theoretical and practical value. They cover both socially significant diseases and rare endocrine conditions requiring in-depth clinical expertise.

#### **V. Teaching and learning activities**

The attached report issued by the Medical University-Varna shows that Dr. Radina Dimitrova, MD, started teaching at MU-Varna on September 19, 2016 and has a total teaching experience of over 8 years. Dr. Dimitrova's average annual workload for the last five years is 237.6

teaching hours in the discipline "Endocrinology and Metabolic Diseases". She teaches students of medicine and medical cosmetology and actively participates in the training of specializing doctors.

In this indicator, she fulfills the required minimum according to the Act on the Development of the Academic Staff in the Republic of Bulgaria (ADRB) and the Regulations for Academic Development of MU-Varna.

## VI. Personal impressions

I have had the pleasure of knowing Dr. Radina Dimitrova since her student years and she has grown into an experienced clinician, a highly qualified endocrinologist, and a motivated lecturer who fully meets the criteria for holding the academic position of "Associate Professor".

## VII. Conclusion

Having comprehensively evaluated the scientific production and related contributions, teaching and clinical experience of Dr. Dimitrova, I believe that she meets the qualitative and quantitative criteria for holding the academic position of "Associate Professor", set out in the Act on the Development of the Academic Staff in the Republic of Bulgaria (ADRB), the Regulations for its implementation and the Regulations for the Development of the Academic Staff at MU-Varna. This motivates me to express my **positive opinion** about the selection of Dr. Radina Stoyanova Dimitrova, MD, PhD as "Associate Professor" in the specialty "Endocrinology" at the "Second Department of Internal Medicine", Faculty of Medicine at the Medical University "Prof. Dr. P. Stoyanov" - Varna and the Clinic of Endocrinology and Metabolic Diseases at the University Hospital "St. Marina" - Varna.

Varna

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