

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 Law on 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 Savi Rinaldiev Shishkov, MD, PhD.

II. Brief biographical data of the candidate

Chief Asst. Dr. Savi Rinaldiev Shishkov was born in Varna in 1991 and graduated from "Medicine" at MU-Varna in 2017. He began his professional career at the Clinic of Endocrinology

and Metabolic Diseases at UMHAL "St. Marina" in 2017, obtained a specialty certificate in "Endocrinology and Metabolic Diseases" in 2021, and in 2023 he defended his dissertation on the topic "Androgen Levels in Men with Acute and Chronic Coronary Syndrome". Since 2018, he has been an assistant professor, and since 2023 - a chief assistant professor at the "Second Department of Internal Medicine" and an endocrinologist physician at the Clinic of Endocrinology and Metabolic Diseases, University Hospital "St. Marina" Varna. Dr. Shishkov has completed specializations and courses in the Netherlands and Bulgaria, including the VSD "Ultrasound of the Cervical Region" and "Europit". He also completed a master's degree in "Health Management and Medico-Social Care". He actively teaches Bulgarian and English-speaking students, participates in examination committees, and is fluent in English and German (C1). He is a member of various professional organizations such as the Bulgarian and European Endocrinology Societies, the European Thyroid and Neuroendocrine Associations.

III. Scientific research and related contributions

According to the submitted report, Dr. Shishkov 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 "Organized Transition to Elderly Care for Rare Endocrine Diseases" (2024) – 100 points with a minimum required number of 100 points
- **Group 7: fulfilled 205.14 at a mandatory minimum 200 points**
 - **Indicator Г6:** published book based on dissertation "Androgens and Coronary Disease" (2024) – 40 pp.
 - **Indicator Г7:** 8 publications in refereed journals (Scopus/WOS) – 94.14 pts with a minimum required number of 60 points; 2 of them with IF
 - **Indicator Г8:** 7 publications in non-refereed journals в неореферирани издания with scientific review – 66 points
 - **Indicator Г9:** published chapter of a collective monograph – 5 points
- **Group D: fulfilled**
 - **Citations:** total 6 (Д10 – 3; Д12 – 3) – 60 points with a mandatory minimum of 50 points.
- **Additional publication beyond the minimum requirements** – 3.75 points
- **Scientific forums:** 12 participations with posters and oral presentations

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

IV. Profile of scientific work and most significant scientific contributions

Dr. Shishkov's main scientific interests are focused on several significant problems in several thematic areas:

1. Androgens in cardiovascular disease: The main contributions stem from a dissertation, a book based on the dissertation, and seven publications (two in peer-reviewed journals). The contributions include the relationships between some steroid hormones, their ratios, and cardiovascular risk factors, as well as the identification of additional ones. The data in the publications highlight free testosterone as a marker closely related to cardiovascular risk (GRACE score) and myocardial necrosis. Other scientific works investigate DHEA-S in coronary pathology, the role of hypogonadism in ischemic heart disease.

2. Rare endocrine diseases and age transition: This monograph book, for the first time in Bulgarian literature, introduces the concept of "organized transition", i.e. systematic observation and treatment over time until reaching adulthood. A comprehensive literature review on the problems of organized transition is presented. Its individual elements are examined, with emphasis placed on the practical features of each of them. Such studies, both in medical, as well as social and cultural aspects, have not been conducted by other authors in our country to date. The publications presented in this area are concentrated on some of the problems discussed in the monograph, i.e., they examine in more detail individual specific problems of rare endocrine pathology.

3. Diagnosis and treatment of thyroid diseases: The detailed clinical and theoretical presentation of the cases in this section, as well as their long-term follow-up, have both scientific, practical and educational value. In general, the contributions of studies in this area are: Contribution to the differential diagnosis of thyroid lesions; Presentation of a complex therapeutic strategy in autoimmune diseases

4. Diabetes mellitus: In general, the contributions of research in this area are of a practical nature: Improved methodology for the diagnosis of diabetic retinopathy; Introduction of a personalized approach for monitoring the diagnosis of diabetic fetopathies.

5. Psychosomatics and educational and scientific activities: A manual on psychosomatics is presented, where the most common psychiatric manifestations in endocrine diseases are studied. The contributions of the studies of an educational and applied nature can be summarized as follows: Scientific conclusions and clinical observations are integrated into lecture courses and seminars; A developed model for optical correction of endoscopic images, applicable in other medical disciplines, is presented; Suitable materials for training of residents in endocrinology, cardiology and internal medicine.

In summary, Dr. Shishkov'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. Savi Shishkov, MD, started teaching at MU-Varna in 2018 and has a total teaching experience of over 7 years. Dr. Shishkov's average annual workload for the last five years is 229.4 teaching hours in the discipline "Endocrinology and Metabolic Diseases". He teaches medical students (BEO and AEO, full course of exercises and partial course of lectures) and medical cosmetics, actively participates in the training of specializing doctors, development of training materials, participates in examination committees for semester and state exams for the specialty of medicine.

In this indicator, he 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 the honor of knowing Dr. Savi Shishkov since his student years and he successfully gained significant clinical experience, establishing himself as a respected specialist-endocrinologist through his participation in treatment and diagnostic work. He participates in multidisciplinary teams for the treatment of rare endocrine diseases, treatment of diabetes mellitus, etc. Dr. Shishkov is 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. Shishkov, I believe that he 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. Savi Rinaldiev Shishkov, 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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