

**TO THE CHAIRMAN OF THE SCIENTIFIC JURY**  
**PROF. DR. KIRIL HRISTOZOV, PhD**  
**APPROVED BY ORDER № P - 109-259/06.06.2025**  
**OF THE RECTOR OF MU- VARNA**  
**ST. MARIN DRINOV № 55**  
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### **OPINION STATMENT**

by Prof. Dr. Mitko D. Mitkov, MD, PhD  
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**CONCERNING:** Competition for the academic position " Associate Professor" in the scientific specialty "Endocrinology" in the field of Higher Education Area 7. Healthcare and Sport, Professional Field 7.1. Medicine, published in State Gazette No. 30 of 08.04.2025, for the needs of the Second Department of Internal Medicine, Faculty of Medicine and Clinic of Endocrinology and Metabolic Diseases at the University Hospital "St. Marina" EAD Varna.

At a meeting of the Faculty of Medicine at MU-Varna under Protocol No. 40/21.05.2025 and by Order No. R - 109-259/06.06.2025 of the Rector of MU-Varna I was elected as a member of the Scientific Jury (SJ), and under Protocol No. 1 of the first meeting of the SJ I was appointed to prepare an opinion on the procedure for filling the academic position of Associate Professor in the specialty of Endocrinology **with two candidates for two places.**

**Senior Assistant Professor Dr. Radina Stoyanova Dimitrova** - candidate for the academic post of **Associate Professor** in the specialty "Endocrinology", MU-Varna.

#### **I. Analysis of the Candidate's Career Profile.**

Senior Assistant Professor Dr. Radina Stoyanova Dimitrova acquired her Master's degree in Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" in 2010. For the period 2014 - 2018 she is a Resident in Endocrinology at the Clinic of Endocrinology and Metabolic Diseases at the University Hospital "St. Marina" EAD Varna. In 2018 she acquired a medical specialty "Endocrinology and metabolic diseases". From 2018 to 2021 she was a regular PhD student at the "Second Department of Internal Medicine", specialty "Endocrinology", Medical University - Varna. In 2022, she successfully defended a dissertation entitled: 'Comparative Characteristics of Metabolic Markers in the Assessment of Bone Health in Postmenopausal Age', for the acquisition of the educational and scientific degree 'Doctor' in the scientific specialty 'Endocrinology'.

Additional qualifications: Highly specialized activity "Ultrasonography of the cervical region" and "Fine needle aspiration biopsy under ultrasonographic control of the thyroid gland, parathyroid glands, lymph nodes and tumour formations in the cervical region".

In 2016, she was appointed as an Assistant Professor, and in 2022 as a Senior Assistant Professor in Endocrinology at the Second Department of Internal Medicine, Medical University – Varna.

Professional Development: 2010-2013 - Physician at Eurohospital, Varna; 2011-2013 - Physician at the Emergency Department, University Hospital "St. Marina" Varna; 2014 – present - Physician at the Clinic of Endocrinology and Metabolic Diseases, University Hospital "St. Marina" Varna; Since June 2022 - present - Administrative Coordinator at the same clinic; Since 2018 – present -Endocrinologist at "Euromedica" Medical center, Kavarna.

Dr. Radina Dimitrova teaches Endocrinology and Metabolic diseases - full course of practical classes for medical students and students in Medical Cosmetology. She conducts Continuing Medical Education (CME) courses for resident physicians specializing in Endocrinology and Metabolic Diseases; a mentor in "Student Practices" - 2020. She participates as a member of examination boards for semester and state examinations. She is the supervisor of two residents specializing in Endocrinology and Metabolic Diseases.

## **II. General Description of the Materials Submitted for the Competition.**

The candidate's competition submission contains all the information necessary for a quantitative and qualitative assessment of overall academic development. The documentation is detailed and clearly organised in the form of references, lists and supporting material.

## **II. Assessment of the Candidate's Academic Record in Terms of Overall Academic Development.**

The total number of scientific works of Dr. Radina Stoyanova Dimitrova for the period from 2015 to 2025 includes: Textbooks - co-author 1 pc; Abstract of dissertation: 1 pc; Habilitation work - Monograph 1 pc; Full-text articles: 22 pcs.; Posters with papers and abstracts published in national and international congresses and conferences: 16 pcs.; Participations with papers in national congresses and conferences with international participation with published abstracts: 11 pcs.

The candidate participates in the competition for the academic position of Associate Professor with a total of 18 publications as follows: Habilitation thesis - Monograph: 1 pc; Full-text articles published in scientific journals, indexed and refereed in the global database with

scientific information (Scopus/Web of Science) – 4 pcs; Full-text articles published in non-refereed peer-reviewed journals - 12 pcs; Publications from presented papers in proceedings of national congresses and conferences - 2 pcs; Of the publications submitted for participation in the competition, the candidate is the first author in 8 of them (in 1 of the publications she is the sole author), second author in 7, third and subsequent author in 2 publications.

Dr. Dimitrova has participated in two projects funded by the Science Fund. She has 16 contributions to scientific forums with posters, accompanied by oral presentations and published abstracts; 11 contributions to national congresses and conferences with oral presentations and published abstracts; and 13 contributions to national congresses and conferences with oral presentations without published abstracts.

The scientific developments of Dr. Radina Stoyanova Dimitrova are of scientific-theoretical, scientific-practical and confirmatory theoretical-practical nature and cover various fields of Endocrinology. They are related both to widespread and socially significant diseases (e.g. osteoporosis; diabetes mellitus; thyroid dysfunction) and to rare endocrine pathologies (e.g. genetic/familial thyroid diseases, including neoplasias, pituitary tumors and other combined endocrine problems in systemic disorders), which often present diagnostic and therapeutic challenges in clinical practice. The dissertation, "Comparative Characterization of Metabolic Markers in the Assessment of Bone Health in Postmenopausal Age," is devoted to osteoporosis, an escalating public health problem that represents a significant burden to both the individual and society, associated with high morbidity, mortality, and substantial health care costs. Dr Dimitrova thoroughly analyses the relationship between bone health in postmenopausal women and their metabolic profile by comparing a range of metabolic parameters and inflammatory markers. It is found that the different components of the metabolic syndrome can be associated with divergent changes in bone integrity, depending on the number, combination and degree of expression of the concomitant anthropometric and metabolic changes of the components of the syndrome. Several of the candidate's publications are also dedicated to osteoporosis, complementing the topic and highlighting the importance of timely identification and correction of factors negatively affecting bone integrity. The management of insulin resistance and thyroid dysfunction, along with good glycemic control and normotension, provides not only cardiometabolic benefits but also potential pleiotropic skeletal effects.

In a co-authored paper, Dr. Dimitrova also draws attention to osteosarcopenia, characterized by simultaneous loss of bone, muscle mass and strength. The adverse sequelae that can occur such as fractures, immobilization, poor quality of life and mortality, more pronounced in men, necessitates the need to understand and study this syndrome. Investigating the pathophysiological interrelationships between bone and muscle indicates that osteoporosis is unlikely to be seen as an isolated disease in the future. Raising attention to this syndrome, its timely diagnosis and the implementation of appropriate measures could prevent deterioration in the quality of life among a large number of elderly people.

The review articles and described clinical cases related to thyroid pathology, diabetes mellitus and some rare endocrine diseases are of practical-applied and scientific-educational contribution. The detailed clinical and theoretical presentation of the cases provides a methodology for in-depth study and understanding of personalized approach, offering valuable educational material for postgraduate students, specialist endocrinologists and physicians of various specialties.

#### **IV. Evaluation of a Monographic Work Submitted in the Competition for "Associate Professor".**

The monograph "On Osteoporosis in Men" further develops the topic of "osteoporosis", emphasizing the often-overlooked impact of the male sex with regard to this metabolic bone disease. As a result, many practical issues related to its diagnosis and management are still debatable. Based on an in-depth literature analysis, the monograph provides a comprehensive review, addressing both the widely accepted and controversial issues concerning bone health in men. Combined with the accumulated practical experience, generally valid conclusions for practice are drawn, which are clearly summarized in the form of a diagnostic and therapeutic algorithm.

#### **V. Impact (Citation) of the Candidate's Publications in the National and Foreign Literature (Publication Image).**

Academic Transcript 159/22.04.2025 lists 5 articles with a total of 7 citations, sufficient to meet the minimum requirements for the position of Associate Professor. Of these, there are 1



citation in peer-reviewed scientific journals indexed in internationally recognized databases, 3 citations in 2 peer-reviewed monographs and 3 citations in non-indexed peer-reviewed journals.

#### **VI. Comprehensive, High-Quality Evaluation of Teaching and Educational Activities.**

The teaching workload of Dr. Radina Dimitrova includes lectures, practical classes and courses for students, postgraduate students and trainee physicians. She teaches Endocrinology and Metabolic Diseases - a full course of practical classes to Bulgarian medical students. She participates as a member of examination boards for semester and state examination sessions.

Over the past five academic years at MU-Varna, her total teaching workload has averaged 237.6 hours per year.

#### **VII. Critical Comments and Recommendations.**

The analysis described above of Dr. Dimitrova's professional, scientific, educational, methodological and teaching activities does not provide any critical remarks. I can only recommend that this productive and diverse work continue along the same lines, while simultaneously increasing her publication activity in peer-reviewed and indexed journals.

**VII. Overall Assessment** of the candidate's compliance with the minimum national requirements under Art. 2b, Para. 2 and 3, respectively the requirements under Art. 2b, Para. 5 of the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB), as well as the the Specific Requirements of MU-Varna by fields and for units with/without clinical activity, as defined in the Regulations for the Development of the Academic Staff of MU - Varna (RDAS).

The materials provided by Dr. Radina Dimitrova meet the minimum national requirements and those of MU - Varna for the academic position of "Associate Professor" - Academic Record 159/22.04.2025 (Table 1).

**Table 1.** Minimum Required Points by Indicator Groups for the Academic Position "Associate Professor"

<b>Indicators</b>	<b>Criteria of MU-Varna</b>	<b>Dr. R. Dimitrova PhD</b>
<b>Indicator A</b>	<b>50</b>	<b>50</b>
<b>Indicator B</b>	<b>-</b>	<b>-</b>
<b>Indicator C</b>	<b>100</b>	<b>100</b>
<b>Indicator D</b>	<b>200</b>	<b>208.5</b>
<b>Indicator E</b>	<b>50</b>	<b>60</b>
<b>TOTAL</b>	<b>400</b>	<b>418.5</b>

## IX. Conclusion

Dr. Radina Stoyanova Dimitrova, MD is an established and respected specialist with a broad range of professional and scientific interests, as well as extensive teaching experience. Her research activities cover a wide thematic scope and focus on current medical and social issues. Her scientific works contain theoretical, methodological and scientific-applied contributions at both national and international levels. Based on all the of the above, I confidently give my positive vote and propose the esteemed Scientific Jury to award to Dr. Radina Stoyanova Dimitrova, MD the academic position of "Associate Professor" in the scientific specialty "Endocrinology", professional field 7.1. Medicine at the "Second Department of Internal Medicine", Medical University - Varna.

12.08.2025 г.

Plovdiv

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/Prof. Mitkov, MD, PhD/