

STATEMENT

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Regarding: Competition for the academic position of "Associate Professor" in Higher Education Area 7. Healthcare and Sports, Professional Field 7.1. Medicine, Specialty "Endocrinology" at the Medical University – Varna, Faculty of Medicine, Second Department of Internal Medicine / Endocrinology Unit and the Clinic of Endocrinology and Metabolic Diseases at University Hospital "St. Marina" – Varna, in connection with an announcement published in the State Gazette issue No. 30/08.04.2025.

I. Information about the Procedure

According to a decision of the Faculty Council (Protocol No. 40/21.05.2025), an order by the Rector of the Medical University – Varna (Order No. R-109-259/06.06.2025), and a meeting of the Scientific Jury (Protocol No. 1/17.06.2025), I was elected as a Chair to prepare a statement regarding the competition for the academic position of "Associate Professor" at MU – Varna and University Hospital "St. Marina" – Varna in the specialty of Endocrinology.

The competition was announced in State Gazette No. 30/08.04.2025. It complies with the Law for the Development of Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at MU – Varna. According to the above-mentioned legal documents, all procedural requirements regarding the announcement, application deadline, and selection of the Scientific Jury have been observed.

The candidate in the competition is Chief Assistant Dr. Radina Stoyanova Dimitrova, MD, PhD.

II. Brief Biographical Data

Dr. Radina Stoyanova Dimitrova was born in 1985 in the city of Shumen. She graduated with honors from the High School of Natural Sciences and Mathematics in Shumen in 2004 and obtained her medical degree from the Medical University – Varna in 2010. Her professional career began the same year at MC "Euromedix" and MHAT "Eurohospital" in Varna. Since 2011, Dr. Dimitrova has also been working at University Hospital "St. Marina" – initially in the emergency department, and since 2013 as part of the team of the Clinic of Endocrinology and Metabolic Diseases. Since June 2022, she has also been serving as the administrative coordinator of the same clinic.

In 2018, Dr. Dimitrova acquired a specialty in “Endocrinology and Metabolic Diseases.” A year later, she was certified in cervical ultrasonography and fine-needle aspiration biopsy under ultrasound guidance of the thyroid and parathyroid glands, lymph nodes, and tumor formations in the neck area.

Her academic career began in 2016 as an Assistant Professor at MU – Varna. In 2022, she defended her doctoral degree with a dissertation titled “Comparative Characteristics of Metabolic Markers in the Assessment of Bone Health in Postmenopausal Age.” Since September 2022, she has held the position of Chief Assistant Professor at MU – Varna, Second Department of Internal Medicine / Endocrinology Unit. She leads lectures and practical classes in Endocrinology to medical students and students in medical cosmetics, participates in semester and state examination boards, as well as in conducting theoretical courses in Endocrinology for postgraduate trainees. Dr. Dimitrova is also a mentor and supervisor for medical residents in Endocrinology.

Her scientific interests are focused on osteoporosis, thyroid pathology, and diabetology. She has participated in over 40 scientific forums, has various publications in national and international journals, and is a co-author of a textbook. She also holds multiple certificates from leading scientific organizations such as EASD, ADA, ETA, ESE, among others. She is proficient in English, both written and spoken.

III. Research Activity

From the provided summary of Dr. Radina Dimitrova’s scientific output, the following indicators are evident:

Indicator A1: Dissertation thesis for obtaining the educational and scientific degree “Doctor” in the scientific specialty “Endocrinology” – **50 points.**

Indicator B3: Monograph titled “About Osteoporosis in Men”, Varna 2024 – **100 points.**

Indicator G7: Publications and reports published in peer-reviewed scientific journals indexed in internationally recognized databases (Scopus/WOS) – four publications. In two of them, Dr. Dimitrova is the first author, and in the other two – the second author – **72 points.**

Indicator G8: Publications and papers published in non-indexed peer-reviewed journals or edited collective volumes – thirteen publications. Dr. Dimitrova is the first author in six of them (and sole author in one), second author in five, and third or subsequent author in two – **136.54 points.**

Full-text publications beyond the minimum requirements – one publication – **4.29 points.**

In the competition for Associate Professor, Dr. Dimitrova additionally presents 16 posters and 11 oral presentations with published abstracts at national and international scientific congresses, conferences, and symposia.

Indicator D10: Citations or reviews in indexed journals or monographs – 1 citation.

Indicator D11: Citations in peer-reviewed monographs and collective volumes – 3 citations.

Indicator D12: Citations or reviews in non-indexed peer-reviewed journals – 3 citations.

Total for indicators D10-D12: **60 points**.

Dr. Dimitrova maintains active scientific profiles in: Google Scholar, ORCID, Scopus, and ResearchGate.

IV. Scientific Contributions and Achievements

The presented scientific works and the results of Dr. Radina Stoyanova Dimitrova's research can be grouped into four main scientific areas:

1. **Bone Health – Prevention, Prophylaxis, and Treatment of Osteoporosis.**

Her dissertation evaluates various metabolic markers in postmenopausal women and their relationship with bone characteristics. It provides innovative data on the connection between bone health, blood pressure, and antihypertensive medications in postmenopausal women. Based on her research, a diagnostic-therapeutic algorithm for the prevention and treatment of osteoporosis is proposed.

The monograph summarizes both established and controversial approaches to the prevention, diagnosis, and treatment of osteoporosis in men. This work is based on literature data and the author's clinical experience.

2. **Thyroid Pathology.**

Her research in this area examines the relationship between thyroid dysfunction and skeletal effects, including children and pregnant women. The negative effects of hypothyroidism and thyrotoxicosis on bone integrity are analysed. Diagnostic and therapeutic guidelines are proposed, with an emphasis on thyroid-stimulating immunoglobulins (TSI) in Graves' disease.

Many of Dr. Dimitrova's works also focus on the role of ultrasound and fine-needle aspiration biopsy in the diagnostic clarification of thyroid pathology.

3. **Diabetes Mellitus – Modern Treatment Approaches.**

She explores therapeutic strategies for latent autoimmune diabetes in adults (LADA), including the use of continuous glucose monitoring (CGM). Furthermore, she emphasizes a comprehensive approach to the treatment of type 2 diabetes—focusing on cardiovascular risk management through combination therapies with SGLT2 inhibitors and GLP-1 receptor agonists.

4. **Rare Endocrine Disorders.**

Based on clinical cases and literature reviews, she explores rare endocrine conditions such as thyrotoxic periodic paralysis, panhypopituitarism, TSH-producing adenomas, and genetic forms of thyroid carcinoma. The importance of a proactive and multidisciplinary approach to the management of these patients is highlighted.

In conclusion, Dr. Dimitrova's contributions have both theoretical and practical significance. They address both widespread and socially significant diseases, as well as rare endocrine conditions that pose challenges in clinical practice.

V. Teaching Activity

The candidate has presented an academic report on her teaching workload at the Medical University – Varna for the past five years, showing an average annual teaching load of **237.6 hours** in the clinical discipline "Endocrinology and Metabolic Diseases."

Dr. Dimitrova is directly involved in leading practical classes and lectures for:

- Fifth-year medical students (Bulgarian programs)
- Third-year students in Medical Cosmetics (Bulgarian programs).

Additionally, she plays an active role in both theoretical and practical training of endocrinology residents.

VI. Personal Impressions

I have known and worked with Dr. Radina Dimitrova for more than 10 years. She is an erudite endocrinologist and clinician with extensive experience in the field of endocrinology. A dedicated physician and scientist, she holds a well-deserved place within the Bulgarian endocrinology community. She is also a well-prepared and committed educator. Based on all of this, she fully meets the criteria of the Law for the Development of Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at the Medical University – Varna for acquiring the academic position of Associate Professor.

VII. Conclusion

The materials submitted by Dr. Radina Stoyanova Dimitrova, MD, PhD, in relation to the competition meet the scientometric criteria of the minimum National Requirements as defined by the Law for the Development of the Academic Staff in the Republic of Bulgaria and the Internal Regulations of MU – Varna for awarding the academic position of "Associate Professor." The total number of points accumulated by the candidate, according to Appendix 1 on the "Minimum Scientometric Requirements of MU – Varna," exceeds the required minimum thresholds across all indicator groups for the academic position of Associate Professor. For all the above reasons, I **vote positively** and strongly recommend that the respected Scientific Jury award Dr. Radina Stoyanova Dimitrova, MD, the academic position of **Associate Professor** in the field of higher education 7. Healthcare and Sports, professional direction 7.1. Medicine, scientific specialty "**Endocrinology**."

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