

STATEMENT

By Prof. Dr. Dimitrichka D. Bliznakova, MD, PhD
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 “Clinical medical sciences”

Member of the Scientific Jury, appointed by an order P 109-255/23.06.2022 of
 the Rector of Medical University – Varna

In relation to a competition for the academic position “Professor” in the Higher education area 7.
 Health care and sports, Professional domain 7.1. Medicine, Specialty „Ear, nose, throat diseases“,
 With the candidate: Assoc. prof. Dr. Mario Petrov Milkov, MD, PhD

Assoc. prof. Dr. Mario Milkov, MD, PhD was born on 06.06.1968 in the town of Varna. He graduated from the 3rd Science and Mathematics High School in Varna in 1986.

- in 1995 he graduated from Medical University – Varna.

- from 1998 to 2005 Dr. Milkov was a full-time PhD-student at the Department of Otorhinolaryngology of Medical University – Varna.

- in 2002, he acquired a specialty in Otorhinolaryngology and head and neck surgery.

- in 2006, the educational and scientific degree "Doctor of Medicine" was acquired, with a dissertation on the topic: "Creation of Bulgarian prostheses for ossicular reconstruction in cases of defects of the auditory circuit".

In 2013, Dr. Mario Milkov acquired the academic title of "Associate professor" at the Faculty of Dental Medicine at Medical University – Varna.

He specialized in a number of countries, among which: Germany, Turkey, Switzerland, Norway, Israel, France, USA on the problems of Otorhinolaryngology and head and neck surgery.

Professional path:

- 2002-2006 – Diagnostic and consultative center “Saint Maria” in UMHAT “Saint Maria” - Varna
- 2006 – Medical center “Saint Petka” – Varna

Academic career:

- 2007-2014 – assistant professor at the Department of prosthetic dental medicine and orthodontics, Faculty of Dental medicine, Medical University – Varna
- 2018 – Head of the Department of Dental materials science and propaedeutics of prosthetic dental medicine, Faculty of Dental medicine, Medical University – Varna
- 2018 – Head of “Alumni club and Friends”, Medical University – Varna
- 2018 – Head of the scientific group “Biomaterials, implantology and genetic engineering”, Department of “Academic Clinical Research Organization”, Medical University – Varna

Teaching activity:

- From 2013 – lecturer on Dental materials science to students in the specialty “Dental medicine”, 1st year, Bulgarian and English programmes
- Leading lecturer in the elective discipline Obstructive sleep apnea and snoring for students 4th and 5th year, Bulgarian and English programmes

Assoc. prof. Dr. Mario Milkov, MD, PhD shows professional interest and works in the field of otorhinolaryngology, otology, otoneurology, vestibulology, audiology, vestibular rehabilitation. Participates in the research of ossicular prostheses for the restoration of the hearing circuit, testing of

dental biomaterials, biological models, ossiculoplasty, biomaterials, used in dentistry. Of extremely important interest are his studies in the field of obstructive sleep apnea, the chronobiology of sleep, prevention of sleep-related diseases, conservative methods for the treatment of sleep disorders. He participates in the performance of neonatal hearing screening, hearing screening in adolescents, in adults. Participates in the diagnosis of hearing disorders in athletes, vestibular disorders in divers, auditory rehabilitation and hearing prosthetics, vestibular rehabilitation. His studies in the field of allergic rhinitis with a view to diagnosis and early prevention of socially significant diseases are also of interest.

Assoc. prof. Milkov is fluent in: German, English, Russian.

Publishing activity: The analysis of the scientific output and publications of Associate Professor M. Milkov after his habilitation is as follows:

- Independent author or co-author in three monographs and one chapter in a textbook published in Bulgaria and three chapters in three monographs published abroad. More than 60 full-text scientific publications in Bulgarian and international journals, 144 oral and poster presentations at national and international scientific forums in the country and abroad.
- Individual patent: Ossicular prosthesis and the method for its manufacture (Patent No. 65712/05.10.2009, Sofia)

Head of 4 research projects.

Permanent member of the editorial board of the scientific journals: "*European Archives of Otorhinolaryngology*", "*Romanian Journal of Rhinology*", "*Folia Otorhinolaryngologiae et pathologiae respiratoriae*" (St. Petersburg), "*Journal of Hearing Science*", "*Scripta Scientifica Mediciniae Dentalis*", "*Medeniyet Medical Journal*"

Permanent member of the editorial board of the scientific journal: "Austin Journal of Sleep disorders"

Member of scientific and professional organizations:

- European Society for Sleep Research;
- European Society for Biomaterials;
- European Society of Pediatric Otorhinolaryngology;
- European Association of Sleep Medicine;
- International Pediatric Sleep Association;
- World Sleep Apnea Association;
- Member of the Inventor's Union in Bulgaria;
- Corresponding member of the German Society for Otorhinolaryngology, Head and Neck Surgery;
- Member of the Otorhinolaryngological Society of the Danube Countries;
- Member of the management board of the Balkan Society of Otorhinolaryngology and Head and Neck Surgery;
- One of the founders of the Bulgarian Society for Obstructive Sleep Apnea and Snoring;
- One of the founders of the Black Sea Society of Otology and Neuro-otology;
- Member of Bulgarian medical association and Bulgarian dental association;
- Deputy-Chairman of the Bulgarian Society of Otorhinolaryngology and Head and Neck Surgery;
- Member of the Union of Scientists.

Assoc. prof. Dr. Mario Milkov, MD, PhD participates in the competition with:

- Main habilitation thesis: "Prevention of obstructive sleep apnea and snoring in professional drivers". Sleep medicine and its relationship with other medical and dental specialties are examined, the classification of sleep disorders is given, as well as the concept of the

development of prevention. The role of obstructive sleep apnea and its impact on patients' health is highlighted. Guidelines are given for the treatment of obstructive sleep apnea - conservative and surgical, as well as the application of anaesthesia in patients with obstructive sleep apnea. Given the risk of driving in patients with obstructive sleep apnea, recommendations are given for the issuance of driving licenses to professional drivers.

- Co-author in two monographs;
- Three chapters in three monographs;
- Scientific publications in journals – 30;
- Papers are divided into scientific areas: biomaterials, obstructive sleep apnea and snoring, hearing screening, clinical audiology, vestibulology, otorhinolaryngologic diseases. They are characterized by the continuity of the thematic focus of the studies over the 10-year period. period after the first habilitation, as well as enrichment and diversification of the issues and the emergence of new scientific subfields.
- Emphasis on the work of Associate professor M. Milkov is obstructive sleep apnea and snoring in children and adults with enrichment of research and implementation of appropriate treatment. Various occupational groups are covered, such as drivers, shipmasters and divers. The role of obstructive sleep apnea as one of the leading causes of road accidents has been reported.
- Emphasis in the works of Dr. Milkov is also on other otolaryngologic diseases such as vasomotor rhinitis, which represents a serious challenge in modern otorhinolaryngology. Novelties in the treatment of epistaxis are discussed, the characteristic features of odontogenic infections in children with infectious otorhinolaryngologic diseases are investigated.
- Cooperation between dental doctors and otorhinolaryngologists in the treatment of patients with temporomandibular dysfunction was also discussed. The etiological role of disorders of the temporomandibular joint in the occurrence of tinnitus is discussed.

Examining the presented scientific output of Assoc. prof. Dr. M. Milkov, MD, PhD, we gain an idea of the comprehensiveness of his experience, theoretical knowledge and practical skills. And perhaps here we remember the quote of Lao Tzu: "A journey of thousands of kilometers begins with a single step." His journey in the field of otorhinolaryngology began in 1998 as a full-time PhD-student at the Department of Otorhinolaryngology of Medical University – Varna, to continue with drive, extreme interest, search for novelties and upgrading with the aim of timely diagnosis and prevention of disorders.

Conclusion: The presented scientometric indicators of Assoc. prof. Dr. Mario Petrov Milkov, MD, PhD are an expression of his interest and practical experience. They meet all the requirements for the award of the academic title "Professor". In-depth research and publications address leading issues in the fields of otorhinolaryngology, head and neck surgery, dentistry and many other related diseases.

I propose to the respected scientific jury to award the academic title "Professor" in the scientific specialty "Ear, Nose and Throat Diseases" to Assoc. prof. Dr. Mario Petrov Milkov, MD, PhD.

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Prof. Dr. D. Bliznakova, MD, PhD