

# Opinion

by Prof. Krasimira Koleva, MD,PhD.

for dissertation work and the author's abstract of Dr. Miglena Yordanova Marinova-Ashkar, full-time doctoral student at the Department of Hygiene and Epidemiology of the Faculty of Public Health at the Medical University "Prof. Dr. Paraskev Stoyanov"-Varna

on the topic:

## **IMPORTANCE OF BREASTFEEDING FOR THE HEALTH OF CHILDREN UNDER 3 YEARS OLD FROM FAMILIES WITH A HIGH RISK OF ALLERGY**

for awarding the educational and scientific degree "Doctor" in the field of higher education 7. Health care and sports, professional field 7.1. Medicine, doctoral program "Hygiene (incl. Labor, communal, school, radiation, etc.)".

I am appointed to present an Opinion based on the decision of the Chairman of the Scientific Jury and according to the Order of the Rector of MU-Varna No. R-109-44/02/01/2019.

This dissertation is written in 154 standard typewritten pages and is structured properly. It contains all the sections inherent in such a work. A total of 31 tables, 6 figures and 11 appendices are included. 306 literary sources are cited, of which 31 are in Cyrillic and 275 are in Latin. On the topic of the dissertation, the doctoral student has published three articles in Bulgarian and one article in foreign journals.

The study by Dr. Miglena Yordanova Marinova-Ashkar is devoted to the importance of breastfeeding for the health of children up to 3 years of age from families with a high risk of allergy. Allergic diseases and the best preventive options are in the time frame between conception and the first six months of life, which has been of increasing interest to the global scientific community in recent years.

This comprehensive review provides a suitable basis for proving the necessary research findings.

The entire dissertation treatment is presented clearly: "To achieve the influence of breastfeeding on the growth, improvement and health of children of early childhood (incl. physical and neuropsychological development (NPR), acute illness, manifestation of allergies) from families with data for atopy. To achieve it, the doctoral student has defined four main tasks.

According to the working hypothesis of the developed dissertation, an original constellation of world methods and materials for evaluating the influence of breastfeeding on growth in the first years of life of children born in families with an history of allergy is sufficiently effective and applicable to these children.

The dissertation is completely methodologically sound. The various examinations of the hospitals were carried out correctly. Data were processed using appropriate statistical statistical methods for analysis. The results are presented in a large number of tables and figures. Important and statistically reliable correlations were established between individual research indicators and between the diseases themselves.

The doctoral student's own results are summarized in the discussion and compared with those given by other authors from the country and our country on current topics.

A total of four specific and scientifically substantiated conclusions were formulated on the basis of this study. They correspond to the added tasks and reflect the essence of the achieved results.

Three contributions of an original nature and twelve contributions of a responsible nature are presented. I accept that they are the personal work and merit of the doctoral student and can really contribute to the further development of studies on the importance of breastfeeding for the health of children up to 3 years of age from families with a high risk of allergy.

The abstract is in all of 64 pages. The abstract is structured according to the requirements, and its content fully corresponds to the dissertation work.

## **CONCLUSION**

The dissertation of Dr. Miglena Yordanova Marinova-Ashkar, submitted to me for the position, for the acquisition of the educational and scientific degree "doctor" fully meets the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria. This is an up-to-date, well-planned and realized scientific work.

Based on these findings, I am fully convinced of my positive assessment of the dissertation work and propose to the respected members of the Scientific Jury to award the educational and scientific degree "doctor" in the scientific specialty "Hygiene" to Dr. Miglena Yordanova Marinova-Ashkar.

06.09.2023 year

City Varna

Prepared the position:

Prof. Krasimira Koleva, MD

