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REVIEW

of Dr. Nikolay Krasimirov Kostadinov, dm
The only candidate for the academic position "associate professor" in endocrinology at Burgas State University "Prof. Dr. Asen Zlatarov"

REVIEWER:

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External member of the Scientific Jury according to Order No. RD-344/30.09.2025 of Prof. Sotir Sotirov, Rector of BSU Prof. Dr. Asen Zlatarov

To participate in the announced competition, the only candidate submitted the necessary documents, Dr. Nikolay Krasimirov Kostadinov, MD, Assistant Professor of Internal Medicine at the Department of "Internal Diseases, Social Medicine, Physiotherapy and Rehabilitation, Disaster Medicine" at the Faculty of Medicine

When examining the submitted documents and reading Dr. Kostadinov's scientific works, I find that the candidate fully meets the quantitative and measurable requirements of Burgas State University "Prof. Dr. Asen Zlatarov" for the academic position of "docent".

I. Biographical data

Dr. Kostadinov completed his secondary education at the "Acad. Nikola Obreshkov" PMG - Burgas in 2003.
He completed his higher education "Master of Medicine" at the Faculty of Medicine, University of Thrace - Stara Zagora in 2009. In 2012 won the enrollment competition for the specialization in Endocrinology and Metabolic Diseases at the Academy of Medical Sciences-Sofia. In 2016, he acquired a specialty in Endocrinology and metabolic diseases. In 2017, he graduated with a master's degree in Health Management at Prof. Dr. Asen Zlatarov University. After a competition held in 2021. was appointed to the position of "assistant" in Internal Medicine, at the Faculty of Medicine of BSU "Prof. Dr. Asen Zlatarov" In 2024, Dr. Kostadinov defended his dissertation on the topic "Assessment of the quality of life of patients with type 2 diabetes mellitus depending on the therapy carried out" and acquired the educational and scientific degree "Doctor" in the scientific specialty "Endocrinology".

II. Scientometric criteria

The overall research activity of Nikolay Krasimirov Kostadinov, Ph.D. is in accordance with the field of higher education, the professional direction and the scientific specialty of the announced competition.

Dr. Kostadinov's research interests are in the field of diabetes. The main publications, participation in national and international symposia and congresses, a monograph and a dissertation are devoted to this problem. In the current competition, Dr. Nikolay Kostadinov presents 84 scientific works - 1 dissertation and a book published on the basis of a protected dissertation work, 1 author's abstract, 1 author's monograph, 8 publications in periodicals indexed and referenced in world-famous databases (Scopus and Web of Science) and 46 publications in Bulgarian and foreign peer-reviewed periodicals, 27 participations in national and international congresses and symposia. Of these, 7 participations in international European and World congresses and symposia and 20 participations in national congresses and symposia.

Dr. Nikolay Kostadinov's scientific works have been published in 26 prestigious medical journals (General Medicine, Science Endocrinology, Medical Review, Diabetes and Metabolism, Bulgarian Medical Journal, Obesity Facts, Diabetes research and clinical practice, World Journal of Pharmaceutical Research, MEDICAL magazine, MEDINFO, etc.) Dr. Kostadinov is the 1st author in 66.7% of the scientific papers.

The scientific activity of Dr. Kostadinov is developed on the basis of the accumulated clinical experience in the Clinic of Endocrinology and Metabolic Diseases of the Medical Academy of Medical Sciences - Sofia during his specialization, Department of Endocrinology and Metabolic Diseases at UMBAL-Burgas and MBAL Heart and Brain, Burgas. Regarding the contributions of Dr. Nikolay Kostadinov, d.m. I would like to make the following clarifications:

1. The dissertation work "Evaluation of the quality of life of patients with type 2 diabetes mellitus depending on the therapy" and part of the scientific publications (G6, B3, G8.7, G8.26, G8.34, G8.46) affect the quality of life of patients with diabetes mellitus, the factors on which it depends and ways to improve it.

The conclusions are drawn on the basis of population studies with large groups of patients.

A complex study of the quality of life of patients with type 2 diabetes mellitus in various aspects of the disease was made. The topicality of the topic is determined by the increased frequency of type 2 DM. The scientific work presented in Dr. Nikolay Kostadinov's book is the only study in Bulgaria that examines the quality of life in type 2 diabetes depending on the type of treatment and determines whether it is linked to the achieved level of glycemic control and some markers of complications such as GF, microalbuminuria and hsCRP. The literature review is comprehensive and informative, with rich historical and comparative data. It is noteworthy that the data for Bulgaria are scarce, which determines the relevance and timeliness of this dissertation work. The quality of life and its parameters were evaluated when using different groups of antidiabetic drugs in patients with type 2 diabetes mellitus. The quality of life in patients with type 2 diabetes mellitus receiving different types of treatment was analyzed in order to determine the optimal therapeutic choice. It was determined how the applied treatment affects the quality of life in patients with type 2 diabetes, regardless of the effect on glycemia and glycated hemoglobin. Dr. Kostadinov developed, for the first time in Bulgaria, a survey methodology for assessing the quality of life in patients with type 2 DM, which enables a real assessment of the impact on the patients' condition and its informativeness has been proven. The possible choice of treatment for type 2 diabetes is defined, taking into account the patient's quality of life aspect.

2. The presented author's monograph "Drug Management in Type 2 Diabetes Mellitus and Quality of Life" reflects the creative maturity of Dr. Nikolay Kostadinov's scientific research and is entirely the author's personal contribution. It summarizes his observations and practical achievements, showing readers the relationship of symptoms and health status of patients with the application of tools to assess their quality of life, which is essential for the management and monitoring of the disease. In his study, Dr. Kostadinov used the latest psychometric tools to assess

the quality of life of the examined patients, while at the same time conducting their clinical monitoring and treatment. All this reveals the depth of the analysis, as scientific researches were carried out in various sciences - medicine, sociology, psychology, public health and epidemiology of chronic non-infectious diseases. The book is a valuable practical guide for physicians, students and interns with interests in the field of diabetology.

3. Different therapeutic approaches and application of modern and innovative treatment for patients with diabetes mellitus is reflected in some of the publications (G8.42,G8.43,G7.4,G7.6,G7.7,G7.8,G8.2,G8.8,G8.15,G8.16,G8.19,G.29,G8.31,G8.39,G8.40,G8.41, G8.45) Dr. Kostadinov is interested not only in socially significant, but also in rare diseases in endocrinology and metabolic diseases. Of particular interest are the described cases related to diseases of the thyroid gland, adrenal glands, examined and described by Dr. Kostadinov in publications (G8.9,G8.20,G8.22,G8.25,G8.37,G8.38,G8.44)

4. Violations in the exchange of vit.D and vit.B12 and their importance are covered in publications (G8.6,G8.10,G8.13,G8.30) Of particular interest and a valuable scientific contribution is the study conducted by Dr. Kostadinov, investigating the deficiency of vit.B12 in a Bulgarian population of patients treated with metformin

5, Thyroid pathology is the problem considered in publications (G8.17,G8.27)

6. Problems of excess body weight and insulin resistance are discussed in publications (G7.2, G7.3, G8.18)

7. Methods for assessing carbohydrate disorders are an important aspect of the topics in the works - publications (G8.28, G8.33)

8. Complications of diabetes mellitus are discussed in publications (G7.5, G8.14, G8.21, G8.23, G8.32, G8.35)

9. Education of patients with diabetes mellitus and long-term glucose monitoring are considered as a method specifically assessing control, compared with other methods of disease control are advocated in publications (G8.11,G7.1,G8.4,G8.5,G8.12,G8.36)

10. Covid 19 and DM is discussed in an author's article (G8.3)

11. Dr. Kostadinov also participated in a scientific research project "Genetic polymorphisms in the genes encoding IP-10/CXCL10 and CXCR3 in diabetes – type I".

According to the presented citation reference, Dr. Kostadinov has 22 citations, of which 1 in a dissertation, 1 in an author's monograph, 20 in Bulgarian and foreign peer-reviewed journals.

Membership information in 4 scientific societies has been submitted. In conclusion, I believe that the scientific production of the candidate has an original character for Bulgaria. With all these data, Dr. Nikolay Krasimirov Kostadinov meets the scientometric criteria for acquiring the scientific title "Associate Professor" set in the Rules of the Burgas State University "Prof. Dr. Asen Zlatarov".

III. Teaching and learning activity

Dr. Kostadinov began her teaching activity in 2021, when, after winning a competition, she was appointed to the position of "assistant" in Internal Medicine at the Department of "Internal

Diseases, Social Medicine, Physiotherapy and Rehabilitation, Disaster Medicine" at the Faculty of Medicine

To participate in the competition, Dr. Kostadinov submitted documents for teaching and teaching activities as an assistant-auditor employment of 1066.3 academic hours, of which 103.8 hours were lectures and 962.5 hours of practical exercises in Internal Medicine, incl. pre-graduate internship of 4th year medical assistant students. For the period 2021-2025, Dr. Kostadinov participated in the preparation of the following 6 study programs:

-Internal diseases - specialty Medical laboratory assistant
- Internal diseases - specialty Rehabilitator
-Internal diseases - specialty Nurse
- Basic knowledge of diabetes mellitus - specialty Management of diabetes care
- Control of diabetes and prevention of complications - specialty Management of diabetes care
- Emergencies in patients with diabetes - specialty Management of diabetes care

He is also a member of the committee on the quality of education at the Medical College of the University.

Over the years, Dr. Kostadinov has been the supervisor of two interns.

IV. Personal impressions:

I have known Dr. Kostadinov for more than 18 years, since I was a 3rd year medical student. He was a specialist in Endocrinology and Metabolic Diseases at the Clinic of Endocrinology and Metabolic Diseases of the Medical Academy, which I directed. During this period, more than once I had the opportunity to convince myself of his professionalism, value characteristic, teamwork skills, ability to generate ideas and implement them.

V. Critical notes and recommendations - I don't have any

VI. Evaluation of the quantitative indicators according to the criteria for acquiring the title "associate professor"

After summarizing and comparing scientometric data of Dr. Nikolay Kostadinov, MD, with the recommended quantitative requirements for occupying the academic position "associate professor" at Burgas State University "Prof. Dr. Asen Zlatarov", according to Appendix No. 1 The regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at BSU "Prof. Dr. Asen Zlatarov" I found the following:

Group A-fulfilled
• indicator A1-dissertation work ONS "doctor" 50t.

Group B - not required for JSC "docent"

Group B-fulfilled
• indicator B3 - monograph - 100 tons. with a minimum required number of 100 tons.
Group D-fulfilled
• indicator D6 - book based on a dissertation - 40t.
• pocosoteli G6, G7 and G8-1105t. with a minimum required quantity of 220t.

Group D - completed - 120t. with a minimum required quantity of 60 tons.

Group E-completed-165t. with a minimum required quantity of 20 pons.

VII. Conclusion

From the papers submitted for the competition for "docent" in the scientific specialty "Endocrinology" it is clear that Dr. Nikolay Krasimirov Kostadinov, MD. a scientist is built.
His personal contribution is evident, with each publication of solid scholarly and linguistic style, analytical and synthetic competence, and meaningful conclusions. Dr. Kostadinov has pedagogical experience and has an established professional authority.
Additionally, it should be emphasized that Dr. Kostadinov is a well-established doctor with extensive clinical experience in all areas of endocrinology, possessing the necessary professional and moral qualities to hold the academic position of "associate professor" I vote positively and call on the respected Scientific Jury to give its positive vote and elect Dr. Nikolay Krasimirov Kostadinov, dm to occupy the academic position of "docent" in the field of higher education 7. Health care and sports, professional direction, 7.1. Medicine and scientific specialty "Endocrinology".
I believe that his candidacy fully fulfills the mandatory and specific conditions and scientometric criteria for occupying the academic position "ASSOCIANT PROFESSOR", which are in accordance with the requirements of the LDASRB and the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at Burgas State University "Prof. Dr. Asen Zlatarov".

Date: 27.10.2025 г.

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