Бургаски държавен университет
„Проф. д-р Асен Златаров"
8010 Бургас, бул. „Проф. Якимов" №1
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To the Chairman of the Scientific Jury,
appointed by order of the Rector of
BSU "Prof. Dr. Asen Zlatarov" RD-344/30.09.2025

REVIEW

by Associate Professor Boyan Ivanov Nonchev, Ph.D.,
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Member of the scientific jury of the competition for the academic position "Associate Professor" in the field of higher education 7. Health care and sports, professional direction 7.1 Medicine, scientific specialty "Endocrinology", announced in SG no. 52/27.06.2025 for the needs of Burgas State University "Prof. Dr. Asen Zlatarov"

DETAILS OF THE PROCEDURE

On the basis of Order No. RD-344/30.09.2025 of Prof. Sotir Sotirov, Rector of BSU Prof. Dr. Asen Zlatarov and with the decision of the first meeting of the Scientific Jury on 10.10.2025, I was assigned to prepare a review regarding the competition for the academic position "Docent", in the field of higher education 7. Health care and sports, professional direction 7.1 Medicine, scientific specialty "Endocrinology".

The competition is in accordance with the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions at Burgas State University "Prof. Dr. Asen Zlatarov"

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

The documents provided to me fully comply with the procedural requirements.

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I. BRIEF BIOGRAPHICAL DATA

Dr. Nikolay Krasimirov Kostadinov completed his secondary education in 2003. - MG-"Acad. N. Obreshkov" - Burgas city.

In 2009 He finished his studies at Thrace University Stara Zagora - Faculty of Medicine - specialty medicine, with very good results in the semester exams and with honors in the state exams. In 2012 he won the enrollment competition for the specialization in Endocrinology and Metabolic Diseases at the Military Medical Academy-Sofia. In 2016, he acquired a specialty in Endocrinology and metabolic diseases. 2017 graduated with a master's degree in Health Management at Prof. Dr. Asen Zlatarov University. After the 2021 competition 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 thesis on "Assessment of the quality of life of patients with type 2 diabetes mellitus depending on the therapy" and obtained the educational and scientific degree "Doctor" in the scientific specialty "Endocrinology".

II. SCIENTIFIC RESEARCH ACTIVITY

1. Publications and reports with published abstracts

The candidate participated in the competition with 57 real scientific papers:

- Dissertation - 1 pc.
- Author's monograph - 1 pc.
- Book based on a dissertation - 1 pc.
- Full-text articles and reports published in periodicals indexed and referenced in world-famous databases (Scopus and Web of Science) - 8 ps.
- Full-text publications and reports in Bulgarian and foreign periodicals with scientific review - 46 ps.

A list of 27 participations of the candidate in national and international congresses and symposia is presented. Of these, 7 participations in international European and World congresses and symposiums (ECE, IDF, WCIRDC, ESPE, EASO) and 20 participations in national congresses and symposiums. In 66.7% of the works presented, Dr. Nikolay Kostadinov is the first author, which supports his personal merits.

Dr. Kostadinov's quantitative indicators according to the scientometric criteria are summarized in table 1 - Appendix No. 1 of the Regulations for the conditions and procedures for acquiring scientific degrees and holding academic positions at

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BSU Prof. Dr. Asen Zlatarov. The data shows that Dr. Kostadinov fulfills, even exceeds the minimum required criteria.

table 1. Minimum required points by groups of indicators for the academic position "associate professor" at BSU Prof. Dr. Asen Zlatarov, professional direction 7.1. Medicine

A group of indicators	content	Minimum points required	**Points by Dr. Nikolay Kostadinov**
A	Indicators 1	50	**50**
B	Indicators 2	-	Not required for "associate professor"
C	Indicators 3 or 4	100	**100**
G	Sum of the indicators from 5 to 9	220	**1105**
D	Sum of the indicators from 10 to 12	60	**120**
E	Sum of the indicators from 13 to the end	20	**165**
Total points		450	**1540**

2. Citations

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.

3.Profile of the candidate's scientific work

The overall scientific activity of Dr. Kostadinov is in accordance with the field of higher education, the professional direction and the scientific specialty of the announced competition.

Research activity of Dr. Nikolay Krasimirov Kostadinov covers the following thematic directions:

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3.1.Diabetes mellitus

The dissertation work "Evaluation of the quality of life of patients with type 2 diabetes mellitus depending on the therapy" and the book published on the basis of a protected dissertation work, as well as some of the publications (G6, B3, G8.7, G8.26, G8.34, G8.46) affect the quality of life of patients with diabetes mellitus and outline contributions of a scientific and applied nature.

Dr. Kostadinov defines, analyzes and evaluates quality of life criteria for patients with type 2 diabetes, depending on the type of treatment applied and determining the influence of the type of treatment on quality of life parameters. The candidate makes a systematic review and study of the most widely used standardized tools for measuring the quality of life in patients with type 2 diabetes. Dr. Nikolay Kostadinov evaluates the aspects of the quality of life in patients with diabetes mellitus when applying different types of treatment, after a certain period of treatment, the effect of certain groups of medications on the quality of life in patients with type 2 diabetes mellitus is compared. The patients' quality of life was assessed, depending on the achieved level of glycemic control and some additional markers of complications such as hsCRP and microalbuminuria, HF, a proprietary questionnaire was compiled, standard and validated questionnaires were used to assess the quality of life in patients with type 2 DM. Dr. Nikolay Kostadinov has made a number of original contributions on the subject with his research. For the first time in Bulgaria, the quality of life of patients with type 2 diabetes was evaluated depending on the therapy, depending on the achieved level of glycemic control and some of the markers for complications - such as hsCRP and microalbuminuria, GF. Dr. Kostadinov managed to define the possible choice of treatment for type 2 diabetes mellitus, taking into account the quality of life aspect of the patient. The candidate makes recommendations to initiate a strategy jointly by patient organizations and endocrinology societies, with the aim of ensuring equal access for patients to all classes of antidiabetic drugs and to exclude the glucocentric model for patient access to the new classes of glucose-lowering drugs. The same is required given the data obtained from real clinical practice for the glycemia-independent improvement in the quality of life.

In the presented monograph "Drug Management in Type 2 Diabetes Mellitus and Quality of Life", Dr. Kostadinov summarizes his observations and practical achievements in the management of diabetes mellitus and the impact of the number of medications taken on the quality of life. The conclusions are drawn on the basis of a population study with a large group of patients.

Therapeutic approaches and application of modern and innovative treatment for patients with diabetes mellitus is reflected in some of the publications (G8.13,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).

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Methods for evaluating carbohydrate disorders are addressed in publications (G8.28, G8.33). Complications of diabetes mellitus are discussed in publications G7.5, G8.14, G8.21, G8.23, G8.32, G8.35. 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).

A valuable scientific contribution is the study conducted by Dr. Kostadinov, which examines the relationship between vitamin B12 deficiency and the duration of metformin treatment in a Bulgarian patient population.

The relationship between the infection with Covid 19 and the severity of the course in patients with DM was discussed in an original article (G8.3). The analysis was made on the basis of a population sample of 368 Bulgarian patients with diabetes and is of valuable practical application.

3.2. Thyroid diseases

The reports in this direction examine the frequency of thyroid disease among patients with diabetes mellitus in the Bulgarian population and ATZ in DM type-1 (G8.17, G8.27).

3.3. Rare endocrine diseases

Dr. Kostadinov is interested in rare diseases. Described cases related to diseases of the thyroid gland, adrenal glands (G8.9, G8.20, G8.22, G8.25, G8.37, G8.38, G8.44), emphasizing the need for careful differential diagnosis and long-term follow-up.

3.4. Obesity, insulin resistance, vit.D

Problems with body weight and insulin resistance are discussed in publications (G7.2,G7.3,G8.18). Violations in the exchange of vitamin D are affected in publications (G8.6, G8.10, ,G8.30)

IV. SCIENTIFIC RESEARCH PROJECTS

Dr. Nikolay Kostadinov participated in a research project at the National Institute of Scientific Research - "Genetic polymorphisms in the genes encoding IP-10/CXCL10 and CXCR3 in diabetes - type I".

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V.EDUCATIONAL AND TEACHING ACTIVITY

Dr. Nikolay Kostadinov has over 4 years of experience as a university teacher. His workload by academic year is as follows:

- 2022/2023 - 311 hours of exercises
- 2023/2024 - 210.4 hours of exercises
- 2024/2025 - 93 study hours of exercises, 15 hours of pre-graduate internship for students from the "Medical Assistant" specialty, 104 study hours of lectures on Internal Medicine for students from the "Rehabilitator" specialty

Dr. Kostadinov participates in examination committees in Internal Medicine, participates in the committee on the quality of education at the Burgas Medical College and participated in the preparation of the following study programs:

- Internal diseases - specialty Medical laboratory technician
- 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

Dr. Kostadinov was the supervisor of two residents in endocrinology, who are already established specialists in Endocrinology and metabolic diseases.

VI. DIAGNOSTIC AND THERAPEUTIC ACTIVITY

Dr. Nikolay Kostadinov is an established specialist in Endocrinology and metabolic diseases, who gained his clinical experience both in the UMBAL-Burgas and in the MBAL Heart and Brain - Burgas.

The following qualifications deserve special attention:

- VSD certification course - ultrasound of the cervical region
- VSD certification course - Osteodensitometry

Dr. Kostadinov's pursuit of continuous professional improvement and development is confirmed by numerous participations in medical forums and

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congresses in the field of endocrinology, as well as membership in several professional organizations-Bulgarian Society of Endocrinology, member of the Bulgarian Diabetes Association, member of the Bulgarian Medical Union, member of the European Association for the Study of Diabetes.

VII. CONCLUSION

The scientific metrics of Dr. Nikolay Krasimirov Kostadinov fully meet and even exceed the required ones, in terms of the fulfillment of the minimum national requirements for the scientific and teaching activity of the candidate, for occupying the academic position of "ASSOCINATE PROFESSOR" in Endocrinology, which are in accordance with the requirements of the ZRASRB and the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at Burgas State University "Prof. Dr. Asen Zlatarov".

I believe that the scientific production presented shows that he is a highly qualified professional, ambitious, searching and successfully developing a promising young teacher and scientist who possesses all the necessary qualities for awarding the academic title "Associate Professor". In view of all the above, I give my positive vote regarding the election of Dr. Nikolay Krasimirov Kostadinov, MD, for the academic position of "associate professor" in the field of higher education 7. Health care and sports, professional direction, 7.1. Medicine and scientific specialty "Endocrinology".

Date:
30 ОКТ 2025

Associate Professor Boyan Nonchev, Ph.D.

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