

TO:

THE CHAIRMAN OF THE SCIENTIFIC JURY,

DETERMINED BY ORDER: RD – 344/30.09.2025

OF THE RECTOR OF BURGAS STATE UNIVERSITY “PROF. DR. ASEN ZLATAROV”

OPINION

On a competition for the academic position of "Associate Professor" in the field of higher education 7. "Health and Sports", in the professional field 7.1. "Medicine" and scientific specialty "Endocrinology", for the needs of the Dobrich branch (report 2565/11.07.2025) of the Faculty of Medicine at the Burgas State University "Prof. Dr. Asen Zlatarov" announced in the State Gazette No. 52/27.06.2025 with the only participant Dr. Nikolay Krasimirov Kostadinov, PhD. The stages of the procedure have been complied with and the selection for the academic position of "Associate Professor" has been initiated.

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By order of the Rector of the Burgas State University "Prof. Dr. Asen Zlatarov" RD - 344/30.09.2025, I am included as a member of the Scientific Jury for the competition. At the first meeting held on 10.10.2025, Professor Dr. Atanas Dimov Arnaudov PhD was elected as Chairman of the Jury, and I, as a member of the jury, was assigned to prepare **an opinion**.

Biographical data and professional development of the candidate

Dr. Kostadinov, born on 17.06.1984, graduated his secondary education in 2003 at the PM gymnasium "Academician N. Obreshkov" in Burgas, and obtained his higher medical education diploma at the Medical Faculty of Trakia University - Stara Zagora with a course of study from 2003 to 2009. After graduation, he started working as a resident physician at the MHAT Hospital AD Burgas in the period 10.2009 to 04.2012, after which he started a specialization in Endocrinology and Metabolic Diseases at the Military Medical Academy, Sofia for 4 years. After completing his specialization in June 2016 and acquiring the specialty "Endocrinology", he started working again at the UMHAT Burgas AD as the Head of the Department of Endocrinology and Metabolic Diseases until 09.2021. Since 01.2022, he started working as a consultant endocrinologist at the "Heart and Brain" Hospital in Burgas, also working at the "Doctors for Us" Medical Center in Burgas, IPSMH Dr. Nikolay Kostadinov EOOD. Since 12.2021, after a competition, he has been serving as an Assistant Professor in "Internal Medicine" in the chair of "Internal Diseases" of the Medical faculty at the Burgas State University "Prof. Dr. Asen Zlatarov". As a result of his research activities, Dr. Kostadinov acquired the ESD "Doctor" in 2024 through a habilitation monograph "Drug Management in Type 2 Diabetes and Quality of Life". In September 2017, he also acquired an MA in "Health Management" at the University "Prof. Dr. Asen Zlatarov". Also, worth of mentioning are courses for acquiring qualifications for performing HSA in 2021 and 2023.

Scientific research activity of Dr. Nikolay Krasimirov Kostadinov DM from the overall publication activity in peer-reviewed and non-refereed publications and contributions.

Dr. Kostadinov participates in the competition with the following scientific production in volume - 57 scientific papers, including one doctoral thesis and a book based on the dissertation, an abstract of 90 pages and an author's monograph. Of the remaining 54 publications, 8 are in peer-reviewed and indexed in Scopus and Web of Science journals (he is the first author in 5 of these publications) and 46 in journals with scientific review (of which he is the first author in 36 of these publications). The high percentage of participations as a first author (over 2/3) in the

publications unequivocally shows his leading scientific role in their implementation. The 27 participations in international (7) and national congresses and symposia (20) presented in the author's reference can also be considered as scientific activity.

The citation list of publications in which he participated, presented in August 2025 by the Central Medical Library (CML), contains 17 citations, of which 12 are in Web of Science (H-index - 1) and 5 in Bulgarian peer-reviewed journals.

In the competition, in accordance with Appendix 1, tables 1 and 2 for fulfilling the minimum requirements for occupying the academic position of "Associate Professor" in Medicine - medical-clinical field, according to the regulations of the Burgas State University "Prof. Dr. Asen Zlatarov", the total sum of points on the indicators is **1540 points**, with which result Dr. Kostadinov **exceeds the required 450 points approximately three and a half times**.

Contributions of the candidate to the development of endocrinology in Bulgaria

"Drug management in type 2 diabetes mellitus and quality of life" has a special place in scientific research on this disease in Bulgaria. The assessment of the quality of life depending on the type of treatment and how it affects the most common complications such as decreased glomerular filtration and increased microalbuminuria (Chronic Kidney Disease) and increased C-reactive protein (chronic inflammation) has not been done in the country so far and in this regard the present study is the first of its kind. In this sense, it fills an existing gap in knowledge about one of the most common socially significant diseases of our time and provides a starting point for further scientific research and comparisons with other countries.

Teaching and learning activities

Dr. Kostadinov, as a lecturer at the chair of "Internal Diseases" of Medical faculty, is involved in conducting teaching practice and exercises in "Internal Medicine" for the first and third year students in the specialty "Physician Assistant" as well as pre-graduate internship for 4th year students in the same specialty. The candidate is also the supervisor of 2 residents in

Endocrinology and Metabolic Diseases who have successfully passed the specialty exam. For the last 3 academic years, Dr. Kostadinov presents a report that amounts to 1066 academic hours of training for students in the form of exercises, teaching practice, pre-graduate internship – respectively 311 hours for 2022/2023 academic year; 310 for 2023/2024 and 445 for 2024/2025. The figures for this indicator are **in line with and even exceed the workload required by the Regulations.**

Diagnostic and therapeutic activities

Dr. Kostadinov has an experience of about 16 years, carried out almost entirely in endocrinological structures with a wide scope of activity while covering high standards - "Clinic of Endocrinology and Metabolic Diseases" of the Military Medical Academy where he was a specializing physician and "Department of Endocrinology" of UMHAT Burgas AD. At the latter structure, for more than 5 years he was also the head of it and as such has gained practical skills as a manager. Acquiring a master's degree in "Health Management" further expands his theoretical knowledge for exercising managerial activities in healthcare. His participation in several qualification courses in ultrasound diagnostics in 2021 and 2023 contribute to even better knowledge in the specialty he practices. He also has gained experience as a principal investigator in 3 clinical trials in phase 2 and phase 3 and has the required expertise in conducting clinical research studies.

Conclusion

In conclusion, my opinion on the scientific research, teaching, diagnostic and therapeutic activities and scientific activity of Dr. Nikolay Krasimirov Kostadinov, MD, insofar as it meets the criteria set by the ZRAS and the Regulations for its application for holding the academic position of "Associate Professor" is positive. This gives me reason, convinced, to propose to the esteemed jury **to vote positively for the awarding of the academic position of "Associate**

Professor" in the scientific specialty "Endocrinology" to Dr. Nikolay Krasimirov Kostadinov, MD.

October 24-th 2025

Professor Evgueniy Vazelov MD, PhD, MHM

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