



**TO**  
**The Chair of the Academic Advancement Board,**  
**Appointed by Order No. P-2599/14.11.2019 of the**  
**Rector of Medical University – Plovdiv**

## **STATEMENT**

by

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### **In regard to the competition**

**for “Associate professor” in Cardiology** at First Department of Internal Diseases of Medical University – Plovdiv, for teaching English in the discipline Cardiology at an announced competition in the State Gazette, issue 72, dated 13.09.2019.

This statement was prepared in accordance with the Academic Staff Development in the Republic of Bulgaria Act (ASDA) and its implementation rules.

In the competition, the only applicant, Dr. Peter Fedev Nikolov, submitted all the necessary documents, as well as evidence of aptitude for training in English, which is a condition of the competition.

#### **1. Biographical data:**

Dr. Peter F. Nikolov is currently an assistant professor at the Cardiology Clinic of Medical University – Plovdiv and also works as an interventional cardiologist in the Invasive Ward at the same clinic. He has had a specialty in cardiology for 7 years, working experience as a doctor for 12 years and teaching experience for 10 years.

## **2. General description of the submitted materials for the competition.**

The following scientific works were presented in this competition:

- Publications,
- Abstracts from scientific forums,
- Monographs,
- Theses extended summary,
- Textbooks and manuals,
- Scientific projects.

### **Evaluation of applicant's academic activity**

Dr. Nikolov presents 31 publications in foreign and Bulgarian journals. 10 of these publications are in indexed journals. The publications have been cited 28 times: 17 times in foreign, 11 times in Bulgarian sources. He has participated in 21 conferences, most of them (16) were abroad.

The candidate's publication activity is in various fields, such as atherosclerosis, arterial hypertension, heart failure, metabolic syndrome, endothelial dysfunction and interventional cardiology. He puts emphasis on preclinical conditions, such as hypertension, high normal blood pressure, metabolic syndrome. Dr. Nikolov argues that they are associated with a higher cardiovascular risk and require active therapeutic behavior. This should be done with evaluation of endothelial function and requires specific laboratory and instrumental studies. It is important that he indicates ADMA as a marker of endothelial dysfunction. Increased ADMA serum levels support the process of atherosclerosis. Endothelial dysfunction is also demonstrated by instrumental methods, flow-induced vasodilation. Arterial stiffness is the subject of changes in hypertension.

Dr. Nikolov also publishes in the field of heart failure. An original contribution addresses the issue of a new YKL-40 heart failure marker. It is associated with inflammation degree and pathological tissue reconstruction. Its levels are significantly higher in HF compared to controls. Some of the publications cover various aspects of the atherosclerotic process. Multiple prophylactic effects of the ACE inhibitor Trandolapril on vascular and organ changes have been established on an atherogenic mouse model. Results from the pathohistological,

histomorphometric and cytophotometric reviews confirm the delay in the atherogenetic process by Trandolapril. The author reviews the predictors of carotid atherosclerosis, which are closely correlated with coronary disease, and the possibility of using statins being for the prevention of cerebrovascular disease. An important issue is being addressed about combination therapy for dyslipidemia.

The monograph “Endothelial Dysfunction and Coronary Disease” was published in 2019, with 236 pages and 544 references. It describes from various viewpoints the role of the endothelium, endothelial dysfunction and the methods of its investigation. The relationship between endothelial dysfunction and individual clinical forms of ischemic heart disease is extensively discussed. The various methods for influencing it are described.

Dr. Nikolov presents 28 citations related to his scientific publications. He presents three scientific projects in which he participates.

### **3. Teaching activities.**

Dr. Nikolov's teaching load is 420 hours per year. Teaching activities includes lectures, exercises, participation in semester and state exams in English and Bulgarian. He participates in thematic courses for cardiology specialists and interns.

Dr. Nikolov participates in two textbooks.

### **4. Professional evaluation.**

Dr. Nikolov presented a certificate for expert level in echocardiography and a certificate for invasive cardiology. He is a member of the national societies of cardiology and invasive cardiology, as well as of the European Society of Cardiology.

**5. Overall evaluation of the applicant's compliance with the national minimal scientometric requirements according to ASDA from 2018, as well as compliance with the mandatory conditions and scientometric criteria according to the Rules and Regulations of Medical University – Plovdiv**

Dr. Nikolov fulfills all the mandatory requirements of the Rules and Regulations of Medical University – Plovdiv for the academic position “Associate Professor”.

According to the updated national minimal scientometric requirements according to the ASDA from 2018, Dr. Nikolov also fulfills the requirements for the academic position “Associate Professor”. Its total score is 934 pts., the minimum being 400 pts.

**Minimum required points by group of indicators for the academic positions "Associate Professor" and "Professor" according to ASDA from 2018.**

Group of indicators	Indicator	Assoc. professor (points)	Professor (points)	Dr. Peter Nikolov, DM (points)
A	Indicator 1	50	50	50
B	Indicator 2	-	-	
C	Indicator 3 or 4	100	100	100
D	Sum of indicators 5-9	200	200	392
E	Sum of indicators 10-12	50	100	270
F	Sum of indicators 13-	-	100	115
Total		400		934

## 6. Conclusion:

Evaluating Dr. Peter Fedev Nikolov overall academic qualities, as well as ASDA requirements and the Rules and Regulations of Medical University – Plovdiv for the application of ASDA, I find that the applicant fully meets the requirements for the academic position of “Associate Professor”.

09.12.2019

Signature:

/Assoc. prof. Mariya Negreva, MD, PhD/

