

## **OPINION**

by Prof. Dr. Razvigor Borislavov Darlenski, MD, PhD, DrMSc

Academic specialty: Dermatology and Venereology

Acibadem City Clinic Tokuda University Hospital – Sofia, Department of Dermatology and  
Venereology

**Subject:** Procedure for awarding the educational and scientific degree “Doctor”

**Candidate:** Dr. Zlatko Dobrev Dimitrov

**Academic specialty:** Dermatology and Venereology

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### **I. GENERAL INFORMATION ABOUT THE CANDIDATE**

Dr. Zlatko Dobrev Dimitrov is a pediatrician and allergist with professional experience and scientific interests in allergodermatology. His dissertation, titled “*Diagnostic value of specific allergological tests in patients with CMPA (cow’s milk protein allergy)*,” was developed under the supervision of Corresponding Member Prof. Dr. Nikolay Tsankov, DMSc. The dissertation has been reviewed and proposed for public defense by the extended academic board of the Department of Dermatology and Venereology at Acibadem City Clinic Tokuda University Hospital.

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### **II. CHARACTERISTICS OF THE DISSERTATION**

Dr. Dimitrov’s dissertation is 146 pages long and includes 21 figures, 7 charts, and 31 tables. The bibliography comprises 307 sources, of which 4 are by Bulgarian authors and 303 are by foreign authors. The topic is current and relevant, with a clear practical focus and an innovative contribution to diagnosing cow’s milk protein allergy (CMPA).

The study encompasses 248 children diagnosed with CMPA, evaluated using various diagnostic methods, including skin prick tests, epicutaneous tests, in vitro tests for specific IgE, and oral food challenge tests. A thorough statistical analysis was conducted, including correlation and logistic regression. The findings lead to conclusions of high clinical

relevance, culminating in developing a diagnostic algorithm for assessing tolerance to cow's milk.

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### III. SCIENTIFIC AND APPLIED CONTRIBUTIONS

The main contributions of the dissertation include:

- A comprehensive comparative analysis of different diagnostic methods for CMPA;
  - Evaluation of their diagnostic accuracy and applicability in various clinical contexts;
  - Development of a diagnostic algorithm for practical implementation;
  - Emphasis on the importance of a combined approach for accurate diagnosis.
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### IV. CRITICAL REMARKS

- Future studies could benefit from including a broader selection of publications by Bulgarian authors.
  - The discussion on the epidemiological applicability of the results to populations outside the studied cohort could be further developed.
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### V. CONCLUSION

The critical remarks do not diminish the overall quality and value of the dissertation. Based on the submitted materials, the research results, and the demonstrated contribution to clinical dermatology, I conclude that the dissertation of Dr. Zlatko Dobrev Dimitrov meets all requirements for the award of the educational and scientific degree "Doctor" in the field of Dermatology and Venereology. I fully support the awarding of the degree and give a positive evaluation.

Date: April 10, 2025

Signature: .....

Prof. Dr. Razvigor Darlenski, MD, PhD, DrMSc