



## **Desimira Mironova, MD, PhD**

Specialist in Endocrinology and Metabolic Diseases

Head, Metabolic Center, University Hospital “Lozenets”, Sofia, Bulgaria

President, Bulgarian Association for Metabolic and Reproductive Disorders

Dr. Desimira Mironova is a specialist in endocrinology and metabolic diseases with a strong clinical, academic, and research profile. She leads the Metabolic Center at University Hospital “Lozenets” in Sofia and maintains an active private practice in endocrinology. In addition, she is involved in medical education and teaching activities, contributing to the training of medical students and young specialists.

Since 2024, she has been the founder and President of the Bulgarian Association for Metabolic and Reproductive Disorders, an organisation dedicated to advancing knowledge and multidisciplinary collaboration in metabolic health, endocrinology, and reproductive medicine. Her professional focus includes metabolic disorders, reproductive endocrinology, obesity, and rare endocrine diseases.

Dr. Mironova graduated in Medicine from the Medical University of Sofia in 2012, where she also completed her specialty training in endocrinology and metabolic diseases. She holds a PhD in Clinical Pharmacology and Toxicology and has over a decade of experience in clinical practice, research, and academic medicine.

Her scientific work includes participation in research projects at the Medical University of Sofia, focusing on appetite regulation, hormonal pathways in metabolic disorders, and mechanisms underlying obesity and insulin resistance. She has presented her research at numerous international conferences, including the European Congress on Obesity and other leading meetings in metabolic and bariatric medicine.

She is also actively involved in expert advisory work, including participation in European obesity expert panels, contributing to multidisciplinary dialogue on metabolic disease management and policy.

Dr. Mironova has authored and co-authored publications in peer-reviewed international journals such as *Obesity Reviews* and *Biotechnology & Biotechnological Equipment*, as well as other journals indexed in Scopus and Web of Science.

Her main research interests include hormonal regulation of obesity, insulin resistance, bariatric therapy, and the interaction between metabolic and reproductive endocrine pathways.

