**Dr Rita Goulart – Biography**

I would like to extend a warm welcome from my holistic Dental Practice.

I graduated from the Lutheran University of Brazil attaining my Bachelor in Dental Surgery in 2001. After graduation, I worked in various private practices in Brazil, New Zealand and Australia.

I have been living on the Sunshine Coast for six years and I am lucky enough to call it my home.



I have always been interested in understanding the overall general health, well-being and lifestyle of the individuals. These factors can affect the long-term health of your teeth and gums. I believe a combined approach with naturopaths, homeopaths, physiotherapists, ear nose and throat Specialists, chiropractors, Buteyko Practitioners, Oral myologists and others, can help you to achieve your best health state.

I studied Orthodontics (Mini Residency in Orthodontics – Dr Derek Mahony), which opened my mind and network to a vast, and enlightening international community of dentists and doctors interested in the overall health of their patients, including the Orthotropics community and the Full Face Philosophy.

I’m interested in treating patients of all ages, with particular concern in children, to develop a healthy dentition and focus on creating beautiful faces. Identifying habits and problems early, such as thumb sucking, poor chewing habits, breathing problems, can avoid crooked teeth and not so attractive faces in children. And the earlier you detect those factors; more long lasting solutions are attained.

I only use metal/amalgam free fillings (mercury free dentistry due its potential poisoning effects) and use the latest techniques for safe amalgam removal, to protect the staff and patients from inhalation of mercury gases.

As a general dentist I also enjoy all aspects of dentistry, with special concern in the fields of cosmetic and rehabilitative dentistry as this allows me to restore smiles. I use CAD/CAM ceramic restorations (CEREC) on my patients for many years. In a single visit, I can offer a crown/partial crown with ultimate esthetic and strength results creating the “super tooth” due to advanced bonding techniques.

I’m currently enrolled in the Master program of Sleep Medicine at the University of Sydney, which makes me capable of diagnosing sleep disorders and helping patients find the appropriate treatment. For example, obstructive Sleep apnea is a very common disease that can go undiagnosed for many years, with profound effects contributing to deterioration of the teeth.

Having many years of experience and practice allows me to use the most effective methods of treating patients who are anxious and apprehensive of any form of dental work.

I am proud to say that I have built a trusting relationship with my patients, not only because I am a capable professional that loves what I do, but because I genuinely care and listen to them, to ensure that they are always supported and satisfied.