



Contact information

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Academic Qualifications

- Dental Medical Doctor by the Faculty of Dental Medicine of the University of Oporto (FMDUP) with a final grade of 17 out of 20 (1996-2002)
- Post-graduation in Implantology (Brånemark Institute in Gothenburg and Maxilla-Facial Surgery Ward at Västerås Hospital, Sweden) (2002)
- Specialization Course in Implantology at the Faculty of Dental Medicine, University of Oporto (FMDUP) with a final grade of Good (2003-2006)
- Master's Degree (MSc) in Implantology by the Faculty of Dental Medicine (FMDUP) (2006-2007) and investigation thesis under the title "Experimental study of a new biomembrane (MES) for guided bone regeneration" with a final unanimous grade of Very Good (top grade)
- PhD degree (Oral Surgery, Implantology) at the Faculty of Dental Medicine of the University of Oporto (FMDUP 2013-2018) and investigation thesis under the title "Implant Stability in the posterior maxilla in different situations of bone regeneration- Clinical Trial" with a final unanimous grade of Very Good (top grade)
- Certified Oral Surgeon (specialist in oral surgery) by the Portuguese Dental Medicine Association in 2017 after being submitted to exam by the board of Oral Surgery Committee.



Dental License

Professional license No. 4013 of the Portuguese Dental Medicine Association

Merit Awards

- Rectory of the University of Oporto- Best finalist student award
- Belmiro de Azevedo Foundation 98/99 and 99/00
- Prof. Machado Capelas/ Labmed 98/99, 99/00, 00/01 and 01/02
- Barbosa and Almeida Enterprise (SONAE Group) in every secondary and university grades
- Eng.º António de Almeida Foundation 2002

Scientific Research

- Invited by the Pathological Anatomy Service of the Faculty of Medicine of the University of Oporto, did an academic year (1999-2000) of scientific research at the Institute of Molecular Pathology and Immunology of the University of Oporto (IPATIMUP) through the Initiation to Scientific Research in Oncobiology and Pathological Anatomy Project (PIICAPO) sponsored by the Science and Technology Foundation (FCT), which lead to a publication in an international journal
- Since 2003, continuous research in Implantology and Bone Regeneration Biomaterials field in association with the departments of Biomaterials, Dental Anatomy, Pharmacology and Biocompatibility of the Faculty of Dental Medicine, University of Oporto (FMDUP), Faculty of Engineering of the University of Oporto (FEUP), Institute of Biomedical Sciences Abel Salazar (ICBAS) and the National Institute of Biomedical Engineering (INEB).



- Since 2012, continuous research in the Implantology field with the collaboration of Megagen Implants International.
- In 2014 was invited to be part of Megagen International Network of Education and Research (MINEC group)
- In 2017 was invited to integrate the Research department of Bredent Group Medical.
- In 2018 was invited to be an active member of the Bone Biomaterials and Beyond Academy (BBB Academy).

Professional Experience

Dental Practice

- Currently, owner of private dental clinic (Raquel Zita Dental Clinic, Manager) in Porto and collaboration in the specialty area with clinic in Albergaria-a-Velha (Clínica Dr. João Morais, Aveiro), performing Implantology, Surgery and Oral Rehabilitation exclusively, including patients referred by other colleagues.
- Worked as a dentist and in the area of Surgery at Clínica Braamcamp (Prof. Acácio Couto Jorge) between 2002 and 2004 and at Clínica dos Pinhais da Foz (Dr. Abel Salgado) from 2004 to 2007.
- Collaboration doing advance surgeries and implantology in 0900dentist clinic in Netherlands.
- Personal case series (including the numbers within the scope of the Specialization Course at the Faculty of Dental Medicine of the University of Oporto) (FMDUP) from November 2002 until the present: performed implant surgery on several patients totalizing more than 8100 implants; 5170 tissue and bone regeneration procedures (autologus bone, heterologous bone,



plasma rich in growth factors and biomembranes) and other surgical acts such as block graft (inlay and onlay), maxillary sinuses lifting and filling, apicoectomies, cysts removal, excision of soft tissue lesions, frenectomies, impacted canines and wisdom teeth extraction, lateralization/trespas and transposition of inferior alveolar nerve.

Teaching and Consultant Experience

- Between 2002 and 2004 – Teaching assistant for the theoretical and clinical subject Preventive Dental Medicine (3rd and 6th grades curriculum) at the Faculty of Dental Medicine of the University of Oporto. Within this scope, cooperated in the Organization of Oral Healthcare programs at primary and secondary schools in Vila Nova de Gaia and special Oral Healthcare programs for disabled patients conducted at the Portuguese Association of Parents and Children with mental disabilities (APPCCDM).
- In 2007 was invited by Nobel Biocare and Dr. Pimenta to become a member of the Implantology training staff and did a private post-graduation course on the Nobel Biocare (Nobel Active) implant, at the Faculty of Dental Medicine of the University of Oporto
- Since 2011 is Megagen Implants Portugal clinical and technique consultant. (opinion leader)
- Since 2012 is responsible for the education courses of Megagen Implants Portugal.
- Since 2014 is a member of MINEC International team: lecturing and giving hands-on and workshops internationally.
- 2014 – Invited teacher at the Advanced Surgical training (Emfills, Brasil) with practice in patients, 13, 14 e 15 December 2014, Itu, São Paulo. *Prof Embacher e filhos, Raquel Zita, Pedro Pereira*



- Since 2017 invited university Professor on the Master and Specialization Course in Oral Rehabilitation at CESPU University, Portugal
- In 2018 was invited to be a part of Bredent Medical group educational Activities, including being a Instructor at The IFZI academy in Germany.
- Since this year, resident teacher at the Post-Graduation Private Course for 1 year (12 modules) at Campus Clinic Training- Amarante, Portugal.
- Since 2018, international teacher at the intensive Program of Dental XP at UNIMES in Santos, Brazil
- Since 2019, invited lecturer at Upenn University (Pennsylvania, USA)

Professional Honours/Awards

- Award for best scientific research poster in 2000 at the “Mucins in the pathophysiology of inflammatory diseases of the respiratory and digestive tracts” Symposium, under the title: “*Mucins MUC1, MUC2, MUC5AC and MUC6 expression in gastric carcinoma*”.
- Award for best research poster in 2001 at the XII Oporto Dental Medicine Conference and Workshops.
- Award for best oral research paper in the Portuguese Society of Oral and Dental Medicine Conference (SPEMD) in 2004, under the title: “New advances in guided bone regeneration by biomembranes”.
- Honourable citation for the oral paper presented at the Portuguese Society of Oral and Dental Medicine Conference (SPEMD) in 2007, under the title” Experimental Study of the MES biomembrane biocompatibility in lab rat”.
- Award for best oral research paper in the Portuguese Dental Medicine Association Conference (OMD) in 2012, under the title: “Evaluation of implant osseointegration in the treatment of peri-implant bone defects in rabbit” Isabel



Guerra, Fernando Branco, Mário Vasconcelos, Américo Afonso, Helena Figueiral, Raquel Zita Gomes

- First Prize Award for best poster on the 5th poster competition (out of 45 posters) that occurred during the 12th Megagen Annual Meeting in Moscow, 15-17 April 2016, under the title:” Three ways of predicting implant primary stability- torque, ISQ and bone density accessed by CBCT. Results of Randomized Controlled Trial”
- First Prize Award for best Scientific research poster at the 6th competition (out of 75 posters) that occurred during the 13th Megagen Annual Meeting in Tokyo, 2017, under the title: “Implant stability in the posterior maxilla – Results of Controlled Clinical Trial”

Professional Memberships

- OMD: Portuguese Dental Medicine Association
- SPEMD: Portuguese Society of Oral and Dental Medicine
- APSO: Portuguese Association of Oral Health
- SPMDEV, Portugal
- APMDH, Portugal
- SOPIO: founder member and belonging to the social organization of the Portuguese Society of implantology and Osteointegration, Portugal
- MINEC (Megagen International Network of Education) Active Member and MINEC knight
- BBB Academy: Bone Biomaterials and Beyond- active member, Italy
- GIA (Global Implantology Academy), IEA (International Extraction Academy) - Board member (regent, scientific committee), LA, USA
- DDS (Digital Dental Society)- active member, Germany



Conferences, courses, clinical residencies, workshops, posters

- Participation, posters, organization and speaker in several national and international meetings, symposiums, workshops and conferences.

- **In 2016 made 2 courses/ workshops, 10 lecturers in national and international Conferences (including ICOI USA, EDSA, ESM Megagen and others), several clinical residencies and an online videoconference of 1h30 (dentaltubules educational platform). The workshops are listed below.**

2016 - “Innovative methods in implantology and bone regeneration” workshop with hands-on ,4 h, EDSA/YDP meeting, Coimbra. 4 March 2016. *Raquel Zita, Souheil Bechara*

2016 - Workshop “Sinus lift and filling”, stand SDS/osteobiol, congresso da Ordem dos Médicos Dentistas, 11 of November 2016, Exponor, Porto

- **Several lectures, courses and workshops in 2017. Some of the courses and lectures are listed below:**

8-10 December 2017 - IFZI instructor training- Nuremberg, Germany

17-18 November 2017 - Keynote speaker 4th Fast and Fixed Forum meets Skyonics, - Timisoara, Romania

12-14 October 2017 - Tutor at live course in patients, Swiss Academy of MINEC- Bucharest, Romania

29-30 September 2017 - Tutor at Sinus lift and filling course, Campus Clinic training, Amarante, Portugal



23 September 2017 - Lecturer at DIO Implant Summit - Porto, Portugal

12 August 2017 - Lecture at Dental XP implant Summit at NYU with the title "surgical management of the posterior mandible". 12 and 13 August, New York, USA

13 July 2017 - **Workshop** loading protocols using ISQ and torque in Implantology, MINEC meeting, Africa Blitz, 12 and 13 July, Kenya

13 July 2017 - Lecture Predictable loading protocols in Implantology, MINEC meeting, Africa Blitz, 12 and 13 July, Kenya

3 June 2017 - Lecture at 5th European Scientific Meeting Meagan, " Digital Way... Brain Guided", Barcelona. Spain

12 May 2017 - Lecture at the Dental Revolution meeting by Henriette Lerner, " Oral Neurosurgery- myth or reality?", Baden-Baden, Germany

30 March 2017 - Lecture at IAOI (Israel Society of Oral Implantology) meeting: " Hard Tissue Management and Loading Protocols in Modern Implantology", Tel-Aviv, Israel.

18 de March 2017 - Lecture at SMPI (Moroccan Society of Perio and Implants) conference: " Sinus lift and Filling- When and How", Casablanca, Morocco.

13-14 January 2017 - Tutor at Sinus lift and filling Course, Campus Clinic training Amarante. 13, 14 January 2017. Portugal.

- **Several invitations for lectures, courses and workshops in 2018. Some of the courses and lectures done are listed below:**

23-24 February 2018 - Keynote speaker (advanced implantology), workshop (PRF in dentistry) and motivational session at NSOIP -Nepalese Society of oral implants and Perio – Kathmandu, Nepal

2-3 March 2018 - Keynote speaker at SPPI -Portuguese Society of Perio and implants- Porto, Portugal



8 March 2018 - Tubules live with Dhru Shah (Dentinal tubules) – London, UK

14-18 March 2018 - Keynote speaker (surgical management of anthropic jaws) at Dental Xperts meeting- Mallorca, Spain

14-15 April 2018 - Resident Professor at Campus clinic training, post-graduation implants module 1- Amarante, Portugal

27-28 April 2018 - Megagen Chile full day seminar - Chile

12-13 May 2018 - Resident Professor at Campus clinic training, post-graduation implants module 2- Amarante, Portugal

18-20 May 2018 - Bone Biomaterials and Beyond Academy closed meeting- Lago Maggiore, Italy

9-10 June 2018 - Resident Professor at Campus clinic training, post-graduation implants module 3 -Amarante, Portugal

14-18 June 2018 - MINEC opinion leaders closed meeting- Daegu, South Korea

27-28 June 2018 - Keynote speaker at the Second International Symposium of complications in Implant Dentistry – Iran

5-7 July 2018 - Tutor at Live patients training course, Megagen CH, Monza hospital- Bucharest, Romania

14-15 July 2018 Resident Professor at Campus clinic training, post-graduation implants module 4 - Amarante, Portugal

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15-16 September 2018 - Resident Professor at Campus clinic training, post-graduation implants module 5 - Amarante, Portugal

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20-22 September 2018 - Keynote speaker at the 15th ESCD (European Society of Cosmetic Dentistry)- Lisbon, Portugal

21-22 September 2018 - Keynote speaker at the 15th DGOI (German Society of Oral Implants) and DDS (Digital Dental Society) meeting - Munich, Germany

1-3 October 2018 - Tutor Prof. at the IFZI academy pilot course with live surgeries in patients Bredent - Nuremberg, Germany

4-6 October 2018 - First International Divas in Dentistry meeting - Alicante, Spain
Keynote speaker and workshop (implantology and LLLT hands on)

14 October 2018 - Resident Professor at Campus clinic training, post-graduation implants module 6 – Amarante, Portugal

1-3 November 2018 - Speaker at the GIS (Global Implantology Summit) -LA, USA

10-11 November 2018 - Resident Professor at Campus clinic training, post-graduation implants module 7 – Amarante, Portugal

1-2 December 2018 - IFZI instructor course-Nuremberg, Germany

12-13 December 2018 - Resident Professor at Campus clinic training, post-graduation implants module 8 – Amarante, Portugal

7-9 December 2018 - Tutor Prof at Dental XP intensive program at Santos University- Brazil

- **Several invitations for lectures, courses, collaborations and workshops in 2019 including Valhadolid University Master Program, Dentinal Tubules Meeting, Quintessence Conference, Live Course of MINEC in Bucharest, IFZI Academy Courses, Post-Graduation in Implantology at Campus Clinic, AIO Meeting, BBB Academy Closed Meeting, Lecture in Mexico City for**



Osteobiol Biomaterials, Sky Meeting by Bredent, etc. The lectures/courses already done are listed below:

10-11 January 2019 - Lecturer at Quintessence Conference. Leadership women dentists conference, Berlin, Germany.

12-13 January 2019 - Resident Professor at Campus clinic training, post-graduation implants module 9 – Amarante, Portugal

9-10 February 2019 - Resident Professor at Campus clinic training, post-graduation implants module 10 – Amarante, Portugal

12 February 2019 - Lecture at UPenn, Pennsylvania, USA

9-10 March 2019 - Resident Professor at Campus clinic training, post-graduation implants module 11 – Amarante, Portugal

4-6 April 2019 - Tutor at Sinus lift and filling course, Sorriso Natural, Valongo, Portugal

13-14 April 2019 - Resident Professor at Campus clinic training, post-graduation implants module 11 – Amarante, Portugal

22-26 April 2019 - Roadshow of lectures in China (3 cities).

4-5 May 2019 - BBB Academy closed meeting, Venice, Italy

11 May 2019 – 1st edition Full day seminar “Design and technique” by Bredent, Lisbon

1 June 2019 - Lecture at Bredent Group days in Russia, St Petersburg

28-30 June 2019 - Lectures in Trivandrum (MINEC roadshow) and New Delhi (Megagen Grand Symposium), India Blitz.



1-4 July 2019 - Nepal Blitz, MINEC opinion leaders closed meetings, Nepal

7 September 2019 – 2nd edition Full day seminar “Design and technique” by Bredent, Porto.

25-28 September 2019 – Support as opinion leader at Bredent Booth and as Clean Implant foundation ambassador at EAO meeting in Lisbon

3-5 October 2019- Full day workshop at the Dentinal Tubules conference about demanding cases in Implantology, Heythrop Park, UK

17-18 October 2019 – two lectures (sinus lift and filling and demanding cases) at the total Implant symposium, Mexico City, Mexico.

1 November 2019 – lecture at the congress of the Serbian society of implants and oral surgery, Belgrade, Serbia

14-16 November 2019- Support as opinion leader at Bredent Booth at OMD meeting in Lisbon

14 December 2019 – 3rd edition Full day seminar “Design and technique” by Bredent, Porto

Publications

Published articles in national and international magazines, newspapers and books. Some are referred next:

- Scientific research article in Virchows Archiv magazine under the title: “*Mucins MUC1, MUC2, MUC5AC and MUC6 expression in the evaluation of differentiation and clinico-biological behaviour of gastric carcinoma*”. João Pinto-de-Sousa, Leonor David, Celso A. Reis, Raquel Gomes, Liliana Silva, Amadeu Pimenta. in *Virchows Archiv* 440, 2002; pgs. 304-310.



- Research article published in the *Clinical Oral Implants Research* (COIR) magazine, under the title: “Evaluation of implant osseointegration with different regeneration techniques in the treatment of bone defects around implants: an experimental study in a rabbit model” Isabel Guerra, Fernando Branco, Mário Vasconcelos, Américo Afonso, Helena Figueiral, Raquel Zita Gomes - *Clin. Oral Impl. Res.* 22, 2011; 314-322.
- Research article published under the title: “Relationship between implant primary stability (torque and ISQ) and bone density assessed by CBCT – clinical trial.” Raquel Zita Gomes, Laura Lopes Silva, João Coimbra, Mário Vasconcelos, André Correia, Ana Cristina Braga in the Proceedings book *Biodental Engineering III – Natal Jorge et al* (Eds) 2014 Taylor and Francis Group London.
- Research article published under the title: “The use of GBR in bone regeneration. An histologic study in the rabbit model” Isabel Guerra, Fernando Branco, Mário Vasconcelos, Américo Afonso, Helena Figueiral, Raquel Zita Gomes in the Proceedings book *Biodental Engineering III – Natal Jorge et al* (Eds) 2014 Taylor and Francis Group London.
- Clinical case report published in “Jornal Dentistry” under the title: “New membranes to osseous regeneration fixed to dental implants” Raquel Zita Gomes, Ricardo Tavares, Marta Almeida, Isabel Guerra, João Morais Edition of November 2014, pag 21-25.
- 3 clinical cases reports of implantology (GBR, mini-implants and maxillary sinus lift) in the last editions of Up-to-date Magazine, editions of February, March and April 2016.
- Research Clinical Study: Alveolar Ridge Reconstruction with Titanium Meshes and Simultaneous Implant Placement: A Retrospective, Multicenter Clinical Study



Raquel Zita Gomes, Andres Paraud Freixas, Chang-Hun Han, Souheil Bechara, and Isaac Tawil. *BioMed Research International*, Volume 2016, Article ID 5126838, 12 pages Hindawi Publishing Corporation. <http://dx.doi.org/10.1155/2016/5126838>.

- Research article “A new biomembrane MES for Guided Bone regeneration” already accepted to be published in *Biodental proceedings book 2016* that is going to be released in 2017 by Taylor and Francis.
- Systematic Review article “Therapy for bisphosphonate-related osteonecrosis of the jaw: a systematic review” Felipe Lara Francischetti, Antônio Márcio Lima Ferraz Júnior, Rodrigo Guerra de Oliveira, Tomislav Badel, Archie Morrison, Raquel Zita Gomes. *SPEMD, Revista Portuguesa de Estomatologia, Medicina Dentaria e Cirurgia Maxilofacial* 2017;58(3):133-138
- *Clinical Study* Implant Stability in the Posterior Maxilla: A Controlled Clinical Trial, *BioMed Research International* Volume 2017, Article ID 6825213, 11 pages <https://doi.org/10.1155/2017/6825213> Hindawi. Raquel Zita Gomes, Mário Ramalho de Vasconcelos, Isabel Maria Lopes Guerra, Rute Alexandra Borges de Almeida, Antonio Cabral de Campos Felino.
- Collaboration as co-author in the book “Minimally Invasive and more Efficient Implant Treatment with Anyridge System” Follow-up till 10 years of loading. Narae Publishing Inc 2018.
- Collaboration as co-author in the book “Implant rehabilitation in the Aesthetic zone” with Prof. Tan, China. 2018.
- Using Resonance frequency Analysis in Compare Delayed and Immediate Progressive loading for Implants placed in the posterior maxilla: a pilot study: *Open Dentistry journal*. Mohammed Jasin AL Juboori, Mohammed Attas, Raquel Zita Gomes, BasmaFathi Alanbari. December 2018.



- Co-author of the book *Divas in Dentistry*, edited by Sharolyn Quinseberry, 2018. Authors: Delia Tuttle, Raquel Zita, Snejana Pohl, Morvarid Keshvari, Sandra Fabiano, Priscilla Pereira, Ana Luisa Bernotti, Ruth Carpini, Ashiwini Belarao, Karen Helpbern.

Other Skills and achievements

- MINEC (Megagen International Network of Education) international speaker
- Opinion leader of Megagen Portugal
- Opinion Leader of Bredent Medical Group
- Expert on educational platforms OralSurgerytube and Dentinaltubules
- Key opinion Leader (KOL) of Osteobiol Biomaterials
- International Leader of “Divas in Dentistry Project”
- Mentor of professional facebook group Follow the Red (more than 15.000 followers)
- Mentor of professional facebook group Portugueseway
- Consultant of several professional journals and magazines
- Reviewer of *BMC Oral Health and Clinical Implant Dentsity and Related Research (CIDRR)* journals
- Editorial board of International Growth Factor and Stem Cells in Dentistry journal
- Dental XPert on Dental Xp educational platform
- IFZI instructor, collaboration with Bredent group
- Opinion leader of T-scan (digital assessment of occlusion)
- Interviewed by Dr Howard Farran podcast in 2016 and By Dr Ziv Simon for Surgical Titans in 2018
- Listed one of the most distinguished 100 doctors in the world in 2020 (www.top100doc.com)