

CUTHBERT LAB

NAVIGATING TOWARD HEALTH AND WELLNESS



Dr. Laís R. A. Cezário Santos, DDS, MSc, PhD, is a health researcher with extensive experience in conducting community and experimental studies using multiple research methods, including quantitative, qualitative, and literature reviews, across various fields such as public health, epidemiology, complementary and integrative practices, dentistry, mental health, social determinants of health, chronic diseases, patient-oriented research, and health services. Dr. Cezário Santos earned her PhD in Public Health from the Faculdade de Odontologia de Piracicaba, Universidade Estadual de Campinas (UNICAMP), Brazil, in 2023.

Her doctoral research evaluated the effectiveness of mind-body practices in reducing stress and anxiety, as well as enhancing well-being across diverse age groups and health conditions. As part of her PhD, she also completed a research internship at the Department of Psychiatry at McGill University in Montreal, QC, Canada. With a foundation in dentistry, coupled with experience in primary health care and a master's in health research, Dr. Cezário Santos has also explored the links between oral health, social determinants of health and chronic diseases. She is passionate about empowering patients to embrace healthy habits and behaviors, ultimately enhancing their overall health and quality of life.