



# *Speaker Packet*

Parul Dua Makkar, DDS



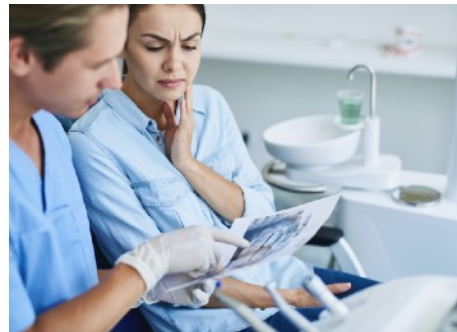


## *Dynamic Presentations:*



### **A Life Interrupted: Choices, Life, and Legacy**

In this empowering presentation, Parul shares wisdom drawn from her brother's words as well as highlighting the lifestyle choices we can choose to create balance, wholeness, and pure potential in our lives.



### **Early Diagnosis: The Key to Prevention and Conservative Treatment of Oral Cancer**

Identify patient risk factors, recognize the stats, and explore HPV vaccines. Discuss screening/documentation protocols, signs/symptoms, treatment protocols, and associated communication skills.

### *Make a difference in your patients' lives*

Speaking to audiences across the nation, Dr. Parul Dua Makkar shares her experience and knowledge while guiding audiences in developing their understanding, skills, and preventive solutions.



**Dr. Parul Dua Makkar**

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# A Life Interrupted: Choices, Life, and Legacy



## Often life does not unfold as planned.

Dr. Manu Dua was a Canadian dentist who died from metastatic oral cancer at the age of 34. Manu found solace in writing as he faced his own mortality. He wrote about failure, fear, hope, and how even through life's greatest challenges human spirit can prevail. After his passing, his sister, Dr. Parul Dua Makkar published a book of essays that Manu wrote in his final months called *Life Interrupted: Dr. Dua's Survival Guide*.

The possibilities for health, happiness, and inner peace exist within our own consciousness and are empowered through our attention and intention. In this empowering presentation, Parul shares wisdom drawn from her brother's words as well as highlighting the lifestyle choices we can choose to create balance, wholeness, and pure potential in our lives.

*"...Our lives will come and go, but our ideas will remain immortal. Therefore, in essence, the soul behind our work remains eternal. So, seek not to fear your own mortality, but rather embrace the challenge to create something that will outlive your fears and wildest imaginations, such that you may be able to provide service years after you have dearly departed. Live with the strength that not only is this possible, but quite tangible if we simply let go of fears that will not serve us in this life or next."* - Excerpt from *Life Interrupted*, Dr. Dua's Survival Guide by Dr. Manu Dua



### Dr. Parul Dua Makkar

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## Learning Objectives:

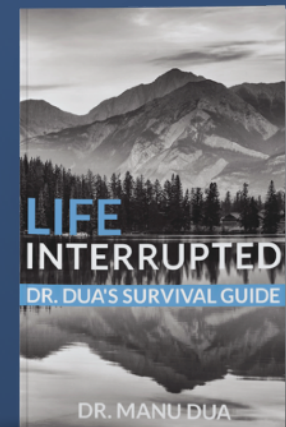
- Appreciate the power of hope and how it can sustain us through hardship
- Recognize that facing challenges offers a stepping stone to greatness
- Appreciate the hand that life dealt and discover how to make the best of it
- Explore techniques that lead to inner peace
- Envision how you will manifest your everlasting legacy

### SUGGESTED FORMAT:

Partial Day; Lecture, Workshop, Keynote

### SUGGESTED AUDIENCE:

All Healthcare Professionals





# Early Diagnosis: The Key to Prevention and Conservative Treatment of Oral Cancer

**1 in 60 men and 1 in 140 women will develop  
oral cavity and oropharyngeal cancers in the United States.**

(The American Cancer Society, 2021)

Early detection and early treatment are the key to surviving an oral cancer diagnosis. As dental professionals on the front line, diligence in screening during examination is crucial for early detection and diagnosis.

In this essential course, we will identify patient risk factors, explore the statistics, and discuss the importance and effectiveness of HPV vaccinations. Together we will delve into the basic screening examination and documentation protocols, as well as illuminate signs, symptoms, and enhanced early detection tools. Together we will explore staging and treatment options. We will also give emphasis to skills for communicating results and referral protocols.

This topic is important to Dr. Parul Dua Makkar on a professional and personal level. Her younger and only brother, Dr. Manu Dua, lost his life to squamous cell carcinoma (SSC) of the tongue. Manu was also a dentist, age 33 at the time of his diagnosis and 34 at the time of his death. Due to circumstances beyond her control, Parul could not save her brother from this diagnosis and fate. However, implementing these protocols can make a difference in your patients' lives.



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## Learning Objectives:

- Define oral cancer and explore the statistics
- Recognize the risk factors and signs/symptoms of oral cancer
- Evaluate how to advocate for yourself and your patients
- Discuss prevention, HPV vaccines and encouraging biopsy
- Examine the currently accepted protocol to use when an area of concern is identified
- Explore staging and various treatment options
- Discover new technology which enhance detection
- Understand how to effectively and comfortably talk to your patient about oral cancer
- Learn how to help patients manage adverse reactions to cancer treatment

### SUGGESTED FORMAT:

Full or Partial Day; Lecture, Workshop, Keynote

### SUGGESTED AUDIENCE:

All Healthcare Professionals



## Life, Legacy, Oral Cancer:

### *A Life Interrupted*

**Dr. Parul Dua Makkar's** life took a different trajectory when she lost her only and younger sibling, Dr. Manu Dua, to oral cancer. He was a dentist, as well. Following his death, Parul devotes her time to educating doctors and patients about risk factors, prevention, and early detection and treatment of oral cancer.

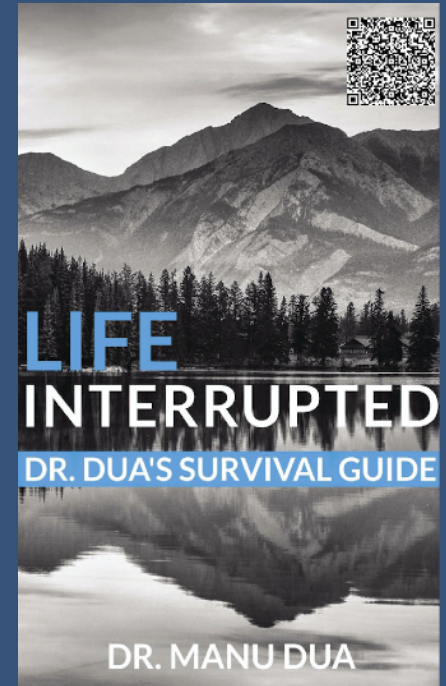
Parul is a frequent contributor to publications both in dentistry and beyond. She also co-authors healthcare journal articles. She is regularly requested as an expert for others' podcasts in addition to facilitating her own. Posthumously, Parul co-authored her brother's book, *Life Interrupted, Dr. Dua's Survival Guide*, which won a CIPA EVVY Award for Motivational / Inspirational books.

Parul practices general dentistry in her Long Island, New York practice. Speaking to audiences across the nation, she shares her experience and knowledge while guiding audiences in developing their understanding, skills, and preventive solutions.

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Explore Parul's  
book and podcast:



## Attendees rave...

- A wonderful and emotional CE. I learned so much.
- Excellent presentation from fabulous course presenters.
- Incredible lecture. Will stay with me for a long time.
- Informative Presentation.
- Well done on a very important subject.
- Well-paced and organized. Sad to see devastating effects of cancer and this is helpful content.

”

“Dr. Parul Dua Makkar’s presentation was met with a multitude of rave reviews from all in attendance. She provided the scientific data on oral cancer spectacularly, and this was made even more relevant and personal by understanding that the diagnosis occurred in her own family.

Our members appreciated her scientific presentation and also her transparency and openness of sharing her family’s tragic loss.”

- DARLEEN A OLESKI, DMD, PRESIDENT  
Third District Dental Society of Pennsylvania



## Bring Dr. Dua Makkar to speak at your next event!

### AWARDS:

- Women’s Achievement Award, Indian American Forum (2023)
- Denobi Award (2022)
- Herald Long Island Excellence in Healthcare Awards (2022)
- Power Woman of Long Island (2022)

### MEMBERSHIPS:

- American Dental Association
- Nassau County Dental Society
- New York State Dental Association

### PRESENTATIONS

Alberta Wellness Summit  
Liberty Dental Conference  
Manitoba Dental Conference  
Mommy Dentists Group  
Nassau and Suffolk Dental Society  
Pacific Dental Conference  
Philadelphia Dental Society

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