



# *Speaker Packet*

Parul Dua Makkar, DDS



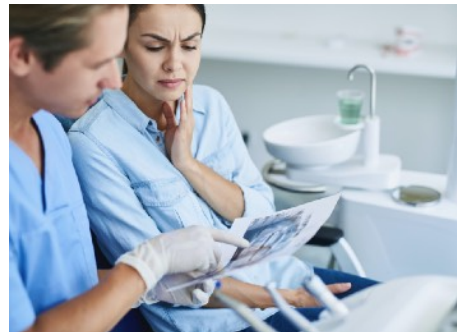


## *Dynamic Presentations:*



### **Healing the Healers: Holding Space for Your Own Grief**

Participants will explore how grief shapes identity, purpose, and legacy—and how healing doesn't mean forgetting, but rather carrying love forward in new ways.



### **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.



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# Healing the Healers: Holding Space for Your Own Grief

## Grief isn't always about death.

Healthcare providers often carry invisible losses – burnout, moral injury, role transitions – without the language or space to process them. Unspoken grief can quietly manifest as exhaustion, disconnection, or detachment from purpose. What if your body is carrying what your mind hasn't had permission to feel? When grief goes unacknowledged, healing stalls—and so does the healer. It's not just about who you've lost, but who you've had to become to keep going.

**True healing begins when we integrate meaning into the losses that once left us broken.**

In this reflective, restorative session for professionals navigating grief—whether from personal loss, patient care, or the slow toll of compassion fatigue. Inspired by Dr. Parul Dua Makkar's own experience with profound family loss, this session creates space to name what's often left unspoken—and to begin healing it.

Participants will explore how grief shapes identity, purpose, and legacy—and how healing doesn't mean forgetting, but rather carrying love forward in new ways. Through trauma-informed strategies and reflective practices, attendees will learn to hold space for their own grief while rediscovering strength, clarity, and renewed purpose.



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## Learning Objectives:

- **Identify** the various forms of grief and how they may manifest across mind, body, and behavior
- **Explore** how unprocessed grief can quietly impact identity, purpose, and professional presence in caregiving roles
- **Apply** self-reflective tools to explore personal grief narratives and their influence on meaning, direction, and emotional wellbeing
- **Utilize** meaning-making practices—such as narrative medicine, mindfulness, and journaling—to support healing, legacy, and alignment
- **Develop** a personalized grief resilience plan that weaves in rituals, boundaries, and self-leadership rooted in grief to gratitude practices
- **Practice** compassionate communication and peer support strategies that honor grief without bypassing its complexity
- **Develop** a guiding vision that connects past losses to future purpose, offering a foundation for legacy through growth, healing, and service

### 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.

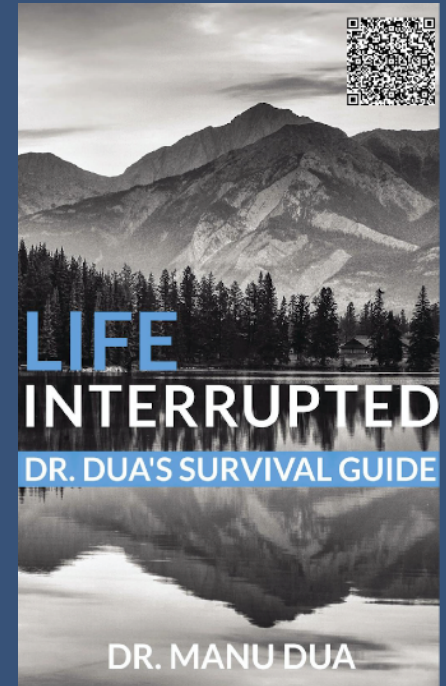
Parul is a frequent contributor to publications both in dentistry and beyond. She also co-authors healthcare journal articles. She is regularly requested as an expert for others' podcasts in addition to facilitating her own. Posthumously, Parul co-authored her brother's book, *Life Interrupted, Dr. Dua's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