

PLANT-BASED DIETS IN CHRONIC KIDNEY DISEASE

A VSH PUBLIC PRESENTATION BY
SHIVAM JOSHI, MD

7 P.M., TUES., AUGUST 13, 2019

**ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU**

7 P.M., THURSDAY, AUGUST 15

**MAUI—J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU**

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH

Patients with kidney disease have historically been told to avoid plant-based diets for fear of raising serum potassium or phosphate levels, developing kidney stones, or becoming nutrient deficient. However, many patients with kidney disease who eat plant-based diets do not experience these issues and actually experience several health benefits, including improved blood pressure; reduced acid and phosphate levels; reductions in mortality and proteinuria; and a slower progression - if not reversal (in select cases) - of their underlying renal disease. As a result, an optimal diet for patients with renal disease is one that emphasizes the consumption of plant-based foods.

6-8 P.M., WEDNESDAY, AUGUST 14

Vegan Dining Out w/ Dr. Shivam Joshi!

The Ripple of Smiles, 3040 Waiialae Ave. (Oahu)

Park in lot or across Waiialae Ave. in front of Wayne's Carpet & Downing Hawaii.

\$18.50 (incl. tax & tip) Cash. Credit card OK for parties of 3+.

RSVP (needed): Text (or call) Carol before 9 p.m. at (808) 728-6639
w/ your name, phone no., number of diners & entrée choice for each.

Includes Summer Roll (1/2 order) w/ peanut sauce & choice of entrée:

- 1) House Special—Stir Fried Noodles:** cabbage, broccoli, green beans, carrots, tofu, mushrooms, bean sprouts, onion, pepper, rice noodles, sauce; served with soy sauce.
- 2) Veggie Curry:** tofu, taro, carrots, white onion, peanuts, brown rice.
- 3) Veggie Pho Noodle Soup** with rice noodles, tofu, broccoli, cabbage, carrots, mushroom, culantro, cilantro, onions & vegan broth, served with bean sprouts, culantro, jalapeno and lime.
- 4) Stir-Fried Vegetables & Tofu** with cabbage, broccoli, green beans, carrot, tofu, mushroom and sauce, served with brown rice and soy sauce.

Note: Dining event only. Proceeds go to meal providers, not to VSH.



Shivam Joshi, MD, is an internist, nephrologist, and plant-based physician practicing at Bellevue Hospital in New York City. He is a faculty member of NYU's School of Medicine with research interests in plant-based diets, evolutionary diets, fad diets, and nephrology. He received his BS from Duke University and his MD from the University of Miami. He completed his residency at Jackson Memorial Hospital/University of Miami and his nephrology fellowship at the Hospital of the University of Pennsylvania. You can follow him on Instagram/ Facebook/Twitter ([@sioshiMD](#)) or on his website ([www.afternoonrounds.com](#)).

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Looking forward to seeing you! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.