

# PREVENTING HEART DISEASE

A VSH FREE PUBLIC PRESENTATION BY  
**RIZWAN BUKHARI, MD**

**7 P.M., TUES., DEC. 10, 2019**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
OAHU — 404 KAPAHULU AVE., HONOLULU

**7 P.M., THURSDAY, DECEMBER 12**  
MAUI—J. WALTER CAMERON CENTER  
95 MAHALANI ST., WAILUKU

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH**



**Dr. Bukhari will talk about:**

- The harmful effects atherosclerosis can have on the body, mainly as a result of lifestyle dietary choices such as consuming saturated fat, trans fats, and dietary cholesterol.
- Where these fats are mainly found, in animal products, including milk and eggs, and highly processed foods.
- What foods to stop eating to prevent or reverse atherosclerosis.
- What a diet rich in whole plant-based foods can do to help the arteries heal.
- Additional lifestyle changes you can make to reduce your risk of developing heart disease or having a stroke.

**Enjoy a Vegan Dine-out with Dr. Bukhari!**

**5:30-6:30 p.m., Monday, December 9**  
**Peace Café. 2239 S. King St., Honolulu — Oahu**  
**\$25 incl. tax & tip.**

To RSVP (needed), text (call if needed) Carol at 808) 728-6639.  
Cash/credit card OK. To pay by phone:, call (808) 951-7555.

Meal includes **Veggie Miso Soup, Matcha-Black Sesame Mochi Cake, and choice of entrée** (entrée details at vsh.org):

1) Yogini, 2) Barbecue tempeh, or 3) Peace Sampler.

Note: Proceeds go to meal providers, not to VSH.

**R**izwan H. Bukhari, M.D., F.A.C.S., is a board-certified vascular surgeon who attended Johns Hopkins University, and medical school at the University of Texas Southwestern Medical School.

He has been practicing vascular surgery in Dallas for more than 20 years. His primary hospital is Baylor Sunnyvale, where he formerly was the Chief of Surgery. Currently, he serves on their Board of Directors and Board of Managers, and next year will be the Chief of Staff of the hospital.

He also specializes in minimally invasive out-patient procedures largely related to amputation prevention and limb salvage. He is a strong advocate of incorporating plant-based nutrition into his patient lifestyle modification programs.

<https://plantbaseddfw.com/>

Podcast: <https://plantbaseddfw.com/podcast>

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