

DEBATE -

Above all, do no harm:

Is salt restriction a pillar in the management of patients with CKD?

BACKGROUND:

Salt, i.e. sodium chloride, is one of the most widely used and oldest forms of food preservation, and the salty taste is one of the five basic human tastes. Life arose in the ocean, where sodium is abundant, and hence it is crucial to maintaining body volume, blood pressure and overall homeostasis. -Unlike the hunter-gatherer lifestyle, we have no shortage of sodium supply – and the high content of sodium in our diet is thought to contribute to hypertension, cardiovascular disease, and even kidney disease. It might seem an established truth that we must counsel people living with chronic kidney disease to restrict sodium in their diet. Eat healthy, and live longer – what could be wrong with that? Naysayers argue that this is easier said than done with our salt-drenched environment and lifestyles. Is sodium restriction truly a pillar in the management of our patients living with CKD?

OBJECTIVE:

To debate the evidence for or against counselling and following a low salt diet in chronic kidney disease

MOTION:

We should counsel individuals with chronic kidney disease to follow a low salt diet

As is the tradition at the CSN debates, we will have 2 esteemed Canadian colleagues debate the resolution.

PROGRAM:

17:00 – 18:00	Cocktail virtual networking (60 minutes)
18:00 - 18:05	Welcome and short introductory comments by Dr. Claudio Rigatto , CSN President (which will include some CSN business and upcoming events) (5 minutes)
18:05 – 18:10	Moderated by Dr. Branko Braam, Edmonton, AB introduction of the debate and of Speakers
18:10 – 18:30	Pro-side supporting resolution – Dr. Veronica Silva, Mississauga, ON (20 minutes)
18:30 – 18:50	Con-side refuting resolution – Dr. Swapnil Hiremath, Ottawa, ON (20 minutes)
18:50 - 19:00	Speaker A vs. B free for all (10 minutes)
19:00 – 19:15	Audience questions and participation (15 minutes)
19:15 – 19:17	Audience post-debate voting on resolution (2 minutes)
19:17 – 19:20	Closing comments from the Moderator, Dr. Branko Braam

Accreditation

This debate will be accredited for Section 1 – Group Learning program as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada and approved by the Canadian Society of Nephrology.