

# Ketogenic Diet Therapies



## What Are Ketogenic Diet Therapies?

The ketogenic diet is a high fat, moderate protein, low carbohydrate diet that has been used to treat seizures for close to 100 years. The classic ketogenic diet was designed in the 1920's by Dr Russel Wilder, MD of the Mayo Clinic and was widely used to treat seizures until the development of newer medicines in the 1950's.

Over the past several decades, the ketogenic diet has regained momentum as an effective treatment for epilepsy. Studies have consistently shown that the ketogenic diet may be helpful in reducing seizures in 50-75% of children with difficult to treat epilepsy. Increasing the amount of fat in a person's diet is an important feature of the ketogenic diet. Yet it remains unclear exactly how it works and for whom it will be effective for.

In addition to the classic ketogenic diet, other versions of the diet are now available including modified ketogenic diets, the Modified Atkins diet, and the low glycemic index diet. These diets allow for more flexibility in preparation or in amounts of protein and carbohydrates allowed.

Dietary treatments are usually recommended by a physician after the failure of two or more seizure medications. Discuss with your provider if ketogenic diet therapy may be a treatment option for your child.

## Services We Offer

**During an initial consultation, our nurse practitioner and dietitian specializing in ketogenic dietary therapies will:**

- Provide an overview of different ketogenic diet therapies available including, side effects and treatment expectations
- Obtain medical history and baseline screening labs to ensure diet treatment is appropriate for your child
- Discuss current diet and growth
- Determine which dietary treatment is the best option for your child
- Individualize your child's care to promote the best possible treatment outcome

After the diet treatment plan has been established, patients will be closely followed by the ketogenic diet treatment team. The diet plan will be altered as needed to improve tolerance and results. It is recommended to stay on the dietary treatment for 90 days in order to evaluate how effective it is in treating your child's seizures.