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Pharmacological aspects of ketogenic diet

The concept of restricting dietary fat intake for body weight reduction is changed since 1920. When multi-drug resistant epileptic patients used ketogenic diet as a non-pharmacological therapeutic option for epilepsy control and a concomitant weight reduction was statistically proved. Ketogenic Diet (KD) entails high fat, low carbohydrates and controlled protein consumption. This ketotic state can be also pharmacologically induced with the consumption of ketone salts/esters and consequently provide a source of ketone bodies without fasting or adherence to ketogenic diet. The reviewed randomized controlled trials and meta-analytic studies in literature demonstrated an expanding role of KD in various other adult neurological disorders including Parkinsonism, Alzheimer's disease, sleep and cognitive disorders. The pleotropic anti-seizure, antioxidant, anti-inflammatory and neurotropic actions of ketone bodies were suggested by authors besides their metabolic advantages. Thus, in one hand KD is considered as a dietary therapeutic option while on the other hand various adverse effects were reported. The long-term adverse effects of KD consumption were hepatic steatosis, renal stones and hypoproteinemia and vitamin deficiencies. These necessitate adequate patient selection, monitoring until reaching the ideal body weight and gradual shift to normal dietary caloric consumption when needed.

Biography

Eman I. Anwar is a Lecturer in Clinical Pharmacology at Alexandria faculty of Medicine . completed her Master degree Medical Basic Science in Pharmacology general grade Excellent, 2011 and Doctor degree in Clinical Pharmacology with GPA score: 3.642, August 2016. She is Pharmacovigilance & drug counseling center advisor at university hospital clinics Since June 2015 and Egyptian Association of Medical Basic Sciences (EAMBS) member since 2009. Her research interest is on Experimental pharmacology in oncology, endocrinology, Pharmacovigilance, Medical education and E-learning.