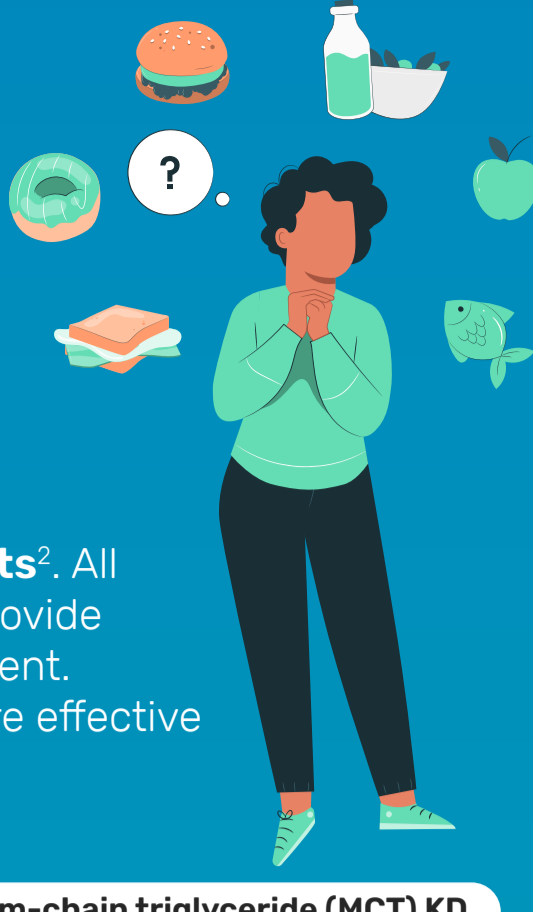


What is Ketogenic Diet Therapy (KDT) and who is it for?



There are 4 different versions of ketogenic diets². All have restricted carbohydrate, are rich in fat and provide sufficient protein to support growth and development. Research has shown that all versions of the diet are effective in reducing seizures:

- 1 Classical ketogenic diet (KD)
- 2 Medium-chain triglyceride (MCT) KD
- 3 Modified Atkin's diet (MAD) modified KD
- 4 Low glycemic index treatment (LGIT)¹

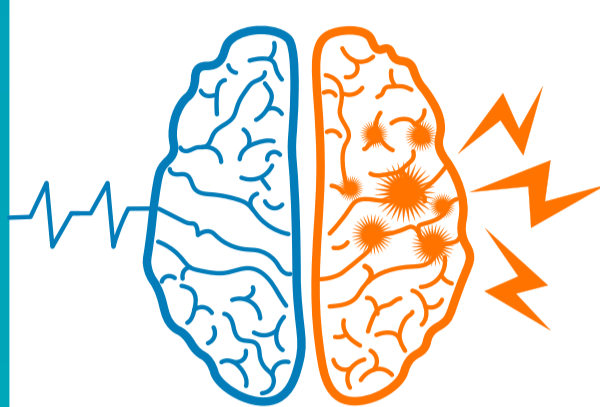
KDT in drug resistant Epilepsy

Most people with epilepsy have a good response to and become seizure free with treatment involving 1 or more anti-seizure medications (ASMs).³

up to **30%** of children and adults have drug resistant epilepsy.³

Clinical consensus demonstrates that seizure control diminishes with each successive ASM trialed⁴

Updated recommendations from the International Ketogenic Diet Study Group state that KDT should be considered after failure of 2-3 ASMs⁵



KDT is indicated for⁵:

- Patients who have failed 2-3 ASMs
- Patients who do not tolerate and/or experience severe side effects from ASMs

Consider offering KDT earlier for specific epilepsy syndromes and metabolic disorders⁵

Epilepsy Syndromes and conditions for which KDT has been consistently reported as more beneficial (>70%) than the average 50% KDT response (defined as >50% seizure reduction)⁵:

- Angelman syndrome
- Complex I mitochondrial disorders
- Dravet syndrome
- Epilepsy with myoclonic-atonic seizures (Doose syndrome)
- Glucose transporter protein I (Glut1) deficiency syndrome (Glut1 DS)
- Febrile infection-related epilepsy syndrome (FIRES)
- Formula-fed (solely) children or infants
- Infantile spasms
- Ohtahara syndrome
- Pyruvate dehydrogenase deficiency (PDHD)
- Super-refractory status epilepticus
- Tuberous sclerosis complex



The benefits of KDT on seizure & non-seizure related outcomes for people with DRE

The effects of KDT in reducing seizures¹

A systematic review shows fast and long lasting effect

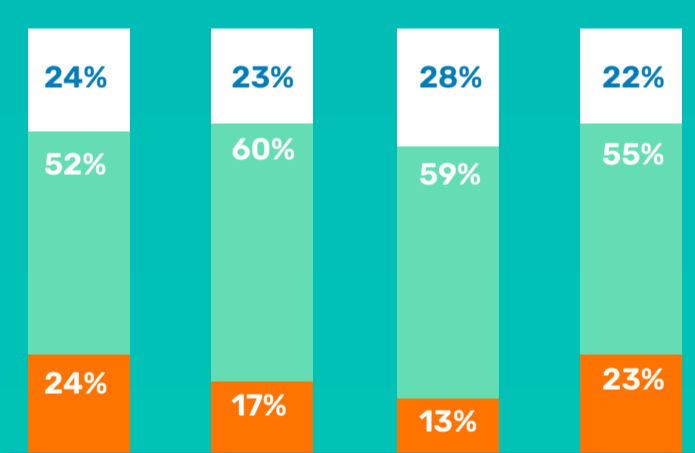
Up to 28% of children are seizure-free

Up to 60% have greater than 50% seizure reduction

<50% seizure reductions

>50% seizure reductions

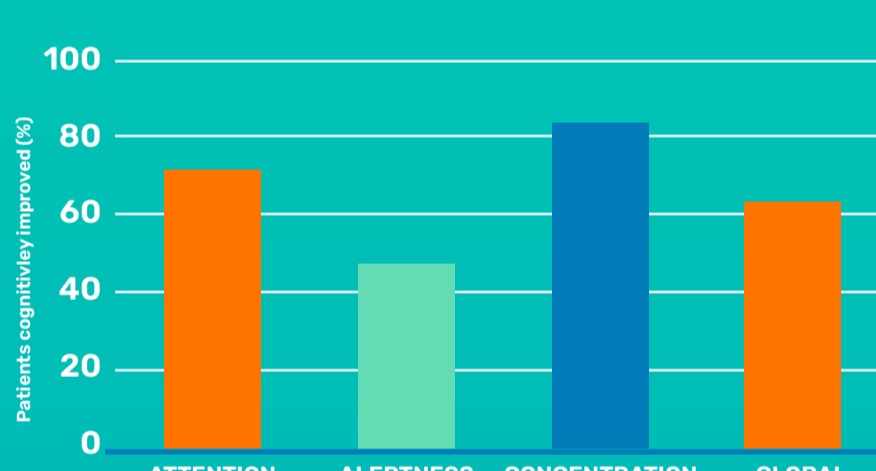
Seizure free



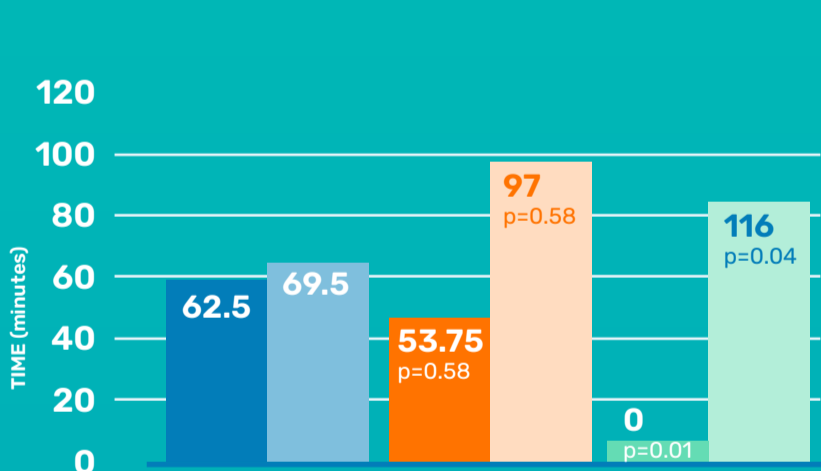
The effects of KDT on improving cognition and behaviour⁷

Subjective cognitive improvements observed in patients with epilepsy after KD treatment

Cognitive tests confirm diet benefits on alertness and improvements



The effects of KDT on improving sleep⁶



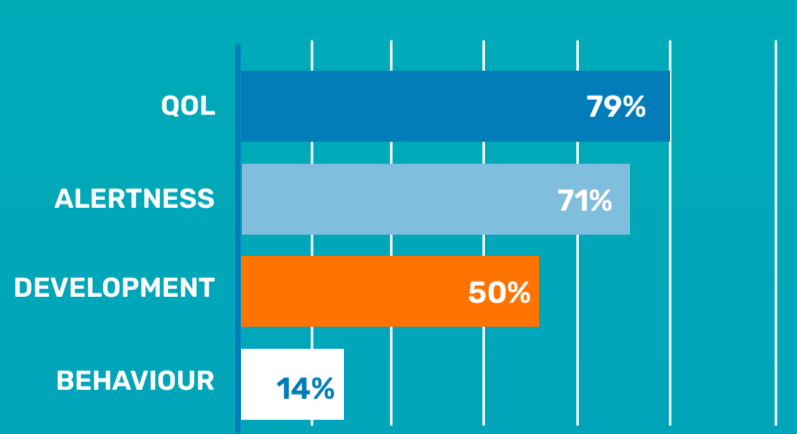
KDT improves sleep quality in children with DRE

A significant decrease in total daytime sleep (p=0.01) and a further increase in REM sleep (p=0.04) after 12 months

The effects of KDT on improving quality of life⁸

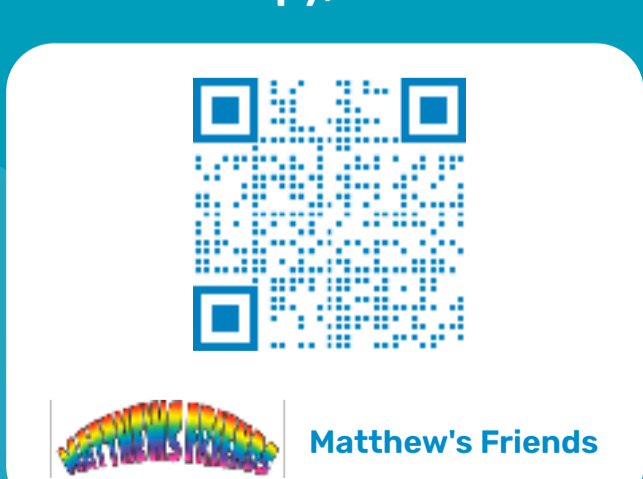
Parents self-reported improvements of KDT

KDT was well tolerated and safe to use in this group of infants and young children with drug resistant epilepsy leading to improved seizure control and QoL.



KDT - Ketogenic Diet Therapy
ASMs - Anti-seizure Medications
QoL - Quality of Life

To learn more how to initiate Ketogenic Diet Therapy, visit:



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