

## Accepted Manuscript

Review article

The role for ketogenic diets in epilepsy and status epilepticus in adults

Tanya Williams, Mackenzie C. Cervenka

PII: S2467-981X(17)30015-X

DOI: <http://dx.doi.org/10.1016/j.cnp.2017.06.001>

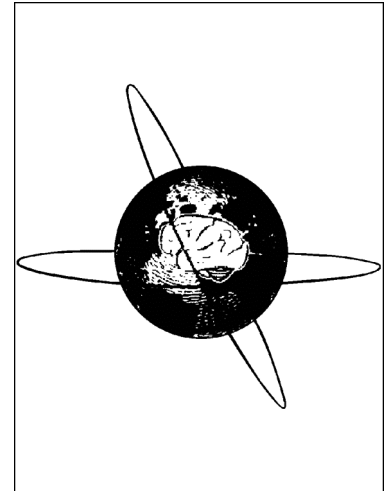
Reference: CNP 39

To appear in: *Clinical Neurophysiology Practice*

Received Date: 24 January 2017

Revised Date: 19 May 2017

Accepted Date: 2 June 2017



Please cite this article as: T. Williams, M.C. Cervenka, The role for ketogenic diets in epilepsy and status epilepticus in adults, *Clinical Neurophysiology Practice* (2017), doi: <http://dx.doi.org/10.1016/j.cnp.2017.06.001>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

## The role for ketogenic diets in epilepsy and status epilepticus in adults

Tanya Williams, MD, PhD; Mackenzie C. Cervenka, MD

Department of Neurology, Johns Hopkins University School of Medicine, 600 North Wolfe Street, Meyer 2-147, Baltimore, Maryland, USA

### Corresponding Author:

Mackenzie C. Cervenka, MD  
Department of Neurology, Johns Hopkins Hospital  
600 North Wolfe Street, Meyer 2-147  
Baltimore, MD, USA 21287  
Tel.: +1-443-287-0423  
Fax: +1-410-502-2507  
E-mail: [mcerven1@jhmi.edu](mailto:mcerven1@jhmi.edu)

### Abstract

Ketogenic diet (KD) therapies are high fat, low carbohydrate diets designed to mimic a fasting state. Although studies demonstrate KD's success in reducing seizures stretching back nearly a century, the last 25 years have seen a resurgence in diet therapy for the management of drug-resistant epilepsy in children as well as adults. With  $\geq 50\%$  seizure reduction efficacy rates in adults of 22-55% for the classic KD and 12-67% for the modified Atkins diet, diet therapy may be in many instances comparable to a trial of an additional anti-epileptic medication and potentially with fewer side effects and other health benefits. Moreover, ketogenic diets offer promising new adjunctive strategies for the treatment of acute status epilepticus in the intensive care setting. Here, we review the efficacy and utility of ketogenic diets for the management of chronic epilepsy and refractory status epilepticus in adults and offer practical guidelines for diet implementation and maintenance.

**Keywords:** Ketogenic diet; modified Atkins diet; epilepsy; drug-resistant epilepsy; refractory status epilepticus.

Download English Version:

<https://daneshyari.com/en/article/8683340>

Download Persian Version:

<https://daneshyari.com/article/8683340>

[Daneshyari.com](https://daneshyari.com)