

15th World Congress on
Pediatrics, Clinical Pediatrics and Nutrition
&
28th International Conference on
Nursing Practice

November 28-29, 2018 | Dubai, UAE

Ketogenic Diet for Drug Resistant Epilepsy in Children

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Approximately 30% of patients with epilepsy are likely to have drug resistant epilepsy. In these patients treatment modalities other than medications becomes important such as epilepsy surgery, vagus nerve stimulator and Ketogenic diet. The Ketogenic diet is a special diet used for controlling seizures by switching the body's metabolism to a fat-based energy source rather than utilizing glucose. Ketogenic diet has shown to be effective and less toxic than the anti-seizure medications. Multiple studies have shown slightly more than half the children on the Ketogenic diet will have half of their seizures improve and about one-third will have more than 90% improvement

in seizures. Recent studies suggest that the rigid standard Ketogenic diet may not always be needed and alternative Ketogenic diets like modified Atkins diet, low-glycemic index diet are been used. The diet is currently been used throughout the world and is gaining more popularity. The limiting factor in its use is usually due to lack of adequately trained dieticians. By increasing the awareness and establishing Ketogenic diet programs in the hospitals we can significantly help children who have severe epilepsy.

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