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Ketogenic Dietary Therapies in Neurological Disorders

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Message from the Guest Editors

Dear colleagues,

Ketogenic dietary therapies (KDT) are established, effective nonpharmacologic treatments for intractable childhood epilepsy and some neurometabolic disorders. Today there are several ketogenic dietary therapies (KDTs) used in neurology: the classic ketogenic diet, the medium-chain triglyceride diet (MCT), the modified Atkins diet (MAD), and the low glycemic index treatment (LGIT). In a few studies a very low calorie ketogenic diet (VLCKD) has also been used.

Although KDTs use in several neurological conditions is promising, understanding mechanisms underlying its efficacy and larger studies are needed for these diverse disorders. While ketosis remain a feasible indicator of dietary compliance, its relationship with clinical efficacy has not been completely clarified. This issue is aimed at collecting studies on a) emerging applications of KDTs in neurology and b) definition of the best dietary protocol and level of ketosis to implement in the different clinical conditions.



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