

# KETOGENIC DIETARY THERAPY (KDT) FOR THE TREATMENT OF EPILEPSY

## WHAT IS KDT:

- A high fat, restricted carbohydrate diet designed to mimic the fasting state and induce ketone metabolism
- Medically managed using traditional structured diets (classical or medium chain triglyceride (MCT) ketogenic diets) or more relaxed modified diets (modified Atkins diet (MAD), modified ketogenic diets (MKD) or low glycaemic index treatment (LGIT)



## WHO THE DIET IS FOR:

- Individuals with epilepsy of any age - infancy through to adulthood
- Can be considered for any seizure type and syndrome

NB. specific contra-indications need to be excluded

## WHEN TO CONSIDER:

- Failure of seizure response to at least two appropriate anti-seizure medications (ASMs)
- May be considered earlier in course of treatment in some specific epilepsy conditions (Angelman, Doose and Dravet syndromes, infantile spasms, FIRES, tuberous sclerosis) or if solely formula-fed
- First line treatment for GLUT1 DS and PDHD (disorders of brain energy metabolism)

## RESPONSE RATES:

- Around 70% of people with epilepsy will respond to ASMs but 30% will continue to have seizures
- If not seizure free after two ASMs, there is less than 5% chance of seizure freedom on a further ASM
- Studies show that just over half of children on KDT will have greater than 50% seizure reduction and 10-15% will become seizure-free
- Many adults also show good response to KDT

HOW TO FIND OUT MORE:  
**VISIT [WWW.MATTHEWSFRIENDS.ORG](http://WWW.MATTHEWSFRIENDS.ORG)**  
OR SPEAK TO YOUR DOCTOR



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