

Roundup - November 2023

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic (TCR intervention)

1. Corsetti, V., Notari, T. and Montano, L. (2023) 'Effects of the low-carb organic Mediterranean diet on testosterone levels and sperm DNA fragmentation', *Current Research in Food Science*, 7, p. 100636. Available at: <https://doi.org/10.1016/j.crfs.2023.100636>.
2. Guarnotta, V. *et al.* (2023) 'Nutritional Intervention in Cushing's Disease: The Ketogenic Diet's Effects on Metabolic Comorbidities and Adrenal Steroids', *Nutrients*, 15(21), p. 4647. Available at: <https://doi.org/10.3390/nu15214647>.
3. Hu, C. *et al.* (2023) 'Low-Carbohydrate and Low-Fat Diet with Metabolic-Dysfunction-Associated Fatty Liver Disease', *Nutrients*, 15(22), p. 4763. Available at: <https://doi.org/10.3390/nu15224763>.
4. Izzo, G. *et al.* (2023) 'Male obesity secondary hypogonadism: effectiveness of ketogenic diet on testicular function', *Exploration of Foods and Foodomics*, 1(4), pp. 178–191. Available at: <https://doi.org/10.37349/eff.2023.00014>.
5. Jeziorek, M. *et al.* (2023) 'The Benefits of Low-Carbohydrate, High-Fat (LCHF) Diet on Body Composition, Leg Volume, and Pain in Women with Lipedema', *Journal of Obesity*, 2023, p. e5826630. Available at: <https://doi.org/10.1155/2023/5826630>.
6. Motte, K.-A.L.D.L. and Zinn, C. (2023) 'The nutrient profile and cost of specialty dietary patterns: A hypothetical case study', *Public Health Nutrition*, pp. 1–24. Available at: <https://doi.org/10.1017/S1368980023002537>.
7. Masood, I. *et al.* (2023) 'Effect of ketogenic diet and hypocaloric Mediterranean diet on metabolic and endocrine parameter in women suffering from Polycystic Ovary Syndrome', *International Journal of Food Properties*, 26(2), pp. 3187–3196. Available at: <https://doi.org/10.1080/10942912.2023.2275528>.
8. Pinsawas, B. *et al.* (2023) 'Asian Low-Carbohydrate Diet with Increased Whole Egg Consumption Improves Metabolic Outcomes in Metabolic Syndrome: A 52-Week Intervention Stud'. Available at: <https://doi.org/10.21203/rs.3.rs-3646877/v1>. (preprint)
9. Szczerba, E. *et al.* (2023) 'Diet in the management of type 2 diabetes: umbrella review of systematic reviews with meta-analyses of randomised controlled trials', *BMJ Medicine*, 2(1). Available at: <https://doi.org/10.1136/bmjmed-2023-000664>.
10. Wood, M., Ebe, K. and Bando, H. (2023) 'Prolonged Honeymoon Period in Type I Diabetes (T1D) Patients on Low-Carbohydrate Diet (LCD)', *Asploro Journal of Biomedical and Clinical Case Reports*, 6(3), pp. 248–253. Available at: <https://doi.org/10.36502/2023/ASJBCCR.6324>.

Reviews - metabolism

1. Alparslan, Z. and Kızılca, B. (2023) 'METABOLIC PERSPECTIVE OF CANCER: KETOGENIC DIET AND METABOLISM ANTAGONISTS', *TURKISH MEDICAL STUDENT JOURNAL*, 10(3), pp. 99–104. Available at: <https://doi.org/10.4274/tmsj.galenos.2023.2023-4-2>.

2. Harb, D. *et al.* (2023) 'Ketogenic Diet and the Skin', *Skinmed*, 21(5), pp. 315–320.
<https://pubmed.ncbi.nlm.nih.gov/37945356/>. ABSTRACT
3. Neudorf, H. and Little, J.P. (2023) 'Impact of fasting & ketogenic interventions on the NLRP3 inflammasome: A narrative review', *Biomedical Journal*, p. 100677. Available at:
<https://doi.org/10.1016/j.bj.2023.100677>.
4. Pasca, L. *et al.* (2023) 'The effects of ketogenic dietary therapies on sleep: A scoping review', *Journal of Sleep Research*, n/a(n/a), p. e14073. Available at: <https://doi.org/10.1111/jsr.14073>.
5. Field, R. *et al.* (2023) 'Low-carbohydrate and ketogenic diets: a scoping review of neurological and inflammatory outcomes in human studies and their relevance to chronic pain', *Nutrition Research Reviews*, 36(2), pp. 295–319. Available at:
<https://doi.org/10.1017/S0954422422000087>.
6. Firman, C.H. *et al.* (2023) 'Does a Ketogenic Diet Have a Place Within Diabetes Clinical Practice? Review of Current Evidence and Controversies', *Diabetes Therapy* [Preprint]. Available at:
<https://doi.org/10.1007/s13300-023-01492-4>.

Kidney

1. Cukoski, S. *et al.* (2023) 'Feasibility and impact of ketogenic dietary interventions in polycystic kidney disease: KETO-ADPKD—a randomized controlled trial', *Cell Reports Medicine*, 0(0). Available at: <https://doi.org/10.1016/j.xcrm.2023.101283>.
2. Weimbs, T., Saville, J. and Kalantar-Zadeh, K. (2023) 'Ketogenic metabolic therapy for chronic kidney disease – **the pro part**', *Clinical Kidney Journal*, p. sfad273. Available at:
<https://doi.org/10.1093/ckj/sfad273>. ('Risks of the ketogenic diet in CKD – **the con part**')
3. Knol, M.G.E. *et al.* (2023) 'Higher beta-hydroxybutyrate ketone levels associated with a slower kidney function decline in ADPKD', *Nephrology Dialysis Transplantation*, p. gfad239. Available at:
<https://doi.org/10.1093/ndt/gfad239>.

Neurology

1. Fuller, L. and Wexler, R. (2023) *Lamotrigine Deprescribing in Patients with Seizure Disorders: A Case Series*. Available at: <https://doi.org/10.13140/RG.2.2.19399.88487>.
2. Li, W. *et al.* (2023) 'Efficacy and Safety of a Smartphone Application-based Treatment of Ketogenic Diet in Pediatric Refractory Epilepsy', *Epilepsia Open*, n/a(n/a). Available at:
<https://doi.org/10.1002/epi4.12867>.
3. Mazandarani, M. *et al.* (2023) 'Does the ketogenic diet improve neurological disorders by influencing gut microbiota? A systematic review', *Nutrition Journal*, 22, p. 61. Available at:
<https://doi.org/10.1186/s12937-023-00893-2>.
4. Mutarelli, A. *et al.* (2023) 'Modified Atkins diet for drug-resistant epilepsy: A systematic review and meta-analysis of randomized controlled trials', *Seizure*, 112, pp. 77–83. Available at:
<https://doi.org/10.1016/j.seizure.2023.09.010>.