

Roundup - April 2024

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic

1. Calkins, M. *et al.* (2024) 'Carbohydrate reduction for metabolic disease is distinct from the ketogenic diet for epilepsy', *Journal of Metabolic Health*, 7(1), p. 4. Available at: <https://journalofmetabolichealth.org/index.php/jmh/article/view/95>. (A counter to [Neyman et al.](#), 2024)
2. Grant, L. *et al.* (2024) '0019 Body Weight Reduction Following 8-weeks of Time-restricted Eating in Peri- and Postmenopausal Women with Obesity', *Sleep*, 47(Supplement_1), p. A8. Available at: <https://doi.org/10.1093/sleep/zsae067.0019>.
3. Kalkan Uçar, S. *et al.* (2024) 'Long-term personalized high-protein, high-fat diet in pediatric patients with glycogen storage disease type IIIa: Evaluation of myopathy, metabolic control, physical activity, growth, and dietary compliance', *Journal of Inherited Metabolic Disease*, n/a(n/a). Available at: <https://doi.org/10.1002/jimd.12741>.
4. Lundanes, J. *et al.* (2024) 'Effect of a low-carbohydrate diet on pain and quality of life in female patients with lipedema: a randomized controlled trial', *Obesity*, n/a(n/a). Available at: <https://doi.org/10.1002/oby.24026>.
5. Naveed, A. *et al.* (2024) 'EFFECTS OF A KETOGENIC DIET IN OVERWEIGHT WOMEN WITH POLYCYSTIC OVARY SYNDROME', *Biological and Clinical Sciences Research Journal*, 2024(1), p. 734. Available at: <https://doi.org/10.54112/bcsrj.v2024i1.734>.
6. Nybacka, S. *et al.* (2024) 'A low FODMAP diet plus traditional dietary advice versus a low-carbohydrate diet versus pharmacological treatment in irritable bowel syndrome (CARBIS): a single-centre, single-blind, randomised controlled trial', *The Lancet Gastroenterology & Hepatology*, 0(0). Available at: [https://doi.org/10.1016/S2468-1253\(24\)00045-1](https://doi.org/10.1016/S2468-1253(24)00045-1). ABSTRACT

General Reviews

1. Athinarayanan, S.J. *et al.* (2024) 'The case for a ketogenic diet in the management of kidney disease', *BMJ Open Diabetes Research and Care*, 12(2), p. e004101. Available at: <https://doi.org/10.1136/bmidrc-2024-004101>.
2. Diamond, D.M., Mason, P. and Bikman, B.T. (2024) 'Opinion: Are mental health benefits of the ketogenic diet accompanied by an increased risk of cardiovascular disease?', *Frontiers in Nutrition*, 11. Available at: <https://doi.org/10.3389/fnut.2024.1394610>.
3. Fazio, S. *et al.* (2024) 'Insulin resistance/hyperinsulinemia: an important cardiovascular risk factor that has long been underestimated', *Frontiers in Cardiovascular Medicine*, 11, p. 1380506. Available at: <https://doi.org/10.3389/fcvm.2024.1380506>.
4. Hilborn, E. (2024) 'Where's the beef? The feminisation of weight-loss dieting in Britain and Scandinavia c.1890–1925', *Gender & History*, n/a(n/a). Available at: <https://doi.org/10.1111/1468-0424.12787>.
5. Newport, A.E.M.T. and Dayrit, F.M. (2024) 'The Lipid-Heart Hypothesis and the Keys Equation Defined the Dietary Guidelines but Ignored the Impact of Trans-fat and High Linoleic Acid Consumption'. **Preprints**. Available at: <https://doi.org/10.20944/preprints202404.0788.v1>.

Neurology

1. Ballesteros Tapias, J.K. *et al.* (2024) 'Ketogenic diet therapies as a non-pharmacological adjuvant in resistant epilepsy: retrospective analysis of adult outpatients in Colombia', *Nutritional Neuroscience*, pp. 1–7. Available at: <https://doi.org/10.1080/1028415X.2024.2336716>. ABSTRACT
2. Ditta, P.V. *et al.* (2024) 'Low Carbohydrate Diet Reduces Phantom Pain and Increases Emotional Wellbeing in Amputees', *The Journal of Pain*, 25(4, Supplement), p. 36. Available at: <https://doi.org/10.1016/j.jpain.2024.01.170>. ABSTRACT
3. van der Louw, E. *et al.* (2024) 'Human milk and breastfeeding during ketogenic diet therapy in infants with epilepsy: Clinical practice guideline', *Developmental Medicine & Child Neurology*, n/a(n/a). Available at: <https://doi.org/10.1111/dmcn.15928>.
4. Stanton, A.A. (2024) 'Specifically formulated ketogenic, low carbohydrate, and carnivore diets can prevent migraine: a perspective', *Frontiers in Nutrition*, 11. Available at: <https://doi.org/10.3389/fnut.2024.1367570>.

Metabolic Psychiatry

1. Gao, M. *et al.* (2024) 'Evaluating the efficacy and mechanisms of a ketogenic diet as adjunctive treatment for people with treatment-resistant depression: A protocol for a randomised controlled trial', *Journal of Psychiatric Research*, 174, pp. 230–236. Available at: <https://doi.org/10.1016/j.jpsychires.2024.04.023>. (Protocol only, for background information)
2. Kachlik, Z., Walaszek, M. and Jerzy Cabała, W. (2024) 'Low-carbohydrate diet as a disease modifier for relapse prevention of treatment-resistant depression. Spotlight on neuroplasticity and brain-derived neurotrophic factor', *Medical Hypotheses*, p. 111356. Available at: <https://doi.org/10.1016/j.mehy.2024.111356>. ABSTRACT

Cancer

1. Jospe, M.R. *et al.* (2024) 'A low-glucose eating pattern is associated with improvements in glycemic variability among women at risk for postmenopausal breast cancer: an exploratory analysis', *Frontiers in Nutrition*, 11, p. 1301427. Available at: <https://doi.org/10.3389/fnut.2024.1301427>.
2. Murphy, S. *et al.* (2024) 'Ketogenic diet alters the epigenetic and immune landscape of prostate cancer to overcome resistance to immune checkpoint blockade therapy', *Cancer Research* [Preprint]. Available at: <https://doi.org/10.1158/0008-5472.CAN-23-2742>. ABSTRACT
3. Neha and Chaudhary, R. (2024) 'Ketogenic Diet as a Treatment and Prevention Strategy for Cancer: A Therapeutic Alternative', *Nutrition*, p. 112427. Available at: <https://doi.org/10.1016/j.nut.2024.112427>.

Case Studies

1. Amendolara, A. *et al.* (no date) 'Chronic Migraine May Be Associated With Postprandial Hypoglycemia in Adult Men: A Case Series', *Cureus*, 16(2), p. e54987. Available at: <https://doi.org/10.7759/cureus.54987>.
2. Pathare, A.V. and Chaudhary, A.B. (2024) '2.5-MONTH EFFECTS OF A HIGH-INTENSITY LOW-CARBOHYDRATE INTERVENTION ON GLYCEMIC AND LIPID PROFILE: A TYPE-2 DIABETES



NEAR-TO-REMISSION CASE STUDY OF A 65-YEAR-OLD INDIAN WOMAN WITH RECENT BILATERAL KNEE REPLACEMENT SURGERY', *Journal of Population Therapeutics and Clinical Pharmacology*, 31(3). Available at: <https://doi.org/10.53555/jptcp.v31i3.5141>.

3. Tidman, M.M. (2024) 'The ketogenic diet and MetSyn in Parkinson's disease – Symptoms, biomarkers, depression and anxiety: A case study', *Journal of Metabolic Health*, 7(1), p. 6. Available at: <https://journalofmetabolichealth.org/index.php/jmh/article/view/93>.