

Roundup - May 2024

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic Studies

1. Chiara, M.M. *et al.* (2024) 'Evaluating the impact of a moderately low-calorie ketogenic diet on maflD in patients with obesity: the role of magnetic resonance imaging', in *Endocrine Abstracts. ECE 2024*, Bioscientifica. Available at: <https://doi.org/10.1530/endoabs.99.EP59>. ABSTRACT
2. Cipriani, F. *et al.* (2024) 'A ketogenic diet as feasible treatment for post bariatric weight regain', in *Endocrine Abstracts. ECE 2024*, Bioscientifica. Available at: <https://doi.org/10.1530/endoabs.99.EP259>. ABSTRACT
3. Cukoski, S. *et al.* (2024) '#2160 Ketosis moderates the effect on kidney volume in dietary interventions for ADPKD—more insights on the KETO ADPKD trial', *Nephrology Dialysis Transplantation*, 39(Supplement_1), pp. gfae069-0738–2160. Available at: <https://doi.org/10.1093/ndt/gfae069.738>.
4. Dutzmann, J. *et al.* (2024) 'Intermittent Fasting After ST-Segment-Elevation Myocardial Infarction Improves Left Ventricular Function: The Randomized Controlled INTERFAST-MI Trial', *Circulation. Heart Failure*, p. e010936. Available at: <https://doi.org/10.1161/CIRCHEARTFAILURE.123.010936>.
5. Fernandez-Pombo, A. *et al.* (2024) 'A very-low-calorie ketogenic diet normalises obesity-related enhanced levels of erythropoietin compared with a low-calorie diet or bariatric surgery', *Journal of Endocrinological Investigation* [Preprint]. Available at: <https://doi.org/10.1007/s40618-024-02364-9>.
6. He S. *et al.* (2024) 'Therapeutic effect of low-carbohydrate diet and lifestyle intervention on patients with lean nonalcoholic fatty liver disease', *临床肝胆病杂志*, 40(5), pp. 946–951. Available at: <https://doi.org/10.12449/JCH240513>. ABSTRACT
7. Kountouri, A. *et al.* (2024b) 'The effect of ketogenic diet versus mediterranean diet on clinical and biochemical markers of inflammation in patients with obesity and psoriatic arthritis', in *Endocrine Abstracts. ECE 2024*, Bioscientifica. Available at: <https://doi.org/10.1530/endoabs.99.P292>.
8. Kristensson, F.M. *et al.* (2024) 'Breast Cancer Risk After Bariatric Surgery and Influence of Insulin Levels: A Nonrandomized Controlled Trial', *JAMA Surgery* [Preprint]. Available at: <https://doi.org/10.1001/jamasurg.2024.1169>. ABSTRACT
9. Latorre-Rodríguez, A.R., Munir, S. and Mittal, S.K. (2024a) 'Effect of Ketogenic Diet on Gastroesophageal Reflux Disease: Literature Review and Exploratory Study', *Foregut*, p. 26345161241249381. Available at: <https://doi.org/10.1177/26345161241249381>. ABSTRACT
10. Rinaldi, R. *et al.* (2024) 'Gender Differences in Liver Steatosis and Fibrosis in Overweight and Obese Patients with Metabolic Dysfunction-Associated Steatotic Liver Disease before and after 8 Weeks of Very Low-Calorie Ketogenic Diet', *Nutrients*, 16(10), p. 1408. Available at: <https://doi.org/10.3390/nu16101408>.
11. Whitfield, P.L. *et al.* (2024) 'A very-low-calorie diet (VLCD) intervention for the management of prediabetes and early Type 2 diabetes mellitus in a multi-ethnic cohort in Aotearoa New Zealand: The PROGRESS NZ feasibility study', *Asia Pacific Journal of Clinical Nutrition*, 33(2), pp. 200–212. Available at: [https://doi.org/10.6133/apjcn.202406_33\(2\).0007](https://doi.org/10.6133/apjcn.202406_33(2).0007). ABSTRACT

12. Woods, K. *et al.* (2024) 'Evaluation of metabolic changes in clinic attendees with therapeutic carbohydrate restriction', *Journal of Metabolic Health*, 7(1), p. 9. Available at: <https://doi.org/10.4102/jmh.v7i1.94>.

General Reviews

1. Cucuzzella, M. *et al.* (2024a) 'Beyond Obesity and Overweight: The Clinical Assessment and Treatment of Excess Body Fat in Children : Part 1 - Insulin Resistance as the Root Cause of Pediatric Obesity', *Current Obesity Reports* [Preprint]. Available at: <https://doi.org/10.1007/s13679-024-00565-0>. ABSTRACT
2. Cucuzzella, M. *et al.* (2024b) 'Beyond Obesity and Overweight: the Clinical Assessment and Treatment of Excess Body Fat In Children : Part 2 - the Prescription of Low-Carbohydrate Eating as the First Approach', *Current Obesity Reports* [Preprint]. Available at: <https://doi.org/10.1007/s13679-024-00564-1>. ABSTRACT
3. Hasani, M., Ghasemi, H. and Khodabakhshi, A. (2024) 'Diabetes Risk Reduction Diet (DRRD) and Breast Cancer Risk: A Review', *Nutrition and Cancer*, pp. 1–7. Available at: <https://doi.org/10.1080/01635581.2024.2355686>. ABSTRACT
4. Kuykendall, N.S. *et al.* (2024) *Ketones in the Life Sciences – Biochemistry, Metabolism, and Medicinal Significances*. IntechOpen. Available at: <https://doi.org/10.5772/intechopen.114276>. (Useful biochemistry background)
5. Volek, J.S., Kackley, M.L. and Buga, A. (2024) 'Nutritional Considerations During Major Weight Loss Therapy: Focus on Optimal Protein and a Low-Carbohydrate Dietary Pattern', *Current Nutrition Reports* [Preprint]. Available at: <https://doi.org/10.1007/s13668-024-00548-6>.

Neurology

1. Carroll, J.H. *et al.* (2024) 'Drug-resistant epilepsy and ketogenic diet therapy – a qualitative study of families' experiences', *Seizure - European Journal of Epilepsy*, 118, pp. 137–147. Available at: <https://doi.org/10.1016/j.seizure.2024.04.024>.
2. Deshpande, V. *et al.* (2024) 'Effect of Classic Ketogenic Diet Versus Modified Atkins Diet over Electro-Encephalogram Findings in Children with Refractory Epilepsy', *Medical Journal of Dr. D.Y. Patil University*, 17(3), p. 622. Available at: https://doi.org/10.4103/mjdrdypu.mjdrdypu_726_23.
3. Klejc, K., Cruz-Almeida, Y. and Sheffler, J.L. (2024) 'Addressing Pain Using a Mediterranean Ketogenic Nutrition Program in Older Adults with Mild Cognitive Impairment', *Journal of Pain Research*, 17, pp. 1867–1880. Available at: <https://doi.org/10.2147/JPR.S451236>.

Metabolic Psychiatry

1. Allan, N.P. *et al.* (2024) 'Ketogenic Diet Induced Shifts in the Gut Microbiome Associate with Changes to Inflammatory Cytokines and Brain-Related miRNAs in Children with Autism Spectrum Disorder', *Nutrients*, 16(10), p. 1401. Available at: <https://doi.org/10.3390/nu16101401>.
2. Brewerton, T.D., Dennis, K. and Wiss, D.A. (2024) 'Dismantling the myth of “all foods fit” in eating disorder treatment', *Journal of Eating Disorders*, 12(1), p. 60. Available at: <https://doi.org/10.1186/s40337-024-01017-9>.

3. Calabrese, L., Frase, R. and Ghaloo, M. (2024) 'Complete remission of depression and anxiety using a ketogenic diet: case series', *Frontiers in Nutrition*, 11. Available at: <https://doi.org/10.3389/fnut.2024.1396685>.
4. Johnson, S.L. *et al.* (2024) 'A randomized controlled trial to compare the effects of time-restricted eating versus Mediterranean diet on symptoms and quality of life in bipolar disorder', *BMC Psychiatry*, 24(1), p. 374. Available at: <https://doi.org/10.1186/s12888-024-05790-4>. (Protocol only - useful background information)
5. Ozan, E., Chouinard, V.-A. and Palmer, C.M. (2024) 'The Ketogenic Diet as a Treatment for Mood Disorders', *Current Treatment Options in Psychiatry* [Preprint]. Available at: <https://doi.org/10.1007/s40501-024-00322-z>.
6. LaFata, E.M. *et al.* (2024) 'Ultra-Processed Food Addiction: A Research Update', *Current Obesity Reports* [Preprint]. Available at: <https://doi.org/10.1007/s13679-024-00569-w>.

Case Studies and Preclinical studies

1. Ll, F. *et al.* (2024) 'Effects of a Ketogenic Diet on the Assessment of Biochemical and Clinical Parameters in Duchenne Muscular Dystrophy: A Preclinical Investigation', *Molecular neurobiology* [Preprint]. Available at: <https://doi.org/10.1007/s12035-024-04258-6>.
ABSTRACT
2. Sharadze, T., Nutsubidze, T. and Bakhtadze, T. (2024) 'Ketogenic diet (KD) as a nutritional therapeutical option for women suffering from polycystic ovary syndrome', in *Endocrine Abstracts. ECE 2024*, Bioscientifica. Available at: <https://doi.org/10.1530/endoabs.99.EP959>.
ABSTRACT