

# 4

## GREEN FLAGS

### for Using the Ketogenic Diet in Refractory Epilepsy

Aaron,  
14 years old, diagnosed  
with refractory epilepsy



1

#### Failure of 2-3 antiepileptic drugs (AEDs)

The ketogenic diet should be considered as an option after 2-3 AEDs are used unsuccessfully.<sup>1</sup>

2

#### Tube-fed or formula-only patients

Clinical guidelines suggest the ketogenic diet may be beneficial for children who are already formula-fed only, either orally or through a feeding tube.<sup>1,2</sup>

3

#### Glut-1 Deficiency Syndrome and Pyruvate Dehydrogenase Complex Deficiencies (PDHD)

Clinical guidelines recommend the ketogenic diet for Glut-1 deficiency syndrome and PDHD as a primary management option.<sup>1,2</sup>

These specific metabolic disorders may require a patient to be on a ketogenic diet for life.

4

#### Specific Epilepsy Syndromes

The evidence suggests that the ketogenic diet may be particularly beneficial for patients with specific epilepsy syndromes including:<sup>1,2</sup>

- Dravet Syndrome<sup>3-6</sup>
- Super Refractory Status Epilepticus (SRSE)<sup>7-10</sup>

1. Kossoff, et al. *Epilepsia Open*. 2018;3:175-92.

2. Baranano, et al. *Curr Treat Options Neurol*. 2008;10:410-9.

3. Dressler, et al. *Epilepsy Res*. 2015;109:81-9. Dravet

4. Laux, et al. *J Child Neurol*. 2013;28:1041-4. Dravet

5. Caraballo, et al. *Epilepsia*. 2005;46:1539-44. Dravet

6. Korff, et al. *J Child Neurol*. 2007;22:185-94. Dravet

7. Caraballo, et al. *Epilepsy Res*. 2014;108:1912-6.

8. Thakur, et al. *Neurology*. 2014;82:665-70.

9. Ismail, et al. *Epilepsia*. 2011;52:e185-9.

10. Nabbout, et al. *Epilepsia*. 2010;51:2033-7.



## KETOCAL CONNECT

KetoCal Connect gives your patients and caregivers the resources they need to successfully start and stay on the ketogenic diet.

- Trusted products
- Coverage and cost assistance
- Caregiver support
- Tasty ketogenic recipes

Visit [www.myketocal.com/ketocalconnect](http://www.myketocal.com/ketocalconnect)



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“

Adding KetoCal to Nathan's diet has been wonderful just because he loves the taste. The texture is amazing.”

– Nathan's mom

## KetoCal® can help make the Ketogenic Diet easier

### Nutritional Reassurance

- Nutritionally complete, can be used as sole source of nutrition or supplemental based on the needs of the individual
- Consistent ketogenic ratio, regardless of amount consumed

### Everyday Convenience

- Ready-to-drink liquid for those on the go or easy tube feeding
- Helps save the caregiver's time with meal preparations

### Great Taste

- Drink on its own as a delicious vanilla shake
- Create tasty ketogenic recipes

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