

Roundup - June 2023

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic (TCR intervention)

1. ATHINARAYANAN, S.J., ROBERTS, C.G.P., ADAMS, R.N., VOLK, B.M., PHINNEY, S.D., VOLEK, J. and MCKENZIE, A.L. (2023) '410-P: Two-Year (2y) eGFR Slope in People with Type 2 Diabetes (T2D) Receiving a Very Low Carbohydrate Diet (VLCD) Intervention', *Diabetes*, 72(Supplement_1), pp. 410-P. Available at: <https://doi.org/10.2337/db23-410-P>.
2. Bolesławska, I., Kowalówka, M., Bolesławska-Król, N. and Przysławski, J. (2023) 'Ketogenic Diet and Ketone Bodies as Clinical Support for the Treatment of SARS-CoV-2—Review of the Evidence', *Viruses*, 15(6), p. 1262. Available at: <https://doi.org/10.3390/v15061262>.
3. Cummings, P.J., Washburn, P.J., Schneider, J.A., Miosi, S.E. and Nichols, D.M. (2023) 'Rapid remission of chronic, progressive conditions and reducing polypharmacy by utilizing lifestyle therapy to target insulinemic lifestyle components', *AJPM Focus*, p. 100118. Available at: <https://doi.org/10.1016/j.focus.2023.100118>.
4. Darcey, V.L., Guo, J., Courville, A.B., Gallagher, I., Avery, J.A., Simmons, W.K., Ingeholm, J.E., Herscovitch, P., Martin, A. and Hall, K.D. (2023) 'Dietary fat restriction affects brain reward regions in a randomized crossover trial', *JCI Insight*, 8(12). Available at: <https://doi.org/10.1172/jci.insight.169759>.
5. Gohari, Sepehr, Ghobadi, S., Jafari, A., Ahangar, H., Gohari, Sheida and Mahjani, M. (2023) 'The effect of dietary approaches to stop hypertension and ketogenic diets intervention on serum uric acid concentration: a systematic review and meta-analysis of randomized controlled trials', *Scientific Reports*, 13, p. 10492. Available at: <https://doi.org/10.1038/s41598-023-37672-2>.
6. GOWER, B., GOSS, A.M. and TIMOTHY GARVEY, W. (2023) '51-LB: Race Specific Effects of a Carbohydrate-Restricted Diet on Acute and Maximal C Peptide Response to Glucose in Adults with Type 2 Diabetes', *Diabetes*, 72(Supplement_1), pp. 51-LB. Available at: <https://doi.org/10.2337/db23-51-LB>.
7. Griauzde, D.H., Hershey, C., Michaels, J., Evans, R.R., Richardson, C.R., Heisler, M., Kullgren, J.T. and Saslow, L.R. (2023) 'A very low-carbohydrate diabetes prevention program for veterans with prediabetes: a single-arm mixed methods pilot study', *Frontiers in Nutrition*, 10, p. 1069266. Available at: <https://doi.org/10.3389/fnut.2023.1069266>.
8. Kaur KK, Allahbadia G, Singh M. Very low-calorie ketogenic diet (VLCKD) possesses further advantageous actions over' Mediterranean diet in terms of better enhancement of gut microbiota (GM) in type2 diabetes mellitus patients- a short communication. *J Diab Metab Disorder*. 2023;10(1):48–54. DOI: [10.15406/jdmdc.2023.10.00252](https://doi.org/10.15406/jdmdc.2023.10.00252)
9. Mahmood, B.S. (2023) 'Impact of low carbohydrate diet on patients with type 1 Diabetes', *E3S Web of Conferences*, 391, p. 01132. Available at: <https://doi.org/10.1051/e3sconf/202339101132>.
10. Shaker Mahmood, B. (2023) 'Impact of low carbohydrate diet on patients with type 1 Diabetes', *E3S Web of Conferences*. Edited by S.K. Tummala, S. Kosaraju, P.B. Bobba, and S.K. Singh, 391, p. 01132. Available at: <https://doi.org/10.1051/e3sconf/202339101132>.
11. Shoumariyeh, T., Trattinig, S., Zaric, O., McIntyre, C., Oberbauer, R. and Kovarik, J.J. (2023) 'A KETOGENIC DIET REDUCES TISSUE SODIUM CONTENT: AN EXPLORATORY STUDY', *Journal of Hypertension*, 41(Suppl 3), p. e249. Available at: <https://doi.org/10.1097/01.hjh.0000941544.81821.c0>.

12. Zambrano, A.K., Cadena-Ullauri, S., Guevara-Ramírez, P., Frias-Toral, E., Ruiz-Pozo, V.A., Paz-Cruz, E., Tamayo-Trujillo, R., Chapela, S., Montalván, M., Sarno, G., Guerra, C.V. and Simancas-Racines, D. (2023) 'The Impact of a Very-Low-Calorie Ketogenic Diet in the Gut Microbiota Composition in Obesity', *Nutrients*, 15(12), p. 2728. Available at: <https://doi.org/10.3390/nu15122728>.

Women

1. Elshoryi, N.A., Alkurd, R.A., Subih, H. and Musharbash, R. (2023) 'Effect of low-calorie ketogenic vs low-carbohydrate diets on body composition and other biomarkers of overweight/obese women: An 8 weeks randomised controlled trial', *Obesity Medicine*, 41, p. 100496. Available at: <https://doi.org/10.1016/j.obmed.2023.100496>.
2. Jeziorek, M., Szuba, A., Sowicz, M., Adaszyńska, A., Kujawa, K. and Chachaj, A. (2023) 'The Effect of a Low-Carbohydrate High-Fat Diet on Laboratory Parameters in Women with Lipedema in Comparison to Overweight/Obese Women', *Nutrients*, 15(11), p. 2619. Available at: <https://doi.org/10.3390/nu15112619>.
3. Palafox-Gómez, C., Ortiz, G., Madrazo, I. and López-Bayghen, E. (2023) 'Adding a ketogenic dietary intervention to IVF treatment in patients with polycystic ovary syndrome improves implantation and pregnancy', *Reproductive Toxicology (Elmsford, N.Y.)*, 119, p. 108420. Available at: <https://doi.org/10.1016/j.reprotox.2023.108420>.

Critical Care

1. Haines, K., Grisel, B., Gorenshtein, L. and Wischmeyer, P.E. (2023) 'Lipid emulsions in parenteral nutrition: does it matter?', *Current Opinion in Critical Care*, p. 10.1097/MCC.0000000000001058. Available at: <https://doi.org/10.1097/MCC.0000000000001058>.
2. Watson, N., McClelland, T.J. and Puthuchery, Z. (2023) 'Is there a role for ketones as alternative fuel in critical illness?', *Current Opinion in Critical Care* [Preprint]. Available at: <https://doi.org/10.1097/MCC.0000000000001061>.

Cancer

1. Almutairi, H., McCullough, F., Alharbi, M., dandapani, madhumita and Grundy, R. (2023) 'Safety, feasibility, and effectiveness of ketogenic diet in paediatric patients with brain tumours: A systematic review'. Available at: <https://doi.org/10.22541/au.168743885.54780069/v1>.

Neurology

1. De Amicis, R., Leone, A., Pellizzari, M., Foppiani, A., Battezzati, A., Lessa, C., Tagliabue, A., Ferraris, C., De Giorgis, V., Olivotto, S., Previtali, R., Veggiotti, P. and Bertoli, S. (2023) 'Long-term follow-up of nutritional status in children with GLUT1 Deficiency Syndrome treated with classic ketogenic diet: a 5-year prospective study', *Frontiers in Nutrition*, 10, p. 1148960. Available at: <https://doi.org/10.3389/fnut.2023.1148960>. 'we found no evidence of potential adverse effects on the nutritional status of children and adolescents'

Case studies

1. Norwitz, N.G., Hurn, M. and Forcen, F.E. (2023) 'Animal-based ketogenic diet puts severe anorexia nervosa into multi-year remission: A case series', *Journal of Insulin Resistance*, 6(1), p. 8. Available at: <https://insulinresistance.org/index.php/jir/article/view/84>