

Roundup - October 2023

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic (TCR intervention)

1. De Nucci, S. *et al.* (2023) 'Effects of an Eight Week Very Low-Calorie Ketogenic Diet (VLCKD) on White Blood Cell and Platelet Counts in Relation to Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) in Subjects with Overweight and Obesity', *Nutrients*, 15(20), p. 4468. Available at: <https://doi.org/10.3390/nu15204468>.
2. Jooste, B.R. *et al.* (2023) 'Effectiveness of Technology-Enabled, Low Carbohydrate Dietary Interventions, in the Prevention or Treatment of Type 2 Diabetes Mellitus in Adults: A Systematic Literature Review of Randomised Controlled and Non-Randomised Trials', *Nutrients*, 15(20). Available at: <https://doi.org/10.3390/nu15204362>.
3. Khouri, H., Ussher, J.R. and Aguer, C. (2023) 'Exogenous Ketone Supplementation and Ketogenic Diets for Exercise: Considering the Effect on Skeletal Muscle Metabolism', *Nutrients*, 15(19), p. 4228. Available at: <https://doi.org/10.3390/nu15194228>.
4. Pavlou, V. *et al.* (2023) 'Effect of Time-Restricted Eating on Weight Loss in Adults With Type 2 Diabetes', *JAMA Network Open*, 6(10), p. e2339337. Available at: <https://doi.org/10.1001/jamanetworkopen.2023.39337>.
5. Ünalp, A., Ünay, B. and Arhan, E. (2023) 'Editorial: The use of ketogenic diet therapy in the era of individualized therapy', *Frontiers in Nutrition*, 10, p. 1272170. Available at: <https://doi.org/10.3389/fnut.2023.1272170>.

Women

1. Alghamdi, A.A. and Alotaibi, A.S. (2023) 'High Insulin Resistance in Saudi Women with Unexplained Recurrent Pregnancy Loss: A Case-control Study', *Saudi Journal of Medicine & Medical Sciences*, 11(4), p. 314. Available at: https://doi.org/10.4103/sjmms.sjmms_82_23.
2. Al-jammaz, M.H. *et al.* (2023) 'The modulation of carbohydrate intake and intermittent fasting in obese Saudi women: a pilot study', *Bulletin of the National Research Centre*, 47(1), p. 146. Available at: <https://doi.org/10.1186/s42269-023-01118-6>.
3. Alsulami, S.S. and Ghamri, K.A. (2023) 'Effect of Ramadan Fasting on Blood Glucose Level in Pregnant Women with Gestational and Type 2 Diabetes', *Diabetes, Metabolic Syndrome and Obesity*, 16, p. 3105. Available at: <https://doi.org/10.2147/DMSO.S429249>.
4. Cooper, I.D. *et al.* (2023) 'Ketosis Suppression and Ageing (KetoSAge): The Effects of Suppressing Ketosis in Long Term Keto-Adapted Non-Athletic Females', *International Journal of Molecular Sciences*, 24(21), p. 15621. Available at: <https://doi.org/10.3390/ijms242115621>.
5. Rad, Z.A., Mousavi, S.N. and Chiti, H. (2023) 'A low-carb diet increases fecal short-chain fatty acids in feces of obese women following a weight-loss program: randomized feeding trial', *Scientific Reports*, 13, p. 18146. Available at: <https://doi.org/10.1038/s41598-023-45054-x>.
6. Urzì, A.G. *et al.* (2023) 'Ketogenic Diet and Breast Cancer: Recent Findings and Therapeutic Approaches', *Nutrients*, 15(20), p. 4357. Available at: <https://doi.org/10.3390/nu15204357>.

Community Healthcare: leveraging the power of community in healthcare

1. 'Creating Compassionate Communities and Promoting Health: Above and Beyond Social Prescribing First published: 27 July 2023 Last updated: 17 October 2023' (2023). Available at: [Special edition](#)

2. Abel, J. and Wood, T.R. (2023) 'Compassionate communities as the foundation of the next healthcare revolution', *Lifestyle Medicine*, n/a, p. e89. Available at: <https://doi.org/10.1002/lim2.89>.
3. Birrell, F., Collen, D. and Gray, M. (2023) 'Scaling group consultations – the fourth healthcare revolution: A call to action to save primary care', *Lifestyle Medicine*, 4(3), p. e80. Available at: <https://doi.org/10.1002/lim2.80>.

Neurology

1. Baghdadi, L.R. *et al.* (2023) 'Effect of a ketogenic diet on decrease of seizures in refractory epilepsy among children (infancy to 14 years old) in Saudi Arabia: a cross-sectional study', *Translational Pediatrics*, 12(9), pp. 1676–1689. Available at: <https://doi.org/10.21037/tp-23-211>.
2. Caprio, M. *et al.* (2023) 'Very-low-calorie ketogenic diet vs hypocaloric balanced diet in the prevention of high-frequency episodic migraine: the EMIKETO randomized, controlled trial', *Journal of Translational Medicine*, 21, p. 692. Available at: <https://doi.org/10.1186/s12967-023-04561-1>.
3. Merlino, G. *et al.* (2023) 'Ketogenic diet may improve sleep quality and daytime somnolence in patients affected by multiple sclerosis. Results of an exploratory study', *Sleep Medicine*, 112, pp. 181–187. Available at: <https://doi.org/10.1016/j.sleep.2023.10.016>.

Neurometabolic Psychiatry

1. Campbell, I.H. *et al.* (2023) 'A Pilot Study of a Ketogenic Diet in Bipolar Disorder: Clinical, Metabolomic and Magnetic Resonance Spectroscopy Outcomes'. medRxiv, p. 2023.10.23.23297391. Available at: <https://doi.org/10.1101/2023.10.23.23297391>.
2. Li, X., Shi, Z., *et al.* (2023) 'Ketone supplementation dampens subjective and objective responses to alcohol in rats and humans', *bioRxiv*, p. 2023.09.23.558269. Available at: <https://doi.org/10.1101/2023.09.23.558269>.
3. Li, X., Young, A.J., *et al.* (2023) 'Pharmacokinetic effects of a single-dose nutritional ketone ester supplement on brain ketone and glucose metabolism in alcohol use disorder – a pilot study', *medRxiv*, p. 2023.09.25.23296090. Available at: <https://doi.org/10.1101/2023.09.25.23296090>.
4. Mehmood, A. (2023) 'Impact of diet on attention-deficit hyperactivity disorder in a tertiary care hospital of Rawalpindi', pp. 2335–2338. Available at: <https://doi.org/10.18203/2394-6040.ijcmph20232018>.
5. Needham, N. *et al.* (2023) 'Pilot study of a ketogenic diet in bipolar disorder', *BJPsych Open*, 9(6), p. e176. Available at: <https://doi.org/10.1192/bjo.2023.568>.
6. Wiers, C.E. *et al.* (2023) 'Ketogenic diet reduces a neurobiological craving signature in alcohol use disorder', *medRxiv*, p. 2023.09.25.23296094. Available at: <https://doi.org/10.1101/2023.09.25.23296094>.
7. de Oliveira, J. *et al.* (2023b) 'Very low-calorie ketogenic diet in the treatment of adaptive thermogenesis: A case report', *Nutrition*, p. 112252. Available at: <https://doi.org/10.1016/j.nut.2023.112252>. (obesity and bulimia nervosa)