

Ketogenic Diet for Epilepsy



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KETOGENIC DIET FOR EPILEPSY

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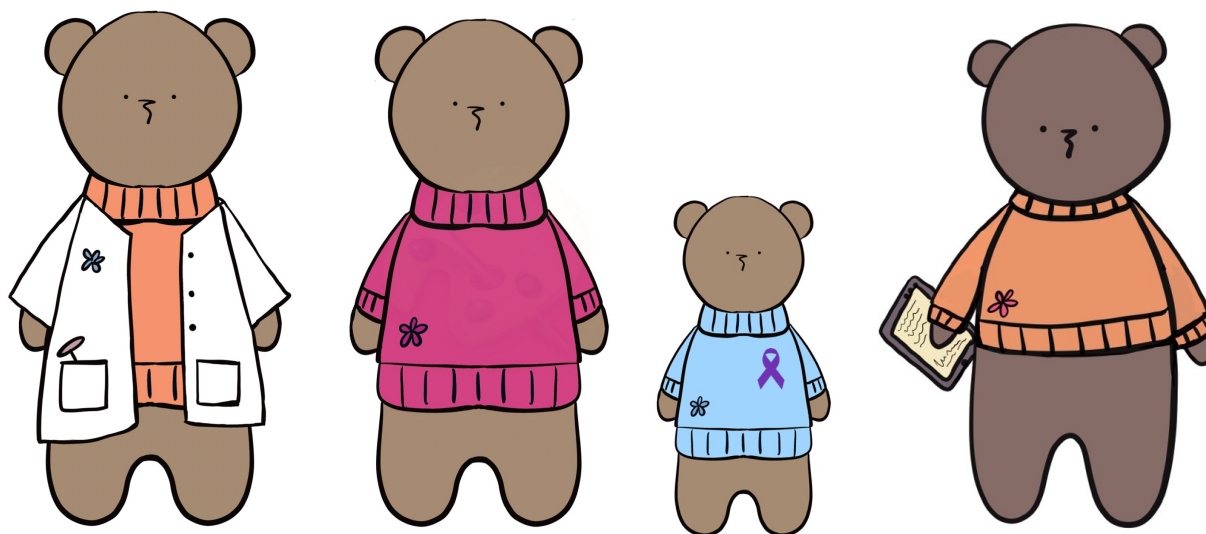
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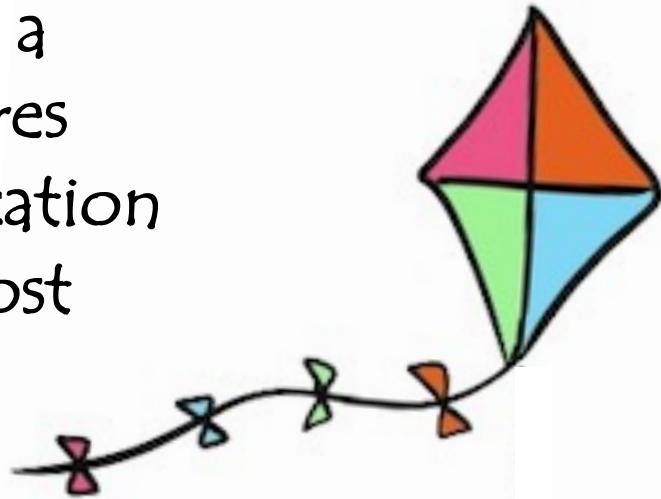
The ketogenic diet should not be attempted without strict medical supervision.

Hello! I like sports
and music. After
school I play with
my friends.

"Hello"



I have epilepsy. It is a condition where a person has seizures and needs medication to control it. Most seizures are controlled by medication;



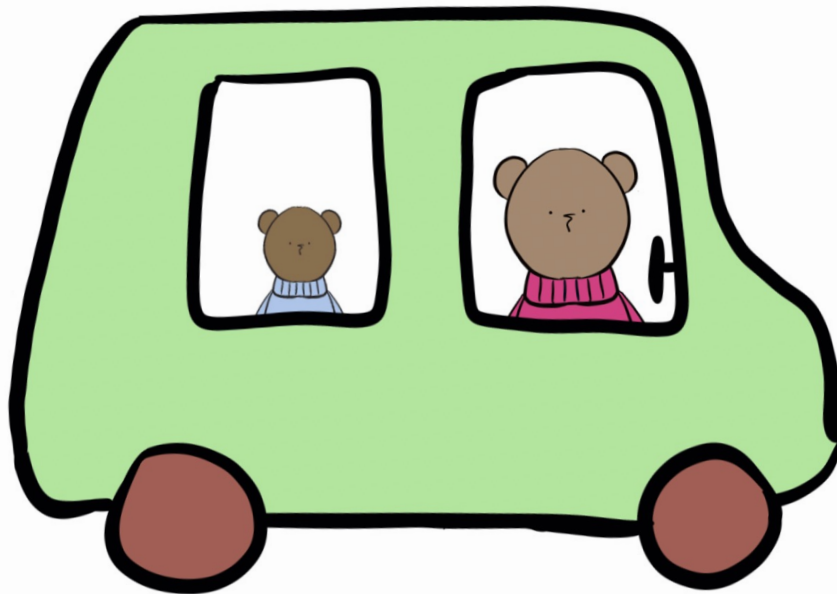
however, some patients still have seizures despite trying more than two medications. It is called drug-resistant epilepsy.

If you have drug-resistant epilepsy you may talk to your doctor and discuss other treatment options.



"What options do we have?"

Today we are going to the hospital to find out if the ketogenic diet is a good option for me. Yes, that's right! Maybe a diet will help control my seizures.



At the hospital, there was a very nice doctor.
She listened to my heart and checked my
belly. Then she hit my knee with a little
hammer. It didn't hurt!

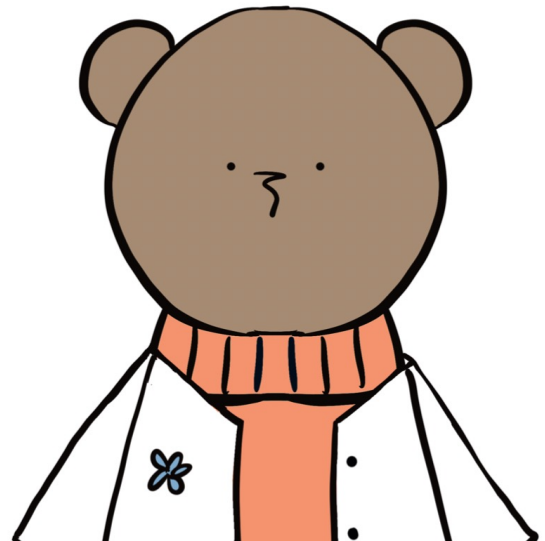
It was actually
funny because
when she hit my
knee, my leg
kicked the air.



When she finished examining me, she said:
"Have you heard about the Ketogenic
Diet?"

Then she explained that our bodies usually
use glucose (sugar) as its main fuel. But if
you are on the Ketogenic Diet the body
uses fat as fuel.

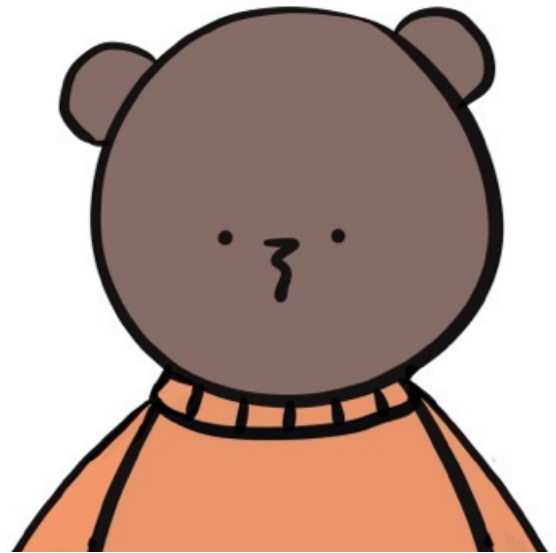
The Ketogenic Diet is
very high in fat and
has little protein and
carbohydrates.



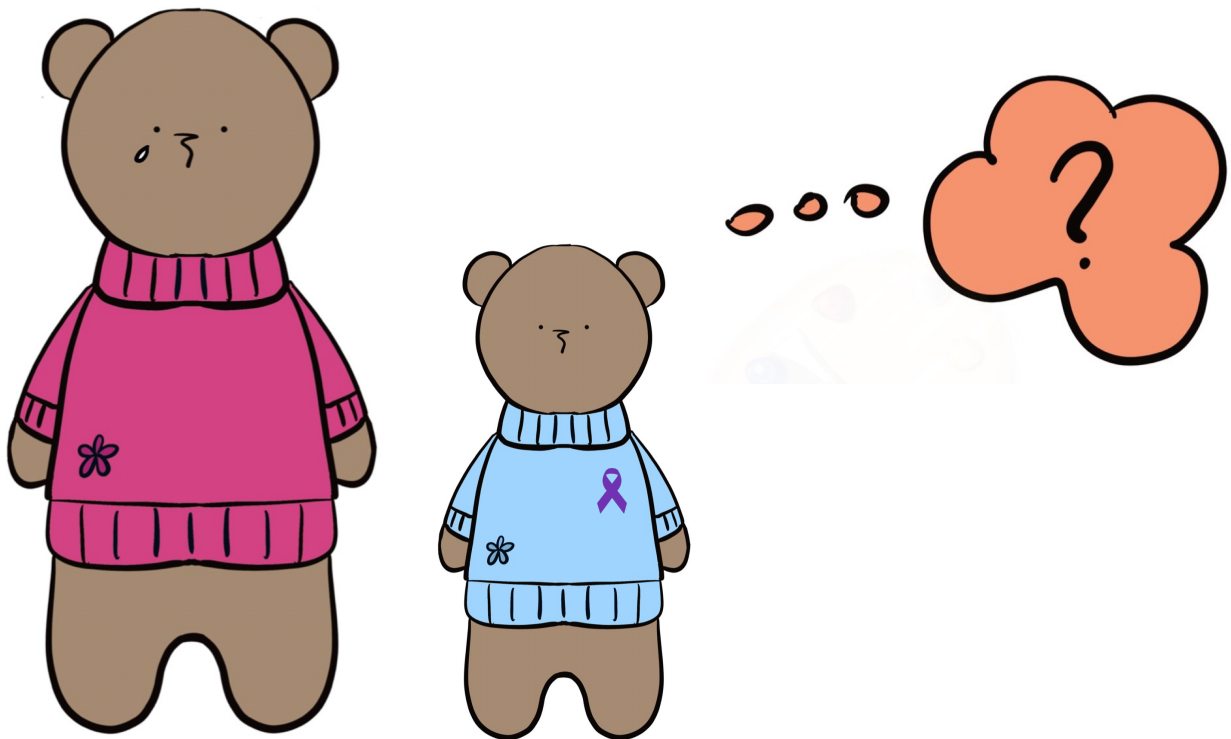
When our body uses fat as fuel it produces ketone bodies.

Scientists still do not understand very well how it works, but it helps to control seizures.

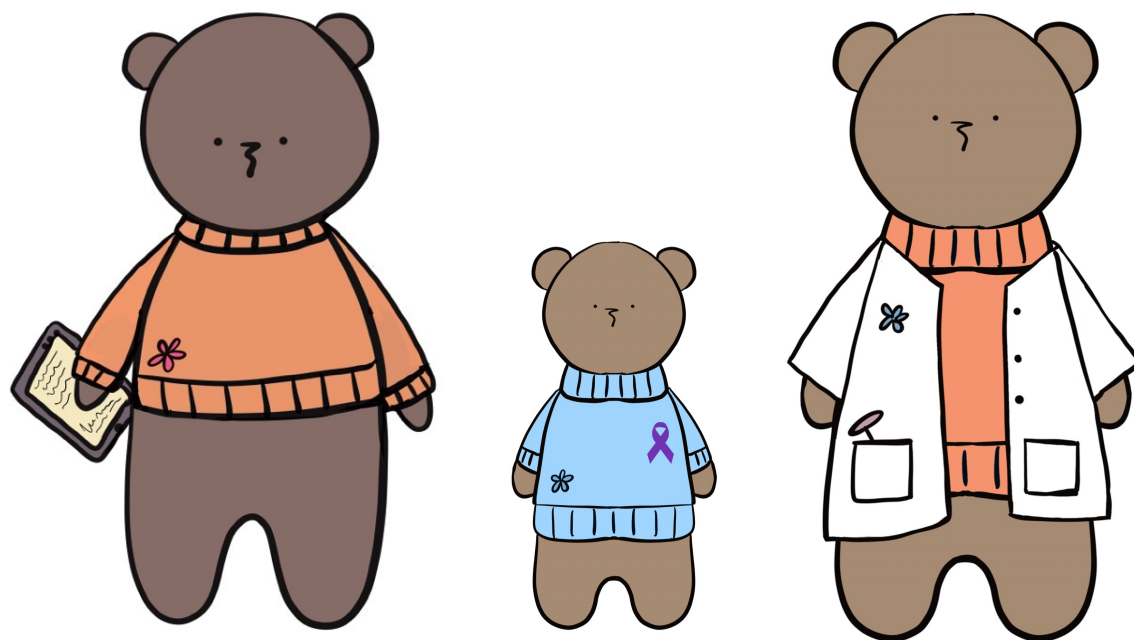
“There are four main types of diet for seizures and we can help you choose which one is the best for you”.



In the beginning, we were scared. Is the diet forever? Is it too hard to do? Will I like the food?



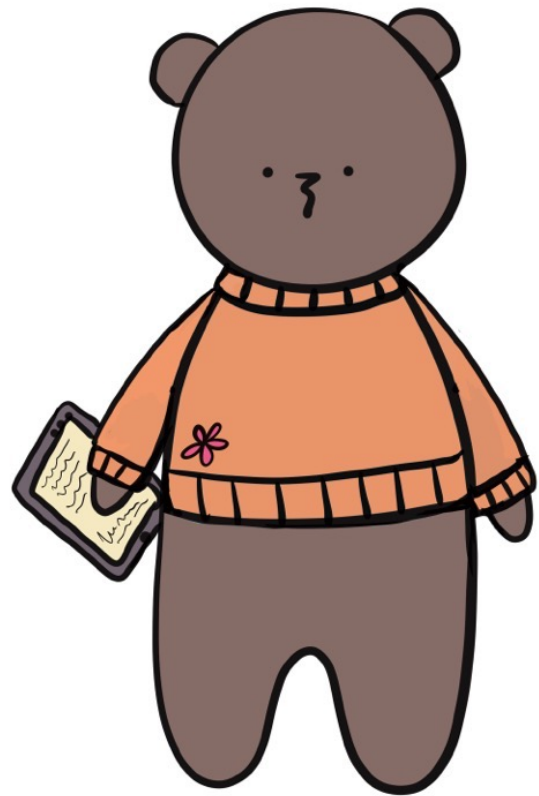
Then the doctor and dietitian explained that we can try the diet for 3 months; and if it is working we may need to keep it for 2 years or more.



Later I found out that most patients get used to the diet and can do it for as long as needed.

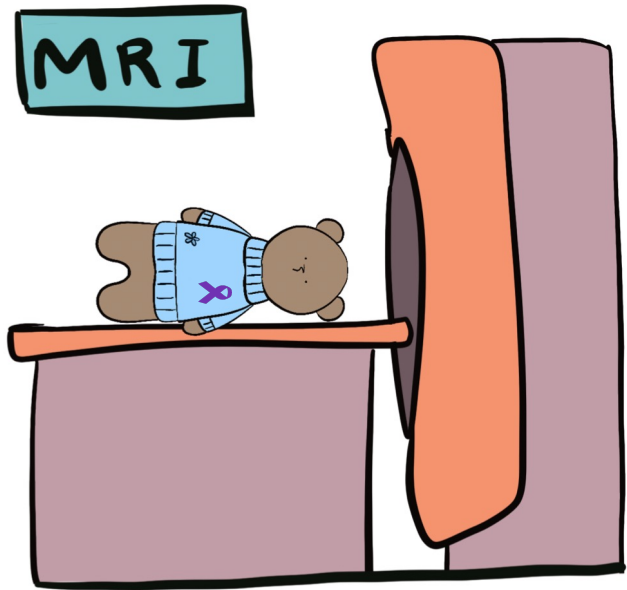
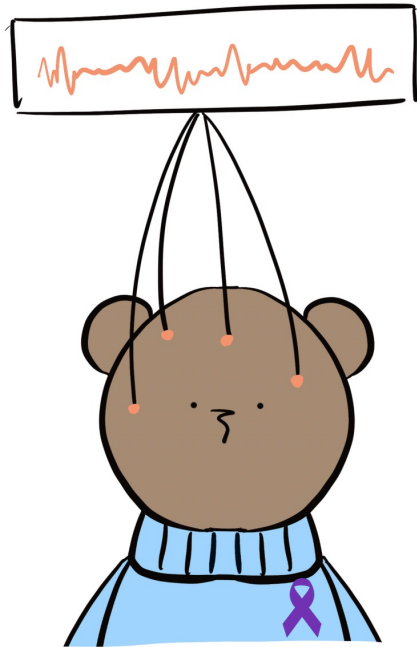
In the beginning, it may be difficult, there are a lot of calculations, and my parents will have to carefully weigh or measure the food. But once you get used to it, even eating out is possible.

The dietitian showed me a Ketogenic Diet recipe book that had a lot of different types of food. Even keto pizza, bacon and ice cream!



Before starting the diet, I will need to get blood and urine tests. I don't like blood tests, but I know I can do it!

Other tests like EEG and brain MRI may also be repeated during the treatment.

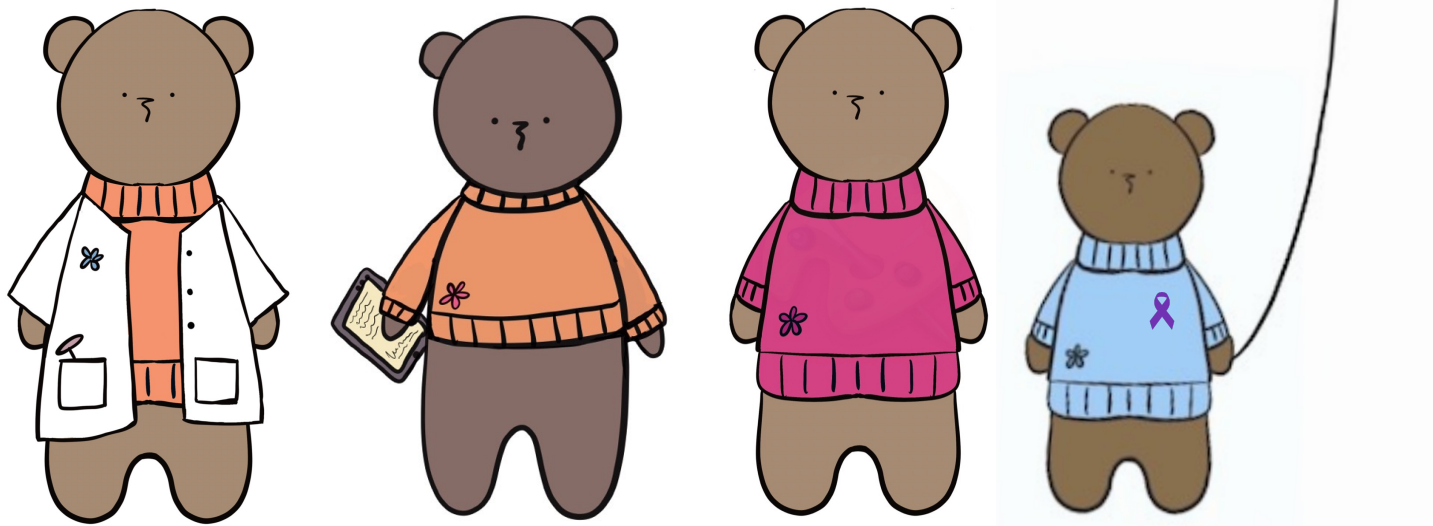


Many children have food allergies and conditions that can be treated by a diet.

Kids with food allergies are used to bringing food to special occasions because there are foods that are better fuel for their bodies, so everyone can be a part of the fun.

Friends, schools, hotels, and even restaurants can help us manage our diet while eating out.

When I start the diet my seizures
may get better, and despite eating
different foods I will still like sports
and music, and after school I will
play with my friends.



The End

