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The ketogenic diet through the ages

Dietary restriction and fasting are amongst the oldest known treatments for epilepsy that were recognized as effective since ancient times. While the scope of effective treatments for epilepsy has expanded greatly since that time, becoming ketotic (either through fasting or the ketogenic diet) has withstood the test of time and remains a very effective treatment for the management of epilepsy, particularly medication resistant epilepsy in children. While the exact mechanism by which ketosis can control seizures remains unknown, a recent renewed interest in it has fueled active, ongoing research to elucidate the reason for its effectiveness. This review of the ketogenic diet will highlight advances in research and possible avenues of novel therapeutics.

Biography

Saba Ahmad completed her Doctorate of Medicine at Washington University in St. Louis. She then went on to do her residency and fellowship training in pediatric neurology and epilepsy at the Children's Hospital of Philadelphia. She has a clinical interest in the advanced treatments of epilepsy, including dietary and surgical management. She currently serves as the Medical director of the EEG lab at the University of Illinois Hospital and Health Sciences System in Chicago, as well as the Interim Chief of the Division of Pediatric Neurology at the University of Illinois, Chicago.

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