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Efficacy of low carbohydrate ketogenic diets on glycemic control

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Low-carbohydrate-high-fat ketogenic diets are widely known for their antiepileptic effects and have been successfully used since the 1920s in the treatment of refractory epilepsy. In the 1960s and 70s, ketogenic diets were employed to fight obesity and most recently, have been used for their reparative potential in the fight against endocrine, neurological, skin and metabolic disorders to include cancer. Although the therapeutic role of ketogenic diets in diabetic glycemic control has been widely established, it remains highly debated within the medical community and hasn't been recognized as a potential treatment adjunct by the American Diabetes Association. Given that food is a staple in everyone's lives, using it as medicine deserves a thorough investigation before it can be considered best practice, but it shouldn't be discarded without due cause either. This paper aims to add to that discussion and weigh in on the simplicity of successfully treating a complex disease with something as straightforward as dietary changes.

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