The ketogenic diet helps patients burn fats for energy, instead of sugars, which can be attributed to reducing seizures.

The ketogenic diet is named for the ketosis state it creates. With this treatment, when effective, patients can experience 50 to 90 percent seizure reduction.

We recommend the ketogenic diet:
- When a patient has failed multiple seizure medications at adequate doses (three or more agents).
- If a patient has either glucose transporter 1 deficiency or pyruvate dehydrogenase deficiency.

Treatment includes:
- The ketogenic diet consists of a three- or four-to-one ratio of fats to carbohydrates and proteins.
- This diet must be carefully monitored, and typically starts with an initial stay in a medical facility.
- Children usually spend no more than two years on the diet, either because it can be successfully tapered off, it fails to work or due to the risk of long-term side effects.

The ketogenic diet is not considered a first line of treatment for epilepsy and should be discussed carefully with the child’s neurologist. Children on the diet require frequent follow-ups and routine lab monitoring. Some key points:
- Most patients remain on their current seizure medications along with the diet. However, if seizures improve, some patients can have their medications decreased or eliminated.
- Patients require daily vitamins and supplements while on the diet.
- About a third of children do not respond to the diet.
- Side effects can include nausea/vomiting, dehydration, constipation and weight loss.
- There are long-term risks including osteoporosis, elevated triglycerides, kidney stones and pancreatitis.

Cook Children’s offers comprehensive treatment plans to appropriately monitor and treat patients using ketogenic diets, including:
- Counseling and initial monitoring at a tertiary care center.
- A full staff of nutritionists, counselors and other support staff.
- Physicians experienced with the diet.
Why choose Cook Children’s Neurosciences for your patients? We provide some of the nation’s most advanced care by having:

- A family-centered and kid-friendly approach.
- Specialists who work together in the exam and operating rooms.
- Experienced epileptologists who identify the seizure type and create a unique treatment plan for each patient.

For referrals and consultations:
Cook Children’s
Jane and John Justin Neurosciences Center
682-882-2500
neuro@cookchildrens.org

Office locations:

1. Denton Specialty Clinics
   209 N. Bonnie Brae., Ste. 100
   Denton, TX 76201

2. Dodson Specialty Clinics
   1500 Cooper St.
   Fort Worth, TX 76104

3. Hurst Specialty Clinics
   750 Mid Cities Blvd.
   Hurst, TX 76054

4. Cook Children’s Urgent Care
   and Pediatric Specialties
   2727 Southlake Blvd.
   Southlake, TX 76092

5. Mansfield Specialty Clinics
   2800 E. Broad St., Ste. 200
   Mansfield, TX 76063

6. Waco Specialty Clinics
   120 Hillcrest Medical Blvd.
   Office Building 2, Ste. 101
   Waco, TX 76712