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The ketogenic diet: A review of the experience at King Fahad Medical City, Riyadh

Few centers in the Middle East offer ketogenic diet as an option for epilepsy treatment. The diet has been widely used and the purpose of diet usage is widely expanding. The field of trying the diet has included but not limited to weight reduction, mood improvement, psychiatric diseases, autism spectrum disorders and tumors. In Saudi Arabia, King Fahad Medical City initiated the ketogenic diet program in November 2008. Studies were conducted on Saudi patients who were mostly tried on the diet for resistant epilepsies. The results of the diet on seizure control, alertness, ambulation and continuation of Antiepileptic Drugs (AED) were evaluated. The differences between patients (test) in Saudi Arabia and those reported internationally were documented. Retrospective study includes 180 patients ages ranged from 7 months to 17 years of different etiologies for intractable epilepsy. Follow up was made at least for 6 months and longer. Retrospective analyses of pediatric epilepsy patients on ketogenic diet since November 2008 were included.

Biography

Adel Mahmoud is a Senior Consultant Pediatric Neurologist and Director of the Ketogenic Diet program of National Neuroscience Institute, King Fahad Medical City. He got Fellowship of Pediatric Neurology in Hospital for Sick Children, Toronto, Canada, 2002 & Membership of Royal College & Diploma of Child Health of Ireland. Since 13 years he is working in King Fahad Medical City. He has more than 30 study and case report articles to his credit and he has been a speaker in many national and international meetings. He runs a ketogenic diet program including two dieticians, a clinical pharmacist, a social worker and a coordinator.

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