

Efficacy of the ketogenic diet on ACTH- or corticosteroid-resistant infantile spasm: a multicentre prospective control study

Jie Zhang ^{1a}, Guohong Chen ^{2a}, Juan Wang ^{3a}, Yuwu Jiang ¹, Zhixian Yang ¹, Kaili Xu ², Jing Peng ⁴, Shuizhen Zhou ⁵, Li Jiang ³, Baomin Li ⁶, Dongqing Zhang ⁶, Zhisheng Liu ⁷, Lijuan Huang ⁷, Chunhong Chen ⁸, Fang Fang ⁸, Yanhui Chen ⁹, Yi Wu ⁹, Jianmin Zhong ¹⁰, Jian Zha ¹⁰, Fei Yin ⁴, Lifei Yu ⁵, Ye Wu ¹

¹ Department of Pediatrics, Peking University First Hospital, China

² Children's Hospital Affiliated to Zhengzhou University, China

³ Department of Neurology, Children's Hospital of Chongqing, China

⁴ Department of Pediatrics, Xiangya Hospital of Central South University, China

⁵ Children's Hospital of Fudan University, China

⁶ Department of Pediatrics, Qilu Hospital of Shandong University, Jinan, Shandong, China

⁷ Department of Pediatric Neurology, Wuhan Children's Hospital, Tongji Medical College, Huazhong University of Science and Technology, China

⁸ Beijing Children's Hospital, Capital Medical University, China

⁹ Fujian Medical University Union Hospital, China

¹⁰ Jiangxi Provincial Children's Hospital, China

- This multicentre prospective control study examined the efficacy of ketogenic diet therapy on adrenocorticotrophic hormone (ACTH)- or corticosteroid-resistant infantile spasm (IS) in patients aged 3 months to 3 years
- The primary outcome was the reduction in spasms and remission of hypsarrhythmia at 16 weeks

- The efficacy of KD therapy was superior to adjustment of oral antiepileptic drugs ($p=0.025$). At the 16th week, the responder rate in the KD group was higher than that in the control group (54.1% vs. 31.6%).
- The responders had a lower ketogenic ratio than non-responders in the study. There was no correlation between level of serum ketosis, aetiology of epilepsy, SNPs or genotype and efficacy of KD therapy.