

USE OF KETOGENIC DIET IN CHILDREN WITH PHARMACOLOGICAL RESISTANT FORMS OF EPILEPSY

Tuychibaeva N and Porsokhonova K

Tashkent Medical Academy, Uzbekistan

Background: Antiepileptic drugs (AED) considered to be the most effective method of treatment of epilepsy, but they are not only ineffective in pharmacoresistant forms, but also can make patient's condition more severe. It forced us to risk and at the first time in Uzbekistan tries to use ketogenic diet in patients with epilepsy.

Materials & Methods: We investigated the duration of pharmacoresistant epilepsy in 7 children of Uzbek nationality aged from 2 to 9 at the first time when treated by AED, then by glucocorticoids and after the cancellation of drugs and use only classic ketogenic diet. All of them were under the clinical examination with use of MRI, EEG with video monitoring, and USD of liver and gallbladder, ketone and glucose tests. In children 3 used only glucocorticoids; in 4 children we used combination of hydrocortisone in dose 5 mg/kg and AED. Proven ineffectiveness of AED and glucocorticoids allowed us to prescribe them ketogenic diet with macronutrient ratio 4:1 that was counted by ketocalculator. Every week parents provided ketone bodies analyses in urine and measured glucose level in blood of children. Once a 3 months was performed blood analysis by gas analyzer.

Results: In all children on EEG was noted decreased epileptiform activity, but much better results were in patients without MRI changes. Convulsions were under the control, there almost were not generalized seizures in patients with Lennox-Gastaut, West and Landau-Kleffner syndromes. Cognitive functions, when their impairment was the main symptom, also partially returned and there was observed significant progress in psychological development and social adaptation of children. There were no any cases of hypoglycemic coma.

Conclusion: Ketogenic diet if followed correctly may significantly improve the condition of patients with pharmacoresistant forms of epilepsy

Biography

Tuychibaeva NM is an Assistant Professor, Neurologist at Tashkent Medical Academy, department of Neurology and Intermed Clinic City Child Diagnostics Center respectively. She has completed her Bachelor's degree (1990-1996) and Clinical Fellowship in Adult Neurology (1996-1999) at Tashkent Medical Academy, Uzbekistan. She obtained her PhD in Medicine (March 29, 2007) on Clinical features of Consequence of light cerebral trauma from Second Tashkent State Medical Institute. She has done training courses on epilepsy, pediatric related topics. The main fields of her clinical researches are neurology and medical genetics. She has an expertise in epilepsy, but now she is also interested in different movement disorders, especially in childhood

nodira-1973@mail.ru