



We are deeply saddened by the recent passing of the most incredible man, Mr. Jim Abrahams, co-founder of The Charlie Foundation for Ketogenic Therapies.

His impact on bringing Ketogenic Therapies to the forefront of treating medication-resistant epilepsy is immeasurable.

Our sincerest condolences go to his wife Nancy and their family, friends, and colleagues. He will be missed by us all at INKS.



Welcome to Issue 4 of the International Neurological Ketogenic Society (INKS) Newsletter!



NEW BENEFITS IN THE MEMBER-ONLY SECTION OF THE WEBSITE INCLUDE:

- Exclusive access to the recorded presentation videos from the 8th Global Symposium on Ketogenic Therapies held in San Diego in 2023
- Access to webinars and podcasts starting with a series of pre-symposium webinars, recorded prior to the 7th Global Symposium held in Brighton, UK

REMINDER OF RENEWALS

DUE END OF DECEMBER (FOR 1-YEAR MEMBERSHIPS)

- 1- year Memberships are due for renewal 31 December 2024. Check out the Benefits of Membership that now include access to the recorded presentations from San Diego 2023 and a discount on registration for Paris 2025!
- **Expired membership? No problem!** From 01 December 2024 you can register for 2025 and receive complimentary membership thru December to enjoy the San Diego presentations and register for Paris with your discount!

USE CODE **INKS2425** TO JOIN VIA WWW.NEUROKETO.ORG



CHECK OUT THE NEW INKS YOUTUBE CHANNEL

▶ [CLICK HERE TO VIEW](#)

Subscribe to receive notifications of new films as they are added!

ATTENDING AES 6-10 DECEMBER IN LOS ANGELES, CA?

Say Hi at The Charlie Foundation table and ask any questions you may have about joining INKS and the upcoming Paris meeting!



PAN-INDIA KETOGENIC DIET CONFERENCE - 20TH OCTOBER 2024

VENUE: SRCC CHILDREN'S HOSPITAL MUMBAI

This HYBRID conference was jointly organized by Vijay Epilepsy Care Foundation (VECF) & The Association for Ketogenic Therapy (AKT) and endorsed by ILAE & INKS.



The Association for Ketogenic therapy held their Annual Conference on 20th October 2024 which was kindly endorsed by the ILAE and INKS.

It was held in a hybrid format. Prominent International speakers were Dr Helen Cross, Dr Eric Kossoff and Dr. Robin Williams. Dr Janak Nathan led the National speakers.



326 TOTAL REGISTRATIONS

79 ATTENDEES IN PERSON

247 VIRTUAL ATTENDEES

OUT OF 326 REGISTRATIONS THE BREAKDOWN WAS :

DOCTORS TOTAL: 105	DIETICIANS TOTAL: 203
58 NATIONAL	172 NATIONAL
47 INTERNATIONAL	31 INTERNATIONAL

OUT OF 172 NATIONAL DIETITIANS 65 WERE STUDENTS. 18 NO ENTRIES WERE RECEIVED.

We hope this will enthuse the medical fraternity to open more KD centres in Asia.

Warm regards to all.
Dr Janak Nathan



NEWS FROM THE EDUCATION COMMITTEE

All INKS endorsed events are detailed on the website here:

www.neuroketo.org/endorsed-meetings



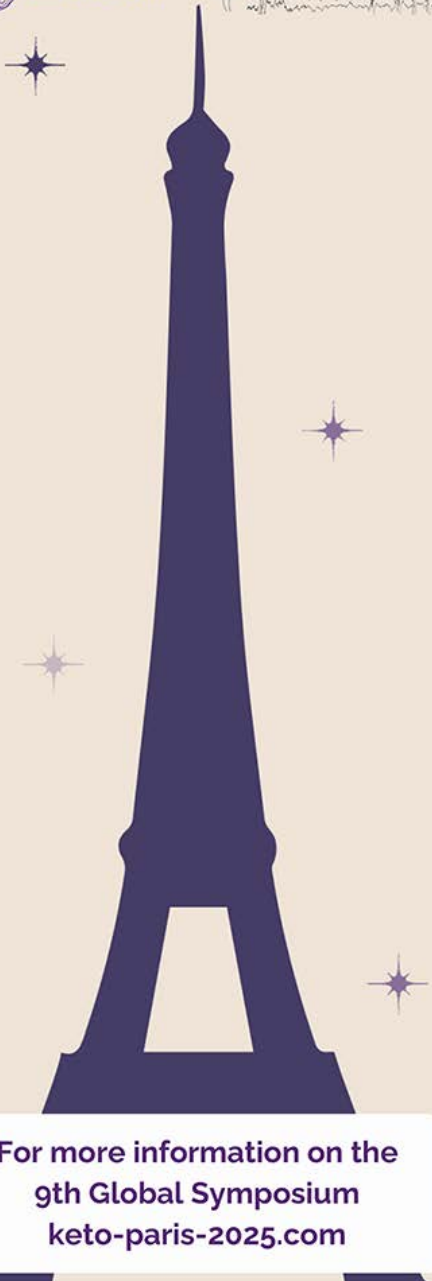
THE INKS EDUCATION COMMITTEE IS SEEKING INPUT FROM MEMBERS

The INKS Education Committee are seeking input from members in the planning of future educational activities.

TAKE THE SURVEY HERE AND HAVE YOUR SAY!



EPI Skills Meeting



For more information on the 9th Global Symposium
keto-paris-2025.com

You are invited to the replay of an INKS Webinar Event Managing Medically Complex Patients on a Ketogenic Diet

Chair: Professor Stéphane Auvin, MD, PhD, FAES
When: **Wednesday 4 December 2024**
at 02:30 EST, 08:30 CET & 18:30 AEDT

or

Monday 9 December 2024
at 11:00 EST & 17:00 CET
Tuesday 10 December 2024
at 03:00 AEDT

“Duration : 1h20”

Featuring Speakers from the INKS Education Committee:

- Allergenic Conditions
Cagla Fenton, RD, CSP, LDN, United States
- Gastrointestinal Disorders
Victoria Whiteley, ACP, RD, United Kingdom
- Managing Side Effects of the KDT
Marisa Armeno, MD, PhD, Argentina

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TO REGISTER FOR THE 4 DECEMBER REPLAY



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TO REGISTER FOR THE 9 DECEMBER REPLAY

forms.gle/WJajEsHauVxPrQ2o9

We welcome your stories, photos, and upcoming events for future issues of INKSNews – submit [here](#).

What do ketogenic dietitians and physicians need? A survey from the KetoCollegeAdvance™ training in United Kingdom – PubMed

Kossoff EH, Simpson Z, Fountain J. What do ketogenic dietitians and physicians need? A survey from the KetoCollegeAdvance training in United Kingdom. *Epilepsy Behav*, in press.

By Eric Kossoff, MD

Back in May of 2024, I had the great pleasure to be invited to attend and speak at the 2nd (now annual) KetoCollegeAdvance course in East Grinstead.



I've been fortunate to be present for several KetoColleges before, but was very much looking forward to this meeting with more active and established ketogenic diet centers to share my knowledge. In advance of the meeting, Julie Fountain and I had spoken about asking some probing but fun questions of the attendees; putting a survey out on the tables of the meeting and then collecting and reviewing them afterwards. This was an incredible opportunity to really sample the expertise of the 134 attendees who were going to attend.

This one-page survey was created in March and distributed during the meeting. Results were so interesting that Julie, Zoe Simpson RD, and I decided it was worth publishing! The study was approved by the Johns Hopkins Institutional Review Board and was just published October 2024 in the journal *Epilepsy and Behavior*. We received 63 completed surveys from dietitians (45), physicians (12), nurses (2), nutritional therapist (1), and "other" (3). Although most attendees were from the United Kingdom, over 16 countries were represented (including me from the USA!). All surveys were anonymous though.

WHAT DID WE FIND?

- Dietitians were perceived as having the highest level of interest in their countries, followed by parents and neurologists. Of course, most who filled out the survey were dietitians, but dietitians were felt to be almost twice as likely to be interested than neurologists... We have work to do!
- What makes up a ketogenic diet varies! 4 of 5 centers have a dietitian, also 4 of 5 centers had a physician. But clearly that's not 100%!
- Two-thirds of ketogenic diet teams take over all aspects of medical care for the child when the ketogenic diet is started. This includes medication prescriptions and all neurology care.

We also asked a lot of "fill-in" questions of the attendees. One question was *"what is the biggest barrier to starting the diet in your country/region?"* The most common answers involved a long waiting list, poor compliance, lack of adult KD services, funding/financing a dietitian's time, low referrals (from clinicians and neurologists), lack of financial resources for some families to afford the keto foods, poor knowledge about KD in their area combined with lack of interest, and finally many new antiseizure drugs available along with the attraction of epilepsy surgery lowering KD interest.

The second question was *"What could INKS do in the next 5 years to help you?"* Some answers included easy-access resources for teams and families, information about clinical studies, promoting (and funding) research, forming a KD registry, pregnancy recommendations, credentialing/endorsement of dietitians/trainings/workshops with certificate, and offering webinars.

INKS: www.neuroketo.org

Finally, we asked *"If there was one ketogenic food that could be made completely identical to a carbohydrate-rich food, what should it be?"* The most common answers were bread (12), pasta (11), pizza (8), fries (potato) (6), candy/sweets/chocolate (6), chips/crisps (4), cake (2), and empanadas (2). Reading these answers made us hungry!!! Certainly some of these foods are available as low-carb options in stores, but maybe they can be improved?

We learned a lot from this survey, and hope that those reading the journal *Epilepsy and Behavior* did as well. I think it gives us some insight into what needs and problems keto centers across the UK and beyond are having in 2024.

Even with all the money in the world, we couldn't solve all these problems, but this is a great start to know where to concentrate our efforts. If you have other thoughts about these questions and the survey, feel free to email me at ekossoff@jhmi.edu or Julie Fountain at julie@matthewsfriends.org

What do international ketogenic dietitians and physicians need? A survey from the KetoCollege Advance training



Settings and Participants | Results



21-23 May 2024

Endorsed by:



134 attendees (dietitians, physicians, nurses)
63 surveys collected



17 countries

CONCLUSION: There are common issues, often financial needs and lack of some ketogenic foods, facing ketogenic diet centers worldwide.

Perception of Keto Diet Interest?

Dietitians 80% highly interested
Parents 66% highly interested
Neurologists 45% highly interested

Who should be on a KD team?

Dietitian 79% yes
Neurologist 78% yes

Biggest barrier in your country?

- Long waiting list
- Poor patient compliance
- Lack of adult KD services
- Funding dietitians
- Low outside referrals
- Family financial issues
- Poor knowledge about KD
- Many new antiseizure drugs

How could INKS help?

- Resources
- Clinical study information
- Pregnancy recommendations
- Credentialing dietitians
- Mentorship
- Support
- Advocacy for funding
- Organizing the biannual meetings
- Webinars

Needed keto foods:



SAVE THE DATE

THE 3RD KETOCOLLEGE ADVANCE EVENT

13, 14 & 15 MAY 2025

CROWNE PLAZA FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

AN IN-PERSON ADVANCED PROGRAMME OF LEARNING FOR HEALTH PROFESSIONALS WORKING IN KETOGENIC THERAPIES

EXPERT MENTORS | 2 OR 3 DAY ATTENDANCE OPTIONS | NETWORKING | CPD PENDING

INTERACTIVE SESSIONS | INTERESTING CASE STUDIES | ADVANCE PLUS 3RD DAY

VISIT: KETOCOLLEGE.CO.UK
EMAIL: INFO@KETOCOLLEGE.CO.UK

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2 Courses



All Courses
ADVANCED Ketogenic Metabolic Therapies Mastery Course 14 CPE

34 Lessons Total To Provide 14 CPE

\$395.00




All Courses
FOUNDATIONAL Ketogenic Metabolic Therapies 14 CPE

★★★★★ (9)

71 Lessons Total To Provide 14 CPE

\$395.00



With Beth Zupec-Kania RDN, CD
& Denise Potter RDN, CSP, CDCES



Scan to learn more!



We welcome your stories, photos, and upcoming events for future issues of INKSNews – submit [here](#).

9TH GLOBAL
SYMPOSIUM ON
KETOGENIC THERAPIES

AND

5TH
EUROPEAN
GLUT 1 MEETING

#GlobalKeto2025

#GLUT1-2025

SEPTEMBER

16-19, 2025

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