



# 7<sup>TH</sup> GLOBAL SYMPOSIUM ON MEDICAL KETOGENIC DIETARY THERAPIES

**19TH-22ND OCTOBER 2021**

BRIGHTON HILTON METROPOLE | UK & ONLINE

COLLABORATIVE SCIENCE AND CLINICAL CARE

#KETO2021

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## PROFESSIONAL PROGRAMME 2021

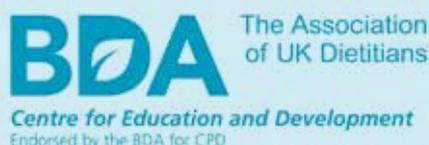


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KETOGENIC SOCIETY**  
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Ketogenic Dietary Therapies  
Information • Training • Research • Support





## CONTINUING EDUCATION POINTS & CERTIFICATES OF ATTENDANCE

**British Dietetic Association has approved the course for continuing education points.**

### Registered Dietitian Nutritionists in the USA

You are licensed under the Academy of Nutrition and Dietetics (AND) which requires the completion of a “Sponsored Independent Learning Contract” for learning activities outside of the AND’s course offerings. Copies of Appendix B can be collected from the Matthew’s Friends office or downloaded from the website [www.globalketo.com/cpd-points](http://www.globalketo.com/cpd-points)

This needs to be completed at the end of the learning event and signed by the dietitian and the Sponsor, in this case the organizer of the conference, Matthews Friends. For those attending online, this form can be sent to Matthew’s Friends after the meeting for electronic signature and confirmation. For those attending in person, you will need to bring this form to the Matthew’s Friends Office (Office Number 1) at the conference venue for signature at the end of the meeting.



RCPCH has approved this activity for CPD in accordance with the current RCPCH CPD Guidelines. If you wish to know more about about these guidelines then please visit: <https://www.rcpch.ac.uk/resources/cpd-scheme-frequently-asked-questions>

**Certificates of attendance will be available to all delegates after the conference and will be emailed to you upon request.**

## KEY LEARNING AIMS AND OBJECTIVES

The key learning aims and objectives of this meeting are for delegates to gain in-depth knowledge in all aspects of the various ketogenic dietary therapies currently available as treatment options for chronic disease.

This will include latest research, sharing of information together with differences and similarities in global practice. This meeting will also give opportunities for new collaborations and networking. Delegates should leave the meeting with greater confidence and knowledge in the practical implementation, research and latest developments of ketogenic dietary therapies which will in turn, benefit not only patients in their own practices and regions, but also colleagues.



Co-funded by the European Union



# WELCOME TO THE 7<sup>TH</sup> GLOBAL SYMPOSIUM ON MEDICAL KETOGENIC DIETARY THERAPIES

**BRIGHTON, UK | 19TH-22ND OCTOBER 2021**

It gives me great pleasure to welcome you to the 7th Global Symposium on ketogenic dietary therapies.

Over the past twenty years, medical, scientific, and allied health professionals as well as non-profit organizations representing the major continents on Earth have regularly convened on an annual or biennial basis to promote knowledge and awareness about the Ketogenic Diet and its variants for epilepsy and other neurological conditions (such as brain cancer, autism, and cognitive disorders – among others).

The first Global symposium was held in Phoenix in 2008; we have since benefited from coming together every two years in locations including, Edinburgh (UK), Chicago (USA), Liverpool (UK), Banff (Canada) and Jeju (South Korea). Furthermore, attendance at each meeting has steadily grown to well over 700 individuals.

The conference is unique in that we bring together many individuals from different disciplines, from basic science, clinical research and clinical practice, all with a common purpose – to forward our understanding of the role of the ketogenic diet in the management of patients.

Over the years the role of the diet has also expanded, and our understanding of the effects widened. The programme over the next few days will give insight to what has been before, but also where we are and where we are going in the future.

We have all seen many challenges over the past 18 months, and I am sure we have many more challenges to come. This said I hope we can take advantage of meeting face to face as well as virtually and enjoy the networking we have so missed.

Enjoy the next few days.



**Professor J. Helen Cross OBE**  
Scientific & Organizing  
Committee Chair

# A MESSAGE FROM EMMA WILLIAMS MBE

Founder and Chief Executive of Matthew's Friends for Ketogenic Dietary Therapies.

Since I started Matthew's Friends in 2004, we have seen a massive increase in the awareness of Ketogenic Dietary Therapies in their various forms.

The 'lifestyle' and 'celebrity' community have certainly promoted themselves in using low carb diets and this has no doubt increased knowledge about these types of diet and made the diet easier to manage in one respect, as there are now an incredible number of products available commercially.

Sadly this does have its downside too, as it can increase costs for families quite substantially when in fact, these diets can be done by just using everyday foods and because of 'celebrity' culture, some professionals don't see the medical diets as a serious option and therefore dismiss them or tell their patients to 'have a go' if they wish, which could lead to problems and certainly will not give their patients the best possible outcomes.

Those patients with chronic conditions such as Drug Resistant Epilepsy and Glut 1 should always be medically managed and have a dietitian involved, let us not underestimate how important our dietitians are and how they are a vital link in the success and support of the families they treat. Therefore, as with most things, education, collaboration and extending one's knowledge are always top priorities and that is why I am delighted to be able to welcome you all to the 7th Global Symposium for Medical Ketogenic Dietary Therapies.

## ALL ABOUT MATTHEW...

I have been working in the ketogenic field for over 20 years now and this obviously started because of my son Matthew, who today is a happy and very social young man.

He is classed as profoundly disabled due to all the seizures he endured before the diet, as well as all the wrong medications he was given and the fact that we eventually found out that he

has Dravet Syndrome, but far from him being dead by the age of 12 or living in a residential placement, as I was told he probably would be, he is now 27 years old, still living at home with his family and his social life is incredible!

Matthew went from having hundreds of seizures a week whilst ON a cocktail of medications, to single figures for seizures and NO medication. That is over a 90% drop in his seizures and although some of you may read this and think 'how could you be happy with this?', it is about quality of life as well as seizure control.

I accepted that Matthew would probably never be seizure free, but I wanted him to be happy and to have quality of life and there is no doubt that his quality of life is directly due to him being on the Ketogenic diet, it saved him and us as a family and I speak to families every day that say the same. Even those families where the ketogenic diet hasn't worked, they are still glad that they tried the treatment, even if it is just to tick it OFF of their list.

But to never even get the chance to try it or to be denied the diet, is criminal, unethical and totally inexcusable in my humble opinion. Strong words you may say but speak to as many families as I have over the years, and those will be the words that you would use too. The lovely Jim Abrahams says things far more eloquently than I do – but our message is the same.

WHY are families being denied the chance of a better life? WHY are families still not being given a choice?

### THE NEED FOR RESEARCH...

I am totally in favour of clinical research and I agree that there are further areas within the medical ketogenic world that needs investigation, we DO need to know how the diet works so as to be able to target those patients who would benefit the most sooner rather than later but we DON'T need long convoluted double-blinded randomised trials to prove the efficacy of the diet, especially NOT in epilepsy. We know it works, even in adults, we know it works but many adult neurologists feel that a trial must be undertaken... why? We have adult studies that have taken place decades apart from different centres, but all reporting the same thing... patients getting better and benefiting from the diet. Why waste more time and money in proving what we already know? The Science IS already there.

We have trials confirming efficacy and safety of the diet in children so why can't we then use the diet in adults? I have been told that the reason behind this is because the adult brain is very different from the child's brain... which I am not questioning, I would not, I am not a doctor, but why is it ok to use drugs on a child's brain when it has only been trialled on an adult brain? Why is THAT acceptable?

I have also been told that if we want the diet funded for adults by healthcare systems, then we need to do an adult trial to have the diet accepted. So now it seems we are not being asked to do a trial for the benefit of the patients, but we are being asked to waste considerable time AND money on doing a trial to prove what we already know for the healthcare systems. These 'reasons' do not make any sense to me and smack of double standards and excuses for not doing what needs to be done and that is providing ketogenic services for both adults and children with drug resistant epilepsy and Glut 1.

### THE ANGER WILL NEVER GO...

I am still angry that Matthew was denied HIS ideal treatment for so long, of course I am, every parent that has gone through the same thing as Jim and I have will always feel some anger, guilt and sadness. Our children and families were put through hell as many hundreds of thousands of other families

around the world have been and STILL ARE. Our mission is always the same, these dietary therapies should be available to all those who wish to try them, but apparently 'diet' is a dirty word, 'diet' will not be taken seriously enough, so WE must change that. Medical Ketogenic Dietary therapies can and do change lives.

### HOPE...AND A CHALLENGE!

As we bring everyone together again, be it in person (hopefully) as well as online, I know that this meeting will ignite further flames in the fields of education, research, diet development and clinical practice with many collaborations being undertaken, just as the previous 6 meetings have and all this work will end up benefiting the patients and families that deserve to be able to live their best lives possible and I am extremely excited that the new International Neurological Ketogenic Society (INKS) is being launched at this meeting.

As we acknowledge and celebrate the past 100 years of the Ketogenic Diet, I lay down the challenge to all our new delegates, the young doctors, dietitians, researchers and nurses, all our future Ketogenic experts - pick up that ketogenic torch and start running with it, the next 100 years now start in YOUR hands, how will YOU move things forward? How do YOU want to see things develop?

**Always remember....**

**Families are waiting for you.**

**Have a great meeting.**



**Emma Williams MBE,**

Founder and Chief Executive of Matthew's Friends for Ketogenic Dietary Therapies

# WELCOME FROM JIM ABRAHAMS

Welcome all in attendance at this 7th Global Symposium on Medical Ketogenic Dietary Therapies. And a huge thank you to Matthews Friends for what I know has been an extraordinary effort.

“I think a lot of people don’t realize just how corrupted by industry health information has become. Big food and big pharma are actually enemies of democracy. Because we can not live in true democracy unless people are truly informed about decisions they are making. And they’re not being fully informed.”

*Aseem Maholtra MD, Cardiologist*

In 1993 Charlie Abrahams developed severe drug resistant epilepsy. In 1994 Matthew Williams had a similar experience. Though a continent apart both boys were offered the same treatment options: drugs. Both boys saw no improvement. Both boys suffered debilitating side effects. A brain surgery then failed Charlie as well.

Though two well documented vital facts existed in the medical literature at the time, no one bridged the gap between that information and reality for Matthew’s mom or Charlie’s mom or me:

- 1) After the failure of a first anti-seizure medicine, there is a 13% chance a second will work and a 1% chance a third will control a person’s seizures.\*
- 2) The ketogenic diet reduces seizures by at least 50% in half of the people who try it and stops seizures completely in up to 25%.\*

Those facts remain virtually unchanged today.

Despite the introduction of fifteen new antiepileptic drugs since 1993, an explosion of science, and even published medical consensus guidelines for administering diet therapy for pediatric epilepsy, in 2020 significantly less than 1% of the world epilepsy population that could benefit from ketogenic therapeutics has access or even accurate knowledge. Charlie’s and Matthew’s experiences remain the norm. Tens of millions continue to be uninformed and suffer unnecessarily.

Certainly there are powerful forces which have zero interest in promoting a diet that drastically reduces sugar and processed carbohydrates and increases fat consumption. I would add the sugar industry, the medical device industry, hospitals, insurance companies and the American Heart Association to Dr. Maholtra’s list.

But most importantly it is the physicians who are supposed to provide the information and bridge the gap between science and the real world for their patients who are not taught nutrition and diet therapy and therefore dissuade or simply censor it from their patients. My almost daily observation over the past 27 years is that this chasm between existing information within the scientific community and awareness and accessibility in the patient community is the greatest barrier to the use of the ketogenic diet for epilepsy.

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1. Kwan P., Brodie, MJ. N Engl J Med. 2000;342:314-31. Early identification of refractory epilepsy.

2. Martin K, Jackson CF, Levy RG, Cooper PN. Ketogenic diet and other dietary treatments for epilepsy. Cochrane Database of Systematic Reviews 2016, Issue 2. Art. No.: CD001903. DOI:

“Despite the long-standing safety record and mounting evidence in laboratory animals showing the utility of the ketogenic diet for the treatment of brain tumors, clinicians have been very slow to adopt this diet.”

*Adrienne Scheck PhD.*

With the proliferation of new applications of metabolic therapies, where the science is in its infancy, the problem is only exacerbated. Many patients don't have the luxury of time to wait for the publication of the double blind study. Recently we met the family of David Shevock. David's glioblastoma was diagnosed in 2015. He was treated with chemo, radiation, and five surgeries before his sister, not a medical professional, came across the scientific evidence regarding KD as an adjunctive therapy.

David began the therapy. For a year his tumor regressed, he learned to read again, he felt much better, he was empowered by taking control of his health. Sadly the tumor returned and David passed away in 2018.

My question of course is why, despite all the evidence, the minimal risk and the bleak outcomes for people with his diagnosis did David have to live through chemo, radiation and five surgeries before he found out about this therapy? And of course, why the hell was it up to David's sister—not his oncologist - to bridge the gap between science and the real world?

Basically everyone at this meeting is aware of many similar stories—be they in the fields of epilepsy, cancer, type 2 diabetes, brain health, etc.

I by no means mean to diminish the necessity and value of rigorous science that is the backbone of the clinical community and will be shared and expanded upon at this meeting. However, I strongly feel that the “underutilization” of ketogenic therapies stems in large measure from the lack of communication by physicians of the already existing science to their patients.

My hope for the 7th Global Symposium is that there be a vigorous discussion about educating clinicians. It's long past time to develop strategies that reach beyond, as Susan Masino PhD puts it, “preaching to the choir.”

Whether talking about influencing medical school curricula, or reducing the influence of big pharma, or making ketogenic therapies more accessible to clinicians through training, or nutritionist availability. How do we get the information from the texts and the journals and the symposia to the people who will benefit? How do we bridge the gap?



**Jim Abrahams**, Charlie's Dad  
Executive Director, The Charlie  
Foundation for Ketogenic Therapies

7<sup>TH</sup> GLOBAL SYMPOSIUM ON  
MEDICAL KETOGENIC DIETARY THERAPIES

# COVID ADVICE



**WE RESPECTFULLY SUGGEST  
THAT ALL DELEGATES WEAR  
MASKS WHEN MOVING  
AROUND THE VENUE**



**PLEASE WASH YOUR  
HANDS FREQUENTLY AND  
USE HAND SANITIZER**



**IF YOU FEEL UNWELL PLEASE  
DO NOT ENTER THE CONFERENCE**

**LATERAL FLOW TESTS ARE AVAILABLE  
FROM THE MATTHEW'S FRIENDS CONFERENCE  
OFFICE (OFFICE NUMBER 1)**

# THE JOHN FREEMAN & MILLICENT KELLY AWARDS

**In 2021, the ketogenic diet will be celebrating its 100th anniversary, an auspicious milestone in a long history punctuated by widespread early adoption, decades of relegation to the obscure corners of medical practice and history, a renaissance precipitated by a remarkable personal story with national media attention, and over a generation of global expansion and scientific investigation.**

The rebirth of the ketogenic diet – now a standard and scientifically validated treatment for medically intractable epilepsy – would not have been possible without the passionate and enduring efforts of two giants in the field of ketogenic therapies - Dr. John Freeman, former Director of the Pediatric Epilepsy Program at Johns Hopkins Hospital, and his stalwart and fiercely devoted dietitian, Millicent Kelly.

Their persistent efforts to offer the ketogenic diet to multitudes of patients over the years, and their unflinching belief and conviction in the often-ridiculed dietary treatments for pharmacoresistant epilepsy, set the stage for the current expansive generation of healthcare professionals, researchers and advocates throughout the world.

Indeed, there exists much excitement and promise for expanding and refining dietary and metabolism-based therapies for epilepsy and

other neurological disorders as we move into the second century of growth.

It will be said by historians that the saga of the ketogenic diet has been unlike anything in the history of clinical medicine. In honor of their seminal contributions to the field of ketogenic therapies, the newly created Global Ketogenic Therapies Executive Committee has established awards named after Dr. Freeman and Ms. Kelly which are bestowed on remarkable professionals at each biennial Global Symposia on Ketogenic Therapies for Neurological Disorders.

These awards are intended to honor physicians and dietitians, respectively, who are recognized for impactful contributions to the field of ketogenic therapies, but most importantly, those who have carried the torch with the same spirit and dedication as Dr. Freeman and Ms. Kelly.



## THE MATTHEW'S FRIENDS POSTER PRIZE

**At each Global Symposium the Medical Board of Matthew's Friends choose the most innovative poster in the field of research, clinical development or practical delivery to patients.**

**The winning centre is given a prize of £500 as acknowledgement of their work.**



## GRATEFUL THANKS GO TO OUR EXHIBITORS AND SPONSORS:

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# PROGRAMME • FACULTY • BIOGRAPHIES

## EXHIBITION TIMES:

- Tuesday 19th October 3:00pm – 8:00pm
- Wednesday 20th October 9:00am - 5:00pm
- Thursday 21st October 9:00am - 5:00pm
- Friday 22nd October 9:00am – 3:00pm

All posters can be viewed on the Digital Event Platform throughout the meeting. A selection of posters will be on display in the Oxford Gallery at the following times:

- Wednesday 20th October 9:00am - 5:00pm
- Thursday 21st October 9:00am - 5:00pm

## DIGITAL EVENT PLATFORM

In-person delegates please access the digital event platform via

[www.globalketovirtual.com](http://www.globalketovirtual.com)

to access additional content, including polling, all posters, virtual booths & more!

Follow us on social media @matthewsfriends and share your experiences, don't forget to #KETO2021



## EVALUATION FORMS

Your Evaluation form can be found, completed and returned to us via the Digital Event Platform OR complete the form in your delegate packs and hand it into Matthew's Friends at the end of the meeting.

## DAY ONE

## TUESDAY 19TH OCTOBER 2021

1.30pm	Welcome to the Global Symposium	Helen Cross
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1:45pm	Welcome to the International Neurological Ketogenic Society (INKS)	Jong Rho
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## Ketogenic Diet Therapy – “Past, Present and Future”

## CHAIR: ANITA DEVLIN

2.00-2.30pm	Past - 100 Years of Ketogenic Dietary Therapies	Eric Kossoff
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2.30-3.00pm	Present – RCT’s, Consensus Guidelines, Clinical Widespread use.	Helen Cross
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3.00-3.30pm	Future - Adults, First line therapy, beyond Epilepsy, INKS etc	Jong Rho
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3.30-4.00pm	TEA	
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## Mechanisms of Action – Have we moved on?

## CHAIRS: ANITA DEVLIN &amp; SUSAN WOOD

4.00-4.30pm	The Microbiome – from animal to human; are we closer to understanding it?	Elaine Hsiao
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4.30-5.00pm	Medium chain fatty acids & Ketone Esters	Robin Williams
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5.00-5.30pm	The effect of the KD on dopamine metabolism -Implications for epilepsy and other diseases	Simon Heales
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5.30-6.00pm	DNA Methylation	Katja Kobow
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6.00-6.15pm	Q&A with speakers	ALL
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6.15pm	Close of Sessions	
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6.15-7:30pm	<b>WELCOME RECEPTION IN EXHIBITION AREA</b>	
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**DAY ONE**

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**SPEAKER  
BIOGRAPHIES**

## DAY ONE | SPEAKER BIOGRAPHIES



### Professor J. Helen Cross OBE MB, ChB, PhD, FRCP, FRCPCH

The Prince of Wales's Chair of Childhood Epilepsy and Head of the Developmental Neurosciences Programme at UCL Institute of Child Health, as well as an Honorary Consultant in Paediatric Neurology at Great Ormond Street Hospital NHS Trust, London and Young Epilepsy, Lingfield, UK.

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Professor Cross's research has been targeted at improving outcomes in early-onset epilepsy, specifically in assessing the role of surgery and ketogenic diet. Professor Cross is the Clinical Advisor to the National Children's Epilepsy Surgery Service, and Clinical Advisor to the update of the NICE guidelines for Childhood Epilepsy 2018-2021.

She was also instrumental in setting up the European Reference Network for Rare and Complex Epilepsies called EpiCare of which she is the joint co-ordinator. She was awarded ILAE/IBE Ambassador for Epilepsy in 2007, and is the recipient of the American Academy of Neurology Sydney Carter Award, The International Child Neurology Association Frank Ford Award and the American Epilepsy Clinical Research Award.

Professor Cross was awarded an OBE in the Queen's Birthday Honours in 2015, and has been elected as President of the International League Against Epilepsy for 4 years starting in 2021.

**DAY ONE**  
**19TH OCTOBER 2021**

**1.30-1.45pm**

Welcome to the  
Global Symposium

**2.30-3.00pm**

Present - RCT's, Consensus  
Guidelines, Clinical  
Widespread use.

**DAY FOUR**  
**22ND OCTOBER 2021**

**4.15pm**

Close of Meeting/  
Handover For 2023



### Professor Jong M. Rho MD

University of California, Rady Children's Hospital, San Diego, USA

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Dr. Rho is a Professor of Neurosciences and Pediatrics at the University of California, San Diego, and Division Chief of Pediatric Neurology at the Rady Children's Hospital San Diego. He received an undergraduate degree in molecular biophysics and biochemistry at Yale University, and an M.D. from the University of Cincinnati.

Dr. Rho has held prior faculty appointments at the University of Washington (Seattle), the University of California at Irvine, the Barrow Neurological Institute (Phoenix), and most recently, the University of Calgary. Dr. Rho's main research interests are the mechanisms underlying the anti-seizure and neuroprotective effects of metabolism-based treatments such as the ketogenic diet.

His research activities have been sponsored by research grants from the U.S. National Institutes of Health, Canadian Institutes of Health Research, Brain Canada, and a variety of intramural and extramural public and private sector sources.

**DAY ONE**  
**19TH OCTOBER 2021**

**1.45-2.00pm**

Welcome to the  
International Neurological  
Ketogenic Society (INKS)

**3.00-3.30pm**

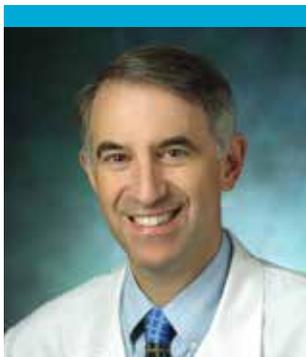
Future - Adults, First line  
therapy, beyond Epilepsy,  
INKS etc

**DAY FOUR**  
**22ND OCTOBER 2021**

**4.15pm**

Close of Meeting/  
Handover For 2023

## DAY ONE | SPEAKER BIOGRAPHIES



**DAY ONE**  
**19TH OCTOBER 2021**  
**2.00-2.30pm**

Past - 100 Years of  
Ketogenic Dietary  
Therapies

### Professor Eric H. Kossoff

Professor of Neurology and Pediatrics at Johns Hopkins University in Baltimore, Maryland USA.

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Dr. Kossoff is a Professor of Neurology and Pediatrics at Johns Hopkins University in Baltimore, Maryland, USA. He received his medical degree from SUNY at Buffalo School of Medicine in New York, followed by a residency in pediatrics at Eastern Virginia Medical School in Norfolk, Virginia. He completed a fellowship in child neurology and then pediatric epilepsy at The Johns Hopkins Hospital in Baltimore. He has been at Johns Hopkins since 1998.

His research and clinical practice focuses on the diagnosis and treatment of childhood seizures and epilepsy, particularly ketogenic diet therapy. Currently the Medical Director of the Pediatric Ketogenic Diet Center at Johns Hopkins, Dr. Kossoff is one of the world experts on ketogenic dietary therapy for neurologic disorders and developed the Modified Atkins Diet for children and adults in 2003.

He is dedicated to bringing the use of diet therapies for neurologic disorders to the entire world and was recently the leader of a Task Force within the International League Against Epilepsy to help achieve this goal. He is a coauthor of *The Ketogenic and Modified Atkins Diets: Treatments for Epilepsy and Other Disorders*, now in its 7th edition, and helped organize both the 2008 and 2018 expert consensus guidelines on ketogenic diet management. Dr. Kossoff is also very involved in teaching and mentorship, and is the Director of the Child Neurology Residency Program at Johns Hopkins.



**DAY ONE**  
**19TH OCTOBER 2021**  
**4.00-4.30pm**

The Microbiome – from  
animal to human; are we  
closer to understanding it?

### Professor Elaine Hsiao

Professor in the Department of Integrative Biology & Physiology at UCLA.

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Elaine Hsiao is a professor in the Department of Integrative Biology & Physiology at UCLA, where she is interested in all things microbial, neural and immune. Inspired by the amazing and complex interactions between body systems, the Hsiao laboratory is investigating how changes in the immune system and resident microbes of the body impact the brain and behavior.

Their discoveries have led to several honors, including the Chan Zuckerberg Initiative Ben Barres Career Award, Packard Fellowship in Science and Engineering, Alfred P. Sloan Fellowship in Neuroscience, Klingenstein-Simons Fellowship in Neuroscience, Kavli Fellowship of the National Academy of Sciences, National Institutes of Health Director's Early Independence Award, Forbes' 30 Under 30 in Science and Healthcare and National Geographic's Emerging Explorer Award. Elaine completed her bachelor's degree in Microbiology, Immunology and Molecular Genetics at UCLA and doctorate in Neuroscience at Caltech.

## DAY ONE | SPEAKER BIOGRAPHIES



**DAY ONE**  
**19TH OCTOBER 2021**

**4.30-5.00pm**

Medium chain fatty acids  
& Ketone Esters

### Professor Robin Williams PhD

Head of the Centre for Biomedical Sciences at Royal Holloway University of London.

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Prof. Williams key research focus is to improve our understanding of therapeutic treatments for epilepsy, including the development of novel drug and dietary interventions. His work has often been based in an innovative non-animal model system, with breakthrough discoveries translated to specific pre-clinical models.

He is a basic-translational researcher in the field of epilepsy and drug discovery, with special interest in ketogenic diets and the development of new treatments.

He graduated with a PhD in molecular cell biology at the University of Melbourne (Australia) in 1994, and pursued subsequent postdoctoral positions at St Andrews University and University College London (UCL) in the UK, followed by an independent Wellcome Trust Career Development fellowship at UCL.

He moved to Royal Holloway University of London in 2006, where he is now Professor of Molecular Cell Biology in the Centre for Biomedical Sciences. His expertise relates to molecular cell biology, neuroscience, pharmacology, drug development, and pharmacogenetics, where he often initiates his studies in a tractable non-animal model system, with breakthroughs translated to well-accepted pre-clinical models.



**DAY ONE**  
**19TH OCTOBER 2021**

**5.00-5.30pm**

The effect of the KD on  
dopamine metabolism  
-Implications for epilepsy  
and other diseases

### Professor Simon Heales

Head of the Enzyme Laboratory at Great Ormond Children's Hospital in London.

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Prof. Simon Heales obtained his PhD from Aston University in 1987 and was made a Fellow of the Royal College of Pathologists in 2003. He is the Head of the Enzyme Laboratory at Great Ormond Children's Hospital in London.

Prof. Heales also holds the UCL Chair of Clinical Chemistry and has a strong interest in the diagnosis and monitoring of patients with inherited metabolic disorders.

This work is underpinned by a number of basic and translational research projects that are carried out in conjunction with the UCL Great Ormond Street Institute of Child Health. He has published over 150 papers in the area of mitochondrial, neurotransmitter and lysosomal disorders.

Prof. Heales is also the Director of the Neurometabolic Unit at the National Hospital, Queen Square (UCLH Foundation Trust)

## DAY ONE | SPEAKER BIOGRAPHIES



### **Katja Kobow PhD**

Associate Professor in Molecular Neuropathology at the University Hospital Erlangen, Germany.

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Katja Kobow is Associate Professor in Molecular Neuropathology at the University Hospital Erlangen, Germany. Her research significantly contributed to the field of molecular neuropathology of epilepsy, studying DNA methylation in human brain tissue obtained from epilepsy surgery.

Katja became one of the leading researchers in the field of epigenetics in epilepsy at a relatively young age. Beyond this specific research focus she is also founding member of the Young Epilepsy Section (YES) of the ILAE, as well as an invited member in ILAE task forces and commissions.

**DAY ONE**  
**19TH OCTOBER 2021**

**5.30-6.00pm**

DNA Methylation

## DAY TWO

WEDNESDAY 20<sup>TH</sup> OCTOBER 2021

## Utilising Ketogenic Dietary Therapies in special scenarios

CHAIRS: ANITA DEVLIN &amp; STEPHANE AUVIN

8.30-8.55am	Ketogenic Diet in Pregnancy	Elles van der Louw
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8.55-9.20am	Ketogenic Diet in Status Epilepticus	Rima Nabbout
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9.20-9.45am	Epilepsy Syndrome specific response	Ingrid Scheffer
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9.45-10.10am	Metabolic approaches for treating complications & comorbidities of epilepsy	Kristina A. Simeone
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10.10-10.30am	Q&A with Speakers	ALL
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10.30am	COFFEE	
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## Metabolism &amp; Epigenetics based paradigms for anti-seizure drug discovery

CHAIRS: SIMON HEALES &amp; CHRISTINA BERGQVIST

11.00-11.25am	Cellular & mitochondrial metabolic changes Seen in epileptic rodents and zebrafish	Manisha Patel
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11.25-11.50am	A novel in vitro model of mitochondrial Epilepsy.	Mark Cunningham
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11.50-12.15pm	Novel approaches for the discovery of Epigenetically based antiepileptonic therapies	Detlev Boison
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12.15-12.40pm	How does this move us forward?	Susan Masino
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12.40-1.00pm	Q&A with Speakers	ALL
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1.00-2.30pm	<b>LUNCH</b>	<b>SPONSORED SYMPOSIA - NUTRICIA UK</b> <b>Nutricia KetoConference 2021: New Insights into Ketogenic Dietary Therapies in Adults - a UK perspective.</b>
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## DAY TWO

WEDNESDAY 20<sup>TH</sup> OCTOBER 2021

## Practicalities of Administration 1

CHAIRS: JENNIFER CARROLL &amp; BETH ZUPEC-KANIA

2.30-2.50pm	What factors are related to compliance and efficacy?	Jennifer Fabe
2.50-3.10pm	Developing a ketogenic diet service	Christina Bergqvist
3.10-3.30pm	Tailoring a service to resource	Kath Megaw
3.30-3.50pm	Delivering a service during a pandemic	Valentina de Giorgis
3.50-4.10pm	Q&A with Speakers	ALL
4.10-4.30pm	TEA	

## Utilising the Ketogenic Diet across the age spectrum

CHAIRS: SUSAN WOOD &amp; MAGNHILD KVERNELAND

4.30-4.55pm	Use in Infants – a treatment of choice?	Anastasia Dressler
4.55-5.20pm	Guidelines for use of the KD in Adults	Mackenzie Cervenka
5.20-5.45pm	Practicalities of adult provision – a reality?	Colin Doherty
5.45-6.10pm	Effect of Ketogenic Dietary Therapies on Growth and bone density	Marisa Laura Armeno
6.10-6.30pm	Q&A with Speakers	ALL

6.30-8.00pm

**SPONSORED  
SYMPOSIUM  
& DRINKS  
RECEPTION**

SPONSORED SYMPOSIA - NUTRICIA GLOBAL  
Non-seizure related benefits of the ketogenic diet  
in Epilepsy, chaired by Prof Stephane Auvin

**DAY TWO**

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# **SPEAKER BIOGRAPHIES**

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**

**8.30-8.55am**

Ketogenic Diet  
in Pregnancy

### **Dr. Elles J.T.M van der Louw RD**

Senior dietitian at the Erasmus MC- Sophia Children's Hospital, Rotterdam, the Netherlands.

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Elles J.T.M van der Louw ,RD, PhD, works as a senior dietitian at the Erasmus MC- Sophia Children's Hospital, Rotterdam , the Netherlands . She is specialized in diets for metabolic diseases and Ketogenic Diet Treatment in refractory epilepsy and cancer in both children and adults. The Multidisciplinary Ketogenic Team of the Erasmus MC- Sophia has treated more than 250 (very young) children with all types of the Ketogenic Diet.

She recently got her PhD on research titled: ketogenic diet treatment advancing indications, management and outcomes.

As an (inter)national KetoCoach she helps dietitians and teams to implement KDT in their daily practice, to improve their skills and/or to improve the efficacy of KDT.

She is author of the Dutch Dietary guideline of the Ketogenic Diet in children with refractory epilepsy (2007 and 2010), Super Vet cooking book (2013), Ketogenic Diet guidelines for infants with refractory epilepsy (2016) , Recommendations for Ketogenic Parenteral Nutrition in children with drug resistant epilepsy (2018) and coordinating author of the Dutch National clinical carepath of the Ketogenic Diet in children with refractory epilepsy and/or metabolic diseases (2014).

In close cooperation with Prof Auvin and Prof Cross she hosted several international educational webinars on ketogenic diet items.



**DAY TWO**  
**20TH OCTOBER 2021**

**8.55-9.20am**

Ketogenic Diet in  
Status Epilepticus

### **Professor Rima Nabbout MD, PhD**

Hopital Necker – Enfants Malades, Paris, France

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Rima Nabbout is Professor of Paediatric Neurology at Paris Descartes University and Director of the French centre for Rare Epilepsies at Necker Enfants Malades, Imagine Institute (INSERM U1136), Paris, France. She received her medical degree from Saint Joseph University, Beirut, Lebanon; her paediatric board from Descartes University, Paris; and a PhD in Neurosciences from University Pierre et Marie Curie, Paris, France.

She is a member of the steering committee of EPICARE (European reference network on rare and complex epilepsies), of 3 task force groups of ILAE (Nosology TF, transition TF and the regulatory affairs TF) and of scientific committees of patient's groups on rare epilepsies.

Pr Nabbout areas of research include electro clinical delineation and genetics of epilepsies, orphan drugs trials and development of new end points and methodologies in rare epilepsies trials and transition from childhood into adulthood. She has authored more than 180 peer-reviewed papers and received H2020 and FP7 grants.

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**

**9.20-9.45am**

Epilepsy Syndrome  
specific response

### **Laureate Professor Ingrid Scheffer AO MB BS PhD FRACP FAES FAHMS FAA FRS**

Paediatric neurologist and epileptologist at the University of Melbourne and Austin Health.

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Laureate Professor Ingrid Scheffer AO is a physician-scientist whose work as a paediatric neurologist and epileptologist at the University of Melbourne and Austin Health has led the field of epilepsy genetics over more than 20 years, in collaboration with Professor Samuel Berkovic and molecular geneticists. This resulted in identification of the first epilepsy gene and many more genes subsequently. Professor Scheffer has described many novel epilepsy syndromes and refined genotype-phenotype correlation of many disorders. Her major interests are in the genetics of the epilepsies, epilepsy syndromology and classification, and translational research. She collaborates on research focused on the genetics of speech and language disorders, autism spectrum disorders, cortical malformations and intellectual disability. She led the first major reclassification of the epilepsies in three decades, published in March 2017, for the International League Against Epilepsy.

She has received many awards, including the 2007 American Epilepsy Society Clinical Research Recognition Award, the L'Oréal-UNESCO Women in Science Laureate for the Asia-Pacific region for 2012 and the ILAE Ambassador for Epilepsy Award. In 2014, she was elected as a Fellow of the Australian Academy of Science, and also as Vice-President and Foundation Fellow of the Australian Academy of Health and Medical Sciences.

In 2019, she is President-Elect of the Australian Academy of Health and Medical Sciences. She was a co-recipient of the 2014 Australian Prime Minister's Prize for Science and she was awarded the Order of Australia in 2014. In 2018, she was elected as a Fellow of the Royal Society.



**DAY TWO**  
**20TH OCTOBER 2021**

**9.45-10.10am**

Metabolic approaches for  
treating Complications and  
comorbidities of epilepsy

### **Kristina Simeone PhD**

Associate Professor in the Department of Pharmacology and Neuroscience at Creighton University School of Medicine, USA.

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Dr. Simeone received her PhD under Dr. Tallie Baram in Anatomy and Neurobiology at the University of California at Irvine and trained as a postdoctoral fellow in the laboratories of Drs. Jong Rho and Jack Kerrigan at the Barrow Neurological Institute in Phoenix AZ. The year Dr. Simeone was awarded her first R01 research grant from NIH, only 0.25% were awarded to female principal investigators in her age group.

Dr. Simeone's research focuses on the intersections of sleep, metabolism, epilepsy and SUDEP biomarkers. Her research has been continuously funded by the NIH. Dr. Simeone has served on the AES Scientific Advisory Board and chaired several SIGs and Investigator Workshops. Dr. Simeone has received the University's Young Investigator's Award and has been nominated by the students for the Golden Apple Excellence in Teaching Award. Of the eight Professional Schools at Creighton University, Dr. Simeone was one of three faculty members selected to serve on the President's Strategic Planning Committee, which sets the University's trajectory for the next 20 years. Dr. Simeone serves on the School of Medicine Strategic Planning Committee. Dr. Simeone is the Director of the Master's Program in Neuroscience and has trained several young undergraduate, graduate and medical students in epilepsy and metabolic therapy research.

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**

**11-11.25am**

Cellular & mitochondrial metabolic changes  
Seen in epileptic rodents and zebrafish

### Manisha N. Patel PhD

Tenured Professor in the Department of Pharmaceutical Sciences at the University of Colorado Anschutz Medical Campus.

Dr. Patel is a tenured Professor in the Department of Pharmaceutical Sciences at the University of Colorado Anschutz Medical Campus. She received her Ph.D. in Pharmacology and Toxicology at Purdue University, and postdoctoral training in Neuroscience at Duke University. The primary theme of her laboratory's research is to understand the redox and metabolic basis of epilepsy and develop metabolism-based therapies for its treatment. Her laboratory uncovered the role of glutathione and Nrf2 modulation by the ketogenic diet. Dr. Patel's accomplishments include having authored more than 100 scientific publications with almost 10,000 citations; having been the recipient of numerous grants from the National Institutes of Health and foundations; and having served as Associate Editor of *Epilepsia Open* and as a contributing editor to *Epilepsy Currents*. In recognition of her service and innovation in research, she received AES's Distinguished Service Award, the CURE Innovator Award, and the Shell Prize for Research and Graduate Education.

Dr. Patel has long-served AES: as a member of its Board of Directors, as co-chair of the Research & Training Council, chair of the Basic Science Committee and the Scientific Program Committee, and chair of numerous task forces including as current chair of the Diversity, Equity, and Inclusion Task Force and 2nd Vice-President of AES. Outside AES, she co-chaired the Oxygen Radicals Gordon Research Conference and served on scientific advisory boards for two partner organizations, CURE and the Epilepsy Foundation's Innovation Institute (Ei2).



**DAY TWO**  
**20TH OCTOBER 2021**

**11.25-11.50am**

A novel in vitro model of mitochondrial Epilepsy.

### Professor Mark Cunningham

Ellen Mayston Bates Professor of Neurophysiology of Epilepsy, Discipline of Physiology, School of Medicine, Trinity College, Ireland.

Mark Cunningham is the Ellen Mayston Bates Professor of Neurophysiology of Epilepsy at Trinity College Dublin. He uses electrophysiology to study the mechanisms by which neuronal microcircuits generate organised electrical activity in the brain.

He has a particular interest in understanding how pathological electrical activity is generated by the epileptic brain and how this can help develop better treatments for epilepsy. After reading Physiology at Queen's University Belfast, he received a PhD in Physiology from Bristol University. He then undertook post-doctoral research positions at Bristol University, University of Leeds, Heidelberg University and Newcastle University. Before joining Trinity, Professor Cunningham held a Professorship in Neuronal Dynamics at the Institute of Neuroscience, Newcastle University. His research has been funded by the BBSRC, MRC, Wellcome Trust, Epilepsy Research UK, Action on Hearing Loss, Hadwen Trust, Innovate UK, Wolfson Foundation and The Royal Society.

He has also had significant funding from a number of global pharmaceutical companies. Professor Cunningham currently sits on the Biomedical Resource and Technology Development Committee at the Wellcome Trust. He has previously sat on the SAC for Epilepsy Research UK. He is a fellow of the Centre for the Advancement of Sustainable Medical Innovation (CASMI). He has also acted on numerous advisory boards and as a consultant to numerous pharmaceutical companies. He is a member of the British Neuroscience Association, The Physiological Society (UK) and the International League against Epilepsy (ILAE).

## DAY TWO | SPEAKER BIOGRAPHIES



### Professor Detlev Boison PhD

Vice Chair of Research and Training, Professor, RWJMS & NJMS  
Neurosurgery Department Rutgers, The State University of New Jersey

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Detlev Boison holds a PhD in Biochemistry (1994, University of Köln, Germany) and a Habilitation (venia legendi) in Cellular Pharmacology (2005, University of Zurich, Switzerland). He is the Vice Chair of Research and Training of the Department of Neurosurgery at Robert Wood Johnson and New Jersey Medical Schools at Rutgers, The State University of New Jersey. He is also Professor of Neurosurgery at both Medical Schools and a Core Member of Rutgers Brain Health Institute. He is Co-Founder and Head, Preclinical Development of PreVEP LLC.

Having a passion for translational research and for finding cures for intractable conditions that cause human suffering and death, Dr. Boison seeks to translate fundamental mechanisms of biochemistry and energy metabolism into novel therapeutic approaches for the treatment of neurological conditions. A major research effort is the development of metabolism-based therapies that enable disease modification in epilepsy and after traumatic brain injury. Over the past 25 years Dr. Boison has maintained a rigorous research program on translational adenosine research and has been continuously NIH funded since 2008. He has published 156 papers with an h-index of 53 and has delivered over 140 invited lectures worldwide.

**DAY TWO**  
**20TH OCTOBER 2021**

**11.50-12.15pm**

Novel approaches for the discovery of Epigenetically based antiepileptonic therapies



### Professor Susan Masino

Employment details consistent with others. Employment details consistent with others. Employment details consistent with others. Employment details consistent with others.

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Dr. Masino is the Vernon Roosa Professor of Applied Science at Trinity College and a joint appointment in Neuroscience and Psychology. Her research focuses on promoting and restoring brain health through metabolic therapy. She has a particular interest in adenosine, and the ongoing relationship among metabolism, brain activity and behavior.

In addition to her laboratory research Dr. Masino is interested in how public policies can improve brain health - with a special focus on forests - and involved in local educational and environmental issues. Recently she was named a Charles Bullard Fellow in Forest Research at Harvard Forest based on a project focused on forests and brain health.

**DAY TWO**  
**20TH OCTOBER 2021**

**12.15-12.40pm**

How does this move us forward?

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**

**2.30-2.50pm**

What factors are related to compliance and efficacy?

### **Jennifer Fabe BSc MSc RD**

Practising Registered Dietitian in Ketogenic Diet Therapy at McMaster Children's Hospital, Hamilton Health Sciences in Hamilton, Ontario, Canada.

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Jennifer is a practising registered dietitian in ketogenic diet therapy at McMaster Children's Hospital, Hamilton Health Sciences in Hamilton, Ontario Canada for 20 years where she supports epilepsy, Glut 1 and PDH population. She has participated in co-authoring diet sections of the epilepsy management guideline in Ontario, developed initiation & maintenance research projects, co-developed the Dietitians of Canada PEN approved education tools & is currently participating in international research initiatives.

Jennifer also serves as a research member with the NeuroMood Lab, Department of Psychiatry at Queen's University, Kingston, Ontario, Canada where ketogenic diet is being explored in adult brain-based diseases in areas such as depression and ADHD. Jennifer also proudly serves as president of Matthew's Friends Canada that is active in supporting practitioners, epilepsy organizations and people needing information on ketogenic diet therapy. Jennifer is a sought after mentor & educator and provides regular lectures to various universities, conferences, and community organizations nationally and internationally.

Jennifer is active in initiatives that support the practicalities & sustainability of ketogenic diet for both health care professionals, patients and their families. Initially Jennifer focussed on developing a 'Low ratio, Slow outpatient' initiation method of ketogenic diet to improve access & reduce hospital admissions. Following this, Jennifer directed her efforts to maintenance challenges for ketogenic diet. These efforts have included developing food exchange meal plan methods, education tools, various practical recipes and exploring technology's role in ketogenic diet sustainability. She is the co-founder and clinical director of KetoSuite™, a web based automatic meal balancer for practitioners and patients for management of ketogenic diet therapy delivered through world leading technology. Ketosuite delivers a suite of web based applications, country specific food databases & is now being offered in four countries.



**DAY TWO**  
**20TH OCTOBER 2021**

**2.50-3.10pm**

Developing a ketogenic diet service

### **Professor Christina Bergqvist MD**

Director of the Dietary Treatment Program for Epilepsy and Neurological Disorders, The Children's Hospital of Philadelphia.

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Dr Bergqvist is a Professor of Neurology and Pediatrics at the Children's Hospital of Philadelphia, Perelman School of Medicine at the University of Pennsylvania. Under her direction the program has started over 900 children on dietary treatments. They currently have >260 infants and children actively under treatment and start dietary treatments in 40-50 children yearly.

Dr Bergqvist has published multiple papers and chapters with a focus on nutrition, management of dietary treatments, identification and prevention of side effects. The focus of her research is both in nutrition and epilepsy. Her team has current and past support for their studies by NIH, foundations, industry and private philanthropy. They advocate for a family centered care approach. Their program opened USA first ketogenic diet teaching kitchen and have a medical chef educator as part of their multidisciplinary keto-team.

## DAY TWO | SPEAKER BIOGRAPHIES



### Kath Megaw RD

Clinical paediatric dietitian

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Clinical paediatric dietitian with special interest in special needs and epilepsy. Qualified in South Africa and specialised in paediatrics and special needs abroad. Been in private practice for over 23 years.

Kath sits on the board for the international ketogenic society and so excited to be setting up the Matthew's Friends South Africa/ Africa branch. She has co authored numerous books of which 'low carb solution for diabetics' has been published both in SA and UK. Kath is passionate about seeing the tool box of ketogenic diets accessible to all families and patients across South Africa and into Africa despite resource availability! Her greatest achievement to date is as mother to three beautiful children one of whom is on a version of the ketogenic diet for her epilepsy.

**DAY TWO**  
**20TH OCTOBER 2021**

**3.10-3.30pm**

Tailoring a service  
to resource



### Valentina De Giorgis MD PhD

Paediatric Neurologist, Fondazione Mondino, Istituto Neurologico Nazionale, IRCCS, Pavia, Italy.

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Doctor Valentina De Giorgis has been Paediatric Neurologist Consultant at Mondino Hospital since 2013. Her specialist area of interest and expertise is children's epilepsies, especially drug-resistant cases, GLUT1 Deficiency Syndrome and ketogenic diet treatment.

She is the lead of Infancy and Adolescence Epileptology Center in Mondino Hospital, both inpatient and outpatient. She coordinates the Neurologic side of the Ketoteam and works in the team with a specialist nurse, a clinical nutritionist, dieticians and psychologists, both for infants and adults. She is the principal investigator of several clinical pharmacological trials for the testing of new antiepileptic drugs.

Doctor De Giorgis is also member of ERN-Epicare (European Reference network on rare and complex epilepsies) where she co-leads the Epicare working group on Target Medical Therapy and Clinical Trials. She is the leader of the Diet Therapies Study Group of the Italian League Against Epilepsy and she is part of the scientific committee board for Italian GLUT1 association.

**DAY TWO**  
**20TH OCTOBER 2021**

**3.30-3.50pm**

Delivering a service  
during a pandemic

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**  
**4.30-4.55pm**

Use in Infants – a treatment of choice?

### **Professor Anastasia Dressler**

Department of Pediatrics and Adolescent Medicine, Pediatric Epilepsy Center, Medical University, Vienna.

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Teaching activities at the Medical University Vienna

- Supervising clinical internships seminars in Paediatrics since 2007
- Seminars on physical examination
- Bedside-teaching since 2007
- Lectures in Paediatrics since 2008
- Supervise diploma thesis (Currently The ketogenic diet in paediatric encephalopathies: tolerability and effects on laboratory biomarkers)
- Supervision of students and residents as senior-mentor since 2016



**DAY TWO**  
**20TH OCTOBER 2021**  
**4.55-5.20pm**

Guidelines for use of the KD in Adults

### **Mackenzie C. Cervenka MD**

Associate Professor of Neurology, Johns Hopkins School of Medicine, USA

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Dr. Mackenzie Cervenka is an Associate Professor of Neurology at Johns Hopkins School of Medicine with subspecialty training in epilepsy. She developed the Johns Hopkins Adult Epilepsy Diet Center in 2010 which has treated approximately 400 adults with ketogenic diet therapies for epilepsy.

She conducts clinical trials examining feasibility, safety and efficacy of the classic ketogenic diet and the modified Atkins diet in treating patients with medically resistant epilepsy, refractory status epilepticus, and collaborates on studies examining KDT in the management of alcohol withdrawal, glioma, Parkinson's disease, migraine, and dementia.

## DAY TWO | SPEAKER BIOGRAPHIES



**DAY TWO**  
**20TH OCTOBER 2021**

**5.20-5.45pm**

Practicalities of adult provision – a reality?

### Professor Colin Doherty

Professor of Epileptology, St James's Hospital and Trinity College Dublin, Republic of Ireland.

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Colin Doherty holds the Ellen Mayston Bates Chair in Epileptology at Trinity College Dublin. He trained in Medicine and Neurology at St Vincent's and Beaumont Hospitals, Dublin and later at the Partners Neurology Residency Programme at Harvard Medical School, Boston (Brigham and Women's Hospital and Massachusetts General Hospital) where he was Chief Resident in 2001. He completed Fellowships in Epilepsy and Cognition at MGH (2001-2003).

He has been a consultant neurologist at St James's hospital for 15 years from 2005 until the summer of 2020 when he joined the staff of TCD in the Academic Unit of Neurology. He has clinical and research interests in the areas of brain imaging, clinical epileptology, Traumatic Brain Injury and Digital Health. He is also a Principal investigator at the SFI FutureNeuro Research Centre in Dublin. Professor Doherty's epilepsy service host the only adult Ketogenic Diet Programme in Ireland which is led by Senior Dietitian Laura Healy PhD. Established in 2016 with the help of seed funding from Matthew's Friends, the programme accepts referrals from all over Ireland for patients with refractory epilepsy and is the only hospital using KD for refractory Status Epilepticus.



**DAY TWO**  
**20TH OCTOBER 2021**

**5.45-6.10pm**

Effect of Ketogenic Dietary Therapies on Growth and bone density

### Dr. Marisa Laura Armeno

Staff physician at the Department of Clinical Nutrition in Hospital Nacional de Pediatria JP Garrahan, Buenos Aires, Argentina

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Dr. Marisa Armeno is a Staff physician at the Department of Clinical Nutrition in Hospital Nacional de Pediatria JP Garrahan, Buenos Aires, Argentina. She received her medical degree from the University of Buenos Aires at the School of medicine. She completed her residency in Pediatrics at the National Pediatric Hospital (Hospital Garrahan) and a 3 year fellowship in Child Nutrition in 2009, she has remained there on faculty of Staff at the Nutrition Department since 2012.

She became Coordinator of the Interdisciplinary Team of the Ketogenic Diet for Refractory Epilepsy in 2013 working together with the Neurology Dtp, Epilepsy center held by Dr. Caraballo in Hospital JP Garrahan.

Dr. Armeno has been working with dietary treatments for epilepsy and other metabolic disorders since 2011 and started on her PhD at UCA Biomedical Science in 2017. Her main research interest is the clinical and long term aspects of ketogenic diet in refractory epilepsy patients.



## JOIN OUR SESSIONS TO LEARN MORE



**NUTRICIA**  
KetoConference  
**2021**

### New insights into KDT in adults

**DATE:** 20th October

**TIME:** 1:00-2:30pm

**CHAIR:** Susan Wood,  
*Specialist Dietitian, MF Clinics*

**Results of a prospective observational trial of modified ketogenic diet in adults with drug resistant epilepsy**

Dr Manny Bagary, Consultant  
Epileptologist, Birmingham

**Live Q&A**



Drinks and nibbles from  
6:30pm

EVENING SYMPOSIUM

### Non-seizure related benefits of the ketogenic diet in epilepsy

**DATE:** 20th October

**TIME:** 6:45-8:00pm

**CHAIR:** Prof Stéphane Auvin,  
*CHU Paris - Hôpital Robert Debré*

**Overview of Current Clinical Evidence on Non-Seizure Related Outcomes**

Dr Anita Devlin

**Patient/Family Experience of Non-Seizure Related Outcomes**

Dr Stewart Rust

**How do we Evaluate Non-Seizure Related Outcomes**

Dr Amerins Weijenberg

**Live Q&A with panel and next steps**

## DAY THREE

# THURSDAY 21<sup>ST</sup> OCTOBER 2021

### Exploring Ways of Administration

**CHAIRS: ELIZABETH NEAL & BETH ZUPEC-KANIA**

8.30-8.55am Plant based – Vegan Susanne Baum

8.55-9.20am Parenteral Nutrition Stéphane Auvin

9.20-9.45am Blended diets and tube feeds Eunjoon Lee

9.45-10.10am Best Lipid selection for Ketogenic Diet Sehee Kim

10.10-10.30am Q&A with Speakers ALL

10.30-11.00am COFFEE

### Practicalities of Administration 2

**CHAIRS: SUSAN WOOD & JENNIFER CARROLL**

11-11.30am Flexibility between diets and protocols Beth Zupec-Kania

11.30-12.00pm How long to know the diet is working and when to stop Heidi Pfeifer

12.00-12.30pm Management of concomitant medication Magnhild Kverneland

12.30-12.45pm Q&A with Speakers ALL

12.45-2.00pm

**LUNCH**

VITAFLO SPONSORED SYMPOSIUM -  
'It's not all about the Ketones'

## DAY THREE

# THURSDAY 21<sup>ST</sup> OCTOBER 2021

### Beyond the Epilepsies 1

**CHAIR: JONG RHO & ANITA DEVLIN**

2.00-2.30pm	Glut 1	Jörg Klepper
2.30-3.00pm	Toropathies	Hoon-Chul Kang
3.00-3.30pm	Autism	Omnia el-Rashidy
3.30-4.00pm	Neurodegenerative Disease	Janak Nathan
4.00-4.15pm	Q&A with Speakers	ALL
4.15-4.30pm	TEA	
4.30- 6.00pm	Poster Session in Durham Gallery - Stand by your boards!	

7.00pm **GLOBAL GALA DINNER  
FOR PRE-BOOKED TICKET HOLDERS ONLY  
THE GRAND HOTEL**

**DAY THREE**

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# **SPEAKER BIOGRAPHIES**

## DAY THREE | SPEAKER BIOGRAPHIES



**DAY THREE**  
**21ST OCTOBER 2021**

**8.30-8.55am**

Plant based – Vegan

### **Susanne Baum RD**

Schoen Clinic Vogtareuth (Schön Klinik Vogtareuth).

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1990 RD, Munich - Germany

Previous publications:

2014 V-MAD, Recipes for a vegan modified Atkins diet high fat – low carb; Vitaflo

2014 Modified Atkins Diet for Adults; epiKurier 2 /2014

2017 Modified Atkins Diet - A Guide; Vitaflo

2018 Ketogenic Recipes for the Modified Atkins Diet with high content of medium chain triglycerides; Kanso

2018 Vegan child nutrition is possible without deficiency; Aktuel Ernährungsmed 2018; 43(04): 264

2021 German practical guide of using KNT, Kanso



**DAY THREE**  
**21ST OCTOBER 2021**

**8.55-9.20am**

Parenteral Nutrition

### **Professor Stéphane Auvin MD, PhD, FAES**

Professor, Université de Paris, Pediatric Epilepsy & Child Neurology, Reference Center for Rare Epilepsies. Child Neurology Department & INSERM NeuroDiderot, DHU Protect Robert-Debré University Hospital, Paris, France.

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Stéphane Auvin is epileptologist and Child Neurologist. Full professor at Robert Debré University Hospital & Université de Paris, Paris, France.

He is conducting the Epilepsy program and the center for rare epilepsies at Robert Debré University Hospital, APHP, Paris. He is also conducting experimental research works in the INSERM U1141, Paris.

His clinical and research activities are focused on pediatric epilepsy and its treatments and his research team is working on inflammation-epilepsy, on the ketogenic diet and antiepileptic drugs in the developing brain. The Epilepsy program at Robert Debré Children Hospital, Paris, is involved in antiepileptic drugs development and clinical trials (PK, Phase II, Phase III and Phase IV). He is the author of more than 150 peer-reviewed papers or book chapters.

He also serves on the ILAE (International League Against Epilepsy) as the chair of the Pediatric commission (2017-2021) and as Associate Editor for Epilepsia (Journal of ILAE, IF: 5.295) (2017-2021). He is a member of the board of the ILAE French Chapter and the president (2019-2022) of the French Pediatric Neurology Society.

## DAY THREE | SPEAKER BIOGRAPHIES



**DAY THREE**  
**21ST OCTOBER 2021**

**9.20-9.45am**

Blended diets and  
tube feeds

### Eunjoo Lee RD

Department of nutrition care, Severance Hospital, Yonsei University, Seoul, Korea.

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MS Eunjoo Lee is a registered dietitian at Severance Hospital in Seoul Korea. She studied food and nutrition at Yonsei University and works in department of nutrition care at Severance Hospital for 25 years.

She has over 13 years' work experience in ketogenic therapies and implemented ketogenic therapies to more than 1,300 patients at Severance Hospital.

She developed more than 100 kind of KD recipes and joined in publishing a book "Guideline for Ketogenic diet" with department of Pediatric Neurology at Severance Children's Hospital.

She has 9 publications in peer-reviewed journals and 2 publications of books for diet therapies.



**DAY THREE**  
**21ST OCTOBER 2021**

**9.45-10.10am**

Best Lipid selection  
for Ketogenic Diet

### Se Hee Kim MD

Assistant Professor in Pediatrics, Severance Children's Hospital, Yonsei University, Korea.

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Se Hee Kim is a clinician who has a broad background in pediatric neurology with specific training and expertise in epilepsy. As a clinician-scientist, Se Hee hopes to facilitate cross-talk between the basic neuroscience divisions and the clinical departments, and to carry out much needed collaborative, translational, clinically-related pediatric epilepsy research. As a clinical researcher, she is pursuing a career to develop better epileptic children's life quality by application of active intervention of advanced treatment such as ketogenic diet (KD).

After completing fellowship training in pediatric neurology in Korea, Se Hee studied epilepsy as a clinical research fellow at Lurie Children's Hospital of Chicago, one of the biggest pediatric epilepsy center in the U.S.A. In Chicago, she was exposed to ketogenic therapies, world-renowned researchers, and multi-center collaborative studies. Se Hee's dual training in Korea and Chicago trained her well for international, collaborative studies. Working as an attending physician at the largest pediatric epilepsy center in Korea, she has been conducting several clinical studies of new and older treatments in epilepsy sometimes with international collaborators.

Her latest work and passion include studies about low glycemic index treatment, and effects of ketogenic diet on antiepileptic drug concentrations. Childhood epilepsies are often drug-resistant. Ketogenic diet is a powerful treatment option for children with drug resistant epilepsy. However, strictness of the diet, absence of resources, and lack of experience may prevent some physicians and patients from proceeding with the KD. She has demonstrated efficacy of ketogenic therapies in various patient populations.

## DAY THREE | SPEAKER BIOGRAPHIES



**DAY THREE**  
**21ST OCTOBER 2021**  
**11.00-11.30am**

Flexibility between  
diets and protocols

### **Beth Zupec-Kania RDN, CD**

Registered Dietitian & Nutritionist The Charlie Foundation, USA.

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Beth Zupec-Kania is a Registered Dietitian & Nutritionist who has specialized in ketogenic diet therapies (KDTs) since 1991. She's managed KDTs in medical disorders including epilepsy, autism, endocrine disorders, multiple sclerosis, migraine headache, cancers, and, Parkinson's and Alzheimer's disease.

Beth has authored multiple education guides for patients and professionals including Ketogenic Diet Therapy for Neurological Disorders: Pocket Guide. She's co-organized three global symposiums and is the designer of KetoDiet Calculator, web-based program for calculating diets. She's spoken at conferences globally, has provided training to over 300 medical centers and is a consultant to The Charlie Foundation.



**DAY THREE**  
**21ST OCTOBER 2021**  
**11.30-12.00pm**

How long to know  
the diet is working  
and when to stop

### **Heidi Pfeifer RD, LDN**

Dietitian, Massachusetts General Hospital for Children, USA.

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Heidi has over 25 years experience in working with patients utilizing the Ketogenic Diet as a medical nutrition therapy. During that time she pioneered the Low Glycemic Index Treatment as a more liberalized ketogenic diet.

She was the inaugural recipient of the Millicent Kelly Award for Excellence and Compassion for administering ketogenic diet therapies. Over the past two decades she has given lectures throughout the world on all aspects of Ketogenic Diet and Low Glycemic Index Treatment, as well as authored multiple book chapters in addition to research publications. She is a member of the Scientific Advisory Board for the Charlie Foundation and one of their credentialled diet specialists.

## DAY THREE | SPEAKER BIOGRAPHIES



### Dr. Magnhild Kverneland

Oslo University Hospital, Department of Neurology, Doctor of Medicine

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Magnhild Kverneland graduated from University of Oslo in 2009, with a Master of Science in Nutrition. In 2009 - 2010 she worked in the paediatrics department of the National Centre for Epilepsy in Oslo University Hospital. In 2010 she moved to section for adults and started offering treatment with modified Atkins diet to adults with difficult-to-treat epilepsy.

In 2011 Magnhild started ketogenic diet research and she has written scientific publications in this field. In February 2020 she defended her doctoral thesis entitled "Modified ketogenic diet as a treatment option for adults with drug-resistant epilepsy" at Faculty of Medicine, University of Oslo.

**DAY THREE**  
**21ST OCTOBER 2021**

12.00-12.30pm

Management of  
concomitant medication



### Professor Jörg Klepper

Chief Physician, Children's Clinic, Aschaffenburg Clinic, Germany.

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Professor Klepper is recognised as one of the world's leading authorities in the area of Glut 1 Deficiency and speaks at many international conferences.

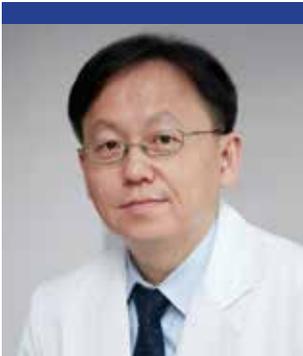
His main field of work are disorders of brain energy metabolism such as GLUT1 deficiency syndrome or pyruvate dehydrogenase deficiency. Both disorders are associated with intractable epilepsy and respond to the ketogenic diet. Research interests are mechanisms and adverse effects of the diet, as well as establishing international protocols for the use of the diet in epilepsy and metabolic disorders. Since 01/07: Medical Director of Aschaffenburg Children's Hospital.

**DAY THREE**  
**21ST OCTOBER 2021**

2.00-230pm

Glut 1

## DAY THREE | SPEAKER BIOGRAPHIES



### Hoon-Chul Kang MD

Pediatric Neurologist in Korea.

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Hoon-Chul Kang is a Pediatric Neurologist in Korea. His major is pediatric epilepsy and I am also interested in epilepsy genetics.

Recently, Hoon-Chul identified germline and somatic mutations in patients with tuberous sclerosis and malformations of cortical development, especially focal cortical dysplasia type II by using targeted gene sequencing and in addition, the efficacy of the ketogenic diet could be objectively evaluated in these patients with Toropathies.

**DAY THREE**  
**21ST OCTOBER 2021**

2.30-3.00pm

Toropathies



### Professor Omnia El-Rashidy

Professor of Pediatric Neurology and Neurodisability,  
Faculty of Medicine – Ain Shams University.

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Professor of Pediatric Neurology and Neurodisability, Faculty of Medicine – Ain Shams University; MD in Pediatrics and master degree in Neurodisability, Sheffield, UK; Head and founder of Ketogenic diet clinic – Pediatric Neurology unit Ain-Shams University. Selected as a Finalist for the 2019 Study UK Alumni Awards (Entrepreneurial Award).

**DAY THREE**  
**21ST OCTOBER 2021**

3.00-3.30pm

Autism

## DAY THREE | SPEAKER BIOGRAPHIES



### Dr. Janak Nathan

Consultant Neurologist at Shushrusha Citizens Co-operative Hospital, Mumbai. Honorary Professor at Dr. DY Patil Medical College, Hospital and Research Centre, Pune.

Asia's pioneer of the ketogenic diet for Epilepsy, Cancers and neurodegenerative disorders like Alzheimer's disease, Autism, PSP, progressive multiple sclerosis and others.

He founded Epilepsy and Keto Medical Research Trust in 1996 to spread awareness on Epilepsy and Ketogenic Diet in India, South and South-east Asia.

Member executive committee of International Neuro Ketogenic Society (INKS) and Global Society of Metabolic Therapy.

He has published several original articles in renowned international journals.

DAY THREE  
21ST OCTOBER 2021  
3.30-4.00pm

Neurodegenerative Disease

## Join us as we discuss... "It's not all about the ketones"

October 21<sup>st</sup> 2021 at 1pm - The Oxford Room. Our speakers are:

Professor Simon Heales



### Decanoic Acid Metabolism

Key to understanding how MCT diets work

*Simon is UCL Chair of Clinical Chemistry, Head of Enzymes and Metabolic, Great Ormond Street Hospital and Neurometabolic Unit, National Hospital, London.*

Professor Matthew Walker



### It's not all about the ketones

An alternative dietary management

*Matthew is a Professor of Neurology at the UCL Institute of Neurology and Consultant Neurologist at the National Hospital for Neurology and Neurosurgery.*



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STUART ABSOLOM**

Stuart is also providing a photographic service for guests of the Gala Dinner. If guests wish to purchase photographs on the night, these will be £15 each with 25% being donated to Matthew's Friends.

If you don't want to appear in any photos or videos please make yourself known to Matthew's Friends.

**MANY THANKS TO OUR  
VIDEO PRODUCTION COMPANY  
RED GOAT PRODUCTIONS**

The team will be filming throughout the week. Please do take part, your participation is greatly appreciated and may appear on social media and websites #KETO2021.



## DAY FOUR

# FRIDAY 22<sup>ND</sup> OCTOBER 2021

9:00-10:00am	Matthew's Friends Best Poster Prize John Freeman Award Millicent Kelly Award	John Freeman and Millicent Kelly Awards 2021
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10:00am	COFFEE	
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### Beyond the Epilepsies 2

#### CHAIR: JÖRG KLEPPER & ADRIENNE C. SCHECK

10.30-11.00am	Ketogenic Diet in Mental Illness	Christopher Palmer
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11.00-11.30am	Migraine	Cherubino Di Lorenzo
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11.30-12.00pm	Brain Energy Rescue with Ketones; therapeutic potential in Alzheimer's disease.	Stephen Cunnane
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12.00-12.30pm	Diabetes	Sarah Hallberg
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12.30-12.45pm	Q&A with Speakers	ALL
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12.45-2.00pm	<b>LUNCH</b>	
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SPONSORED SYMPOSIUM BY CAMBROOKE  
Results and practical implementation with a  
whey based, MCT enhanced ketogenic formula:  
An American and UK experience



## DAY FOUR

# FRIDAY 22<sup>ND</sup> OCTOBER 2021

### Beyond the Epilepsies 3

**CHAIR: HELEN CROSS & ERIC KOSSOFF**

2.00-2.30pm Utilisation in brain cancer – Have we moved forward? Adrienne C. Scheck

2.30-3.00pm Clinical Utilisation in brain cancer – Have we moved forward? Michael Jenkinson

3.00-3.30pm Utilisation for other cancers – Beyond the brain Barbara Kofler

3.30-4.00pm Where do we go from here? Elizabeth Thiele

4.00-4.15pm Q&A with Speakers ALL

4.15pm **CLOSE OF MEETING/HANDOVER FOR 2023** Helen Cross/Jong Rho

WE LOOK FORWARD TO SEEING YOU AGAIN IN 2023

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**PROGRAMME AND SESSION CHAIRS CAN BE SUBJECT TO CHANGE.**



**DAY FOUR**

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# **SPEAKER BIOGRAPHIES**

## DAY FOUR | SPEAKER BIOGRAPHIES



**DAY FOUR**  
**22ND OCTOBER 2021**  
**10.30-11.00am**  
Ketogenic Diet  
in Mental Illness

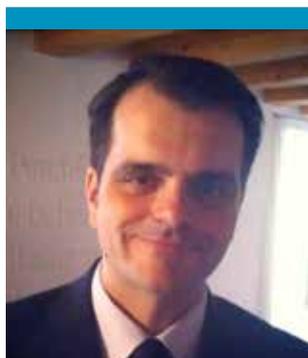
### Christopher Palmer MD

Director of the Department of Postgraduate and Continuing Education at McLean Hospital and an Assistant Professor of Psychiatry at Harvard Medical School.

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Dr. Christopher Palmer is a psychiatrist and researcher working at the interface of metabolic and mental disorders. He is the Director of the Department of Postgraduate and Continuing Education at McLean Hospital and an Assistant Professor of Psychiatry at Harvard Medical School.

For over 25 years, he has worked with people who have treatment-resistant mental illnesses using standard treatments, such as medications, psychotherapy, and complementary and alternative treatments. He has been pioneering the use of the medical ketogenic diet in the treatment of psychiatric disorders - conducting research in this area, treating patients, writing, and speaking broadly on this topic.



**DAY FOUR**  
**22ND OCTOBER 2021**  
**11.00-11.30am**  
Migraine

### Cherubino Di Lorenzo MD, PhD

Researcher at Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome Polo Pontino, Latina, Italy.

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Cherubino Di Lorenzo (Naples, September 24, 1975) is a neurologist and researcher active in the field of neurogenetics, neurophysiology, and nutraceutical and nutritional treatments in different neurological conditions, in particular headaches. He is the first neurologist that adopted ketogenic diet as a treatment for different headache conditions and conducted several researches on this topic.

M.D. at Tor Vergata University of Rome (2000), specialization in Neurology (2005) at Sapienza University of Rome, Ph.D. in neuroscience (2010) at University of Pavia.

During his career he has served as neurological researcher with different Italian institutes of scientific hospitalization and care (IRCCS). At present, he is the medical advisor of Italian Cephalalgic Alliance (AI.Ce.), the Italian association of patients with headache.

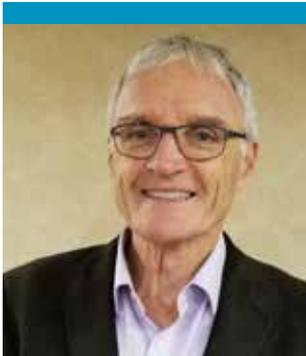
He is also member of several national and international scientific societies (International Headache Society, European Academy of Neurology, European Headache Federation, European Headache Alliance, Italian Society of Neurology, Italian Society for the Study of Headache)

In 2018, he was among the co-founders of the Eupraxia Association, of which he is currently the president, that aims to promote the culture of health and wellness in all its aspects and scientific research in health.

In 2020 he coordinated the Italian Study Group for the use of ketogenic diet in headache clinical practice.

Cherubino Di Lorenzo is author and coauthor of 95 scientific publications assessed in the ICI and SCOPUS catalogue, with 1838 citations and 26 of H-index, and different chapters in neurological books.

## DAY FOUR | SPEAKER BIOGRAPHIES



**DAY FOUR**  
**22ND OCTOBER 2021**

**11.30-12.00pm**

Brain Energy Rescue with Ketones; therapeutic potential in Alzheimer's disease.

### Professor Stephen Cunnane

Department of Medicine, Université de Sherbrooke, and researcher at the Research Center on Aging.

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Stephen Cunnane is a full professor in the department of Medicine, Université de Sherbrooke, and researcher at the Research Center on Aging. His team uses quantitative PET imaging in clinical trials assessing the links between brain energy metabolism and cognition during aging.

They were the first to show that despite markedly deteriorating brain glucose metabolism, the Alzheimer brain can still take up ketones normally and that ketones can bypass or correct the energy deficit in older people at risk of Alzheimer's disease. These two novel observations led to Cunnane's concept of 'brain energy rescue' by ketones to treat neurodegenerative disorders, the subject of his recent review in Nature Reviews Drug Discovery.

In a recent 6-month RCT, his ketogenic medium chain triglyceride drink improved outcomes in 4/5 cognitive domains in mild cognitive impairment, the early stage of Alzheimer's disease. It is the first product to demonstrate efficacy in mild cognitive impairment and was commercialized by Nestlé in 2020. Dr. Cunnane has published over 300 research papers and five books, two of which highlight the key role of ketones in infant brain development as underpinning human brain evolution. He was elected to the French National Academy of Medicine in 2009. In 2016, he was honored as a Fellow of the International Society for the Study of Fatty Acids and Lipids (ISSFAL). He received the Chevreul Medal from the French Society for the Study of Lipids in 2017 for his research on fats, nutrition and health.



**DAY FOUR**  
**22ND OCTOBER 2021**

**12.00-12.30pm**

Diabetes

### Dr. Sarah Hallberg DO, MS, ACSM-CEP, FOMA, FNLA

Medical Director, Virta Health, USA.

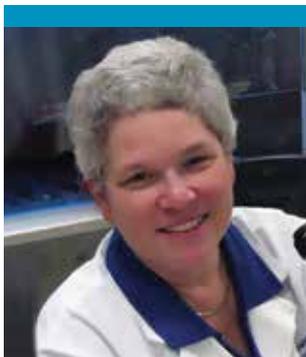
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Dr. Sarah Hallberg serves as Medical Director for Virta Health a nutrition science and telemedicine company focused on Type 2 Diabetes reversal. The company has grown to over 2B in valuation since it's start in 2015. Dr. Hallberg is an internationally recognized leader in nutritional management of Type 2 Diabetes and other metabolic diseases.

Dr. Hallberg is a Fellow in the Aspen Institute's **Health Innovator Fellowship** and a member of the Aspen Global Leadership Network. She is an adjunct Professor of Clinical Medicine at the Indiana University School of Medicine. She is a Clinical Exercise Physiologist certified by the American College of Sports Medicine and a Fellow of the National Lipid Association and the Obesity Medicine Association where she also serves on the Board of Trustees.

She is the PI of the largest and longest study looking at type 2 diabetes reversal via lifestyle changes including personalized therapeutic carbohydrate restriction. The study has resulted in 8 peer-reviewed publications to date. Dr Hallberg speaks internationally on nutrition and type 2 diabetes and has had opinion pieces on the subject published in many nationally recognized media outlets including the New York Times. Her **TEDx** talk on diabetes has been viewed over 7 million times.

## DAY FOUR | SPEAKER BIOGRAPHIES



**DAY FOUR**  
**22ND OCTOBER 2021**  
**2.00-2.30pm**

Utilisation in brain cancer –  
Have we moved forward?

### **Dr. Adrienne C. Scheck**

Associate Scientist at the University of Arizona College of Medicine, Phoenix, USA.

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Adrienne C. Scheck, PhD, is an Associate Scientist at the University of Arizona College of Medicine – Phoenix, Adjunct Professor at Arizona State University, and an Associate Investigator in the Cancer Biology Program at the University of Arizona.

She received her BA from the University of Rochester and her PhD from Rensselaer Polytechnic Institute. After a postdoctoral fellowship in viral oncology at Pennsylvania State College of Medicine she moved to Sloan-Kettering Cancer Center to study AIDS-related dementia. Here she began studies of brain tumors and moved to the Barrow Neurological Institute in 1989 and remained there until 2017 when she moved to Phoenix Children's Hospital and the University of Arizona College of Medicine in Phoenix until 2019.

Dr. Scheck is an acknowledged leader in the field of metabolic alteration as an adjunct to the standard of care to improve survival and minimize side effects for patients with malignant brain tumors. Her laboratory has been studying the use of the therapeutic ketogenic diet (KD) and metabolic ketosis for the treatment of malignant brain tumors. Their work has shown that the KD reduces the growth of malignant brain tumors through a wide variety of mechanisms, and it potentiates the effect of radiation and temozolomide chemotherapy. She is now working to extend these studies to pediatric brain tumors.



**DAY FOUR**  
**22ND OCTOBER 2021**  
**2.30-3.00pm**

Clinical Utilisation in brain  
cancer – Have we moved  
forward?

### **Professor Michael D Jenkinson**

Professor of Neurosurgery and Honorary consultant neurosurgeon at the University of Liverpool and Walton Centre NHS Foundation Trust.

---

Michael Jenkinson is Professor of Neurosurgery and Honorary consultant neurosurgeon at the University of Liverpool and Walton Centre NHS Foundation Trust. He sub-specialises in neurosurgical oncology including awake craniotomy, intraventricular / pineal tumours and stereotactic radiosurgery.

He chairs the National Cancer Research Institute Brain Tumour Group, the Academic Committee of the Society of British Neurological Surgeons and is a member of The Brain Tumour Charity Quality of Life Scientific Advisory Board.

His research interests include meningioma and cerebral metastasis, and clinical studies on quality of life in brain tumours. He is the recipient of grants for basic science and clinical research from the MRC, NIHR and Industry, including as chief investigator for the international, multi-centre ROAM-1308 trial (Radiation versus Observation following surgical resection of Atypical Meningioma) and the KEATING trial (Ketogenic Diet in Glioma).

## DAY FOUR | SPEAKER BIOGRAPHIES



**DAY FOUR**  
**22ND OCTOBER 2021**  
**3.00-3.30pm**

Utilisation for other cancers  
- Beyond the brain

### Professor Barbara Kofler

Head of the Research Program of Receptor Biochemistry and tumor metabolism at the University Hospital for Pediatrics of the Paracelsus Medical University, Salzburg, Austria..

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Barbara received her master's degree in chemistry and PhD in biochemistry from the University of Innsbruck, Austria. After a postdoctoral training at the Garvan Institute of Medical Research, Sydney Australia she established the special and research labs at the Department of Pediatrics in Salzburg Austria.

One of Barbara Kofler's research interests is tumor metabolism with a focus on alterations of the respiratory chain. After characterization of cancer cell metabolism for more than ten years, she decided to target the altered cancer metabolism by dietary intervention. Kofler and her team is testing different types of ketogenic diets in combination with classical therapeutic approaches in a range of preclinical tumor models. Albeit being excited by the effects ketogenic diets have on tumor growth in preclinical studies she is likewise quite reluctant in suggesting the diet to cancer patients, as there are so far not enough clinical trials available in humans.

She not only feeds her mice with ketogenic diets but also herself and her husband with ketogenic food to understand the needs and potential problems of patients shifting to low carb and ketogenic diets.



**DAY FOUR**  
**22ND OCTOBER 2021**  
**3.30-4.00pm**

Where do we go from here?

### Professor Elizabeth A. Thiele MD, PhD

Massachusetts General Hospital, Boston & Professor Neurology at Harvard Medical School, USA.

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Elizabeth A. Thiele is Director of the Pediatric Epilepsy Program, Director of the Herscot Center for Tuberous Sclerosis Complex and Director of the Dravet Syndrome comprehensive clinical program at Massachusetts General Hospital. Dr. Thiele is also Professor of Neurology at Harvard Medical School.

Dr. Thiele directs clinical research efforts in the neurologic aspects of Tuberous Sclerosis Complex (TSC) including epilepsy, autism and mental health issues. She has been principal investigator of several clinical trials in TSC, Dravet Syndrome and Lennox Gastaut Syndrome. She also works on improved dietary therapies for epilepsy, including Low Glycemic Index Treatment. Dr. Thiele has received awards for teaching in residency programs at Massachusetts General Hospital and the Longwood Neurology Program, and for research mentoring from the Harvard MIT Health Sciences and Technology program. She also received the Manuel R. Gomez Award from the Tuberous Sclerosis Alliance in 2008, the inaugural John M Freeman Award in 2014 and the Infantile Spasms Award from the Child Neurology Foundation in 2014.

Dr. Thiele received her A.B., scl from Washington University, St. Louis in 1983 and her M.D. and Ph.D. from The Johns Hopkins University School of Medicine in 1990. She completed a residency in pediatrics at The Johns Hopkins Hospital in Baltimore and a residency in child neurology with the Longwood Program and Children's Hospital in Boston. In addition, she completed a neuroscience fellowship at Children's Hospital in Boston. Dr. Thiele is board certified in neurology with a special qualification in child neurology, epilepsy and in clinical neurophysiology.

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### PRESENTERS



**Christine Wheeler** MS, RDN, CSP

Pediatric Dietitian III,  
Phoenix Children's Hospital, USA

**DATE** OCTOBER 22  
**TIME** 12:45 - 2:00 BST  
**WHERE** OXFORD HALL



**Victoria Whiteley**

Advanced Clinical Practitioner,  
Royal Manchester Children's Hospital, UK

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## ADDITIONAL CONFERENCE CHAIRS



### **Dr Anita Devlin MBBS MD MRCP MRCPC MBBA**

Consultant Paediatric Neurologist at the Great North Children's Hospital and Associate Clinical Lecturer at Newcastle University.

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Anita Devlin is Consultant Paediatric Neurologist at the Great North Children's Hospital in Newcastle and Associate Clinical Lecturer at Newcastle University. Anita leads the regional paediatric complex epilepsy service which includes the investigation, diagnosis and management of complex epilepsy, VNS and Ketogenic Dietary Therapy as well as referral for surgical assessment. She is active in research in the field of paediatric epilepsy including ketogenic dietary therapy.

Anita was a founder member of the group that developed the BPNA Paediatric Epilepsy Training Courses and directed on the international launches of these courses in South Africa and New Zealand. In collaboration with Matthews Friends and colleagues she developed and revises course materials for "KetoCollege" an international multidisciplinary course for professionals about ketogenic dietary therapy. Anita receives invitations to speak nationally and internationally about paediatric complex epilepsy, publishing and peer reviewing articles for publication.

Anita serves as member of the current National Institute for Health and Care Excellence (NICE) Guideline Committee for the Epilepsies.



### **Jennifer Carroll MSc FHEA RD**

Programme Lead for MSc APP Dietetics & APP Paediatric Dietetics. School of Health Professions, Faculty of Health and Human Sciences, Plymouth University.

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Jen graduated with a BSc in Nutritional Sciences from University College Cork, Ireland and a MSc in Dietetics from Queen Margaret University, Edinburgh. She went on to work as a dietitian in the NHS specialising in paediatric dietetics and specifically ketogenic diet therapy. Jen led the service at University Hospitals of Leicester for several years before making the move into academia, first with the University of Nottingham and currently the University of Plymouth.

Jen is programme lead for the MSc Advanced Professional Practice in Paediatric Dietetics. Jen's research focusses on the outcomes of KD therapy and how families experience KD. She is developing a core outcome set for childhood epilepsy treated with ketogenic diet (the CORE-KDT study) in pursuit of a PhD.

## ADDITIONAL CONFERENCE CHAIRS



### Sue Wood RD

Specialist Ketogenic Dietitian, Adults And Children, Matthew's Friends Clinics, UK.

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Susan Wood has worked as a UK registered dietitian for 39 years, predominantly in the NHS, treating a wide range of paediatric and adult conditions.

In 2008, the referral of one young adult for the dietary management of drug resistant epilepsy sparked her interest in ketogenic diet therapy (KDT) and since then she has been pioneering the development of adult treatment protocols in the UK and raising the awareness of dietitians and adult neurologists to the potential that KDT can offer to adults. In 2009 she started to work alongside the Matthew's Friends Charity, offering support to adults and their neurology teams seeking treatment. In 2011 she joined the newly formed clinical team at the Matthew's Friends Centre for Ketogenic Dietary Therapies; set up to complement existing NHS KDT provision, by providing a comprehensive neurology/ dietetic service to which adults and children, unable to access local NHS KDT provision, could be referred. She continues to oversee the treatment of adults & children with drug resistant epilepsy and mentors NHS teams keen to explore KDT use in adults e.g. with status epilepticus.

She has recently co-authored reports on; the brain tumour patient experience of the use of KDT and the first international recommendations for the management of adults treated with ketogenic diet therapies. She is a member of the UK based Ketogenic Dietitians Research Network (KDRN) and a visiting lecturer at the University of Surrey.



### Elizabeth Neal RD MSc PhD

Ketogenic dietitian Matthew's Friends Clinics, Lingfield, UK.  
Honorary Research Associate, Department of Neuroscience,  
UCL-Institute of Child Health, London, UK.

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After graduating with an honours degree in Nutrition, Liz worked in paediatric dietetics and studied for a Masters degree in Public Health Nutrition at the London School of Hygiene and Tropical Medicine. She has specialised in the ketogenic diet for the past twenty years, and while working as a research dietitian at UCL-Institute of Child Health she completed her PhD study on traditional ketogenic diet therapies for intractable childhood epilepsy.

She has since contributed to many scientific journal and book publications on the subject. She currently works for Matthew's Friends ketogenic dietary therapy clinics and continues research links with the Institute of Child Health where she holds an honorary post.

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10.30am Keto Chef from Cambrooke

Lunchtime Following Nutricia KetoConference 2021.  
Chef Derek from Nutricia

4.10pm Chef Derek from Nutricia



Chef Derek from Nutricia



Chef Neil from Vitaflo

## THURSDAY 21<sup>ST</sup> OCTOBER 2021

10.30am Chef Neil from Vitaflo

4.15pm KetoCook Mo from Matthew's Friends



KetoCook Mo from Matthew's Friends

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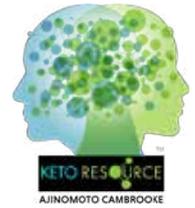


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