

# 4<sup>TH</sup> ANNUAL DIABETES CONGRESS

&

5<sup>th</sup> World Congress on

## NURSING AND HEALTHCARE

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### The ketogenic diet - Implications in diabetes reversal

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A low-carb diet is an eating regimen that confines starches, for example, those found in sugary sustenances, pasta and bread and is high in protein, fat and solid vegetables. There is a wide range of sorts of low-carb diets and studies demonstrate that they can cause weight reduction and improve wellbeing. A particular low sugar diet that has gotten a great deal of media consideration of late is “ketogenic diet”. The ketogenic diet (KD) is a very low-carbohydrate (<10% of energy), high-fat (>60% of energy) and adequate-protein diet that without limiting calories induces a metabolic condition called “physiological ketosis” involving increased levels of circulating ketone bodies. Low carbohydrate diets in general have therapeutic value in a range of diseases such as type 2 diabetes,

polycystic ovary syndrome, neurodegenerative diseases and are currently being investigated. Moreover, low carbohydrate and KDs recently have become quite popular as a weight-loss diets. The field of “Weight” and “Obesity” is evolving and changing. The World Health Organisation (WHO) and various national authorities have recently made recommendations urging a limitation of the daily consumption of carbohydrates, more specifically that of rapidly digestible starches and sugars. These recommendations play a key role in reducing the risks of obesity, diabetes and cardiovascular diseases. Low carbohydrate diets work well especially in the case of insulin resistance. However, each patient is different and unique. It is very important to follow with a physician when beginning or while on a ketogenic diet.

### Biography

Aastha Kalra is board certified in Internal Medicine. She completed her residency in Internal Medicine at Hofstra University-North Shore LIJ Health System in New York and thereafter served as chief resident in Internal Medicine for a year. An outstanding physician, Dr. Kalra's skills extend beyond traditional medicine to include a special interest in obesity. She is founder physician of telemedicine startup, Weight Zero MD which is a virtual clinic leveraging technology focusing on reversal of metabolic syndrome.

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