

## Roundup - March 2022

New this month in therapeutic carbohydrate restriction and metabolic health.

### Reviews/Mechanisms

1. Bitsanis, D. *et al.* (2022) ‘The Effect of Early Time-Restricted Feeding on Glycemic Profile in Adults: A Systematic Review of Interventional Studies’, *Review of Diabetic Studies*, 18(1), pp. 10–19. doi:[10.1900/RDS.2022.18.10](https://doi.org/10.1900/RDS.2022.18.10).
2. Brocchi, A. *et al.* (2022) ‘Effects of Intermittent Fasting on Brain Metabolism’, *Nutrients*, 14(6), p. 1275. doi:[10.3390/nu14061275](https://doi.org/10.3390/nu14061275).
3. Sargaço, B. *et al.* (2022) ‘Effects of the Ketogenic Diet in the Treatment of Gliomas: A Systematic Review’, *Nutrients*, 14(5), p. 1007. doi:[10.3390/nu14051007](https://doi.org/10.3390/nu14051007).
4. Ilyas, Z. *et al.* (2022) ‘The Ketogenic Diet: Is It an Answer for Sarcopenic Obesity?’, *Nutrients*, 14(3), p. 620. doi:[10.3390/nu14030620](https://doi.org/10.3390/nu14030620).
5. Li, M. and Yuan, J. (2022) ‘Effects of very low-carbohydrate ketogenic diet on lipid metabolism in patients with type II diabetes mellitus: a meta-analysis’, *Nutricion Hospitalaria* [Preprint]. doi:[10.20960/nh.03987](https://doi.org/10.20960/nh.03987).
6. Luong, T.V. *et al.* (2022) ‘Ketogenic Diet and Cardiac Substrate Metabolism’, *Nutrients*, 14(7), p. 1322. doi:[10.3390/nu14071322](https://doi.org/10.3390/nu14071322).
7. Kleissl-Muir S. *et al.* (2022) ‘Low carbohydrate diets for diabetic cardiomyopathy: A hypothesis?’. doi:[10.3389/fnut.2022.865489](https://doi.org/10.3389/fnut.2022.865489).
8. Muscogiuri, G. *et al.* (2022) ‘Ketogenic diet: a tool for the management of neuroendocrine neoplasms?’, *Critical Reviews in Food Science and Nutrition*, 62(4), pp. 1035–1045. doi:[10.1080/10408398.2020.1832955](https://doi.org/10.1080/10408398.2020.1832955).
9. Guess, N.D. (2022) ‘Could Dietary Modification Independent of Energy Balance Influence the Underlying Pathophysiology of Type 2 Diabetes? Implications for Type 2 Diabetes Remission’, *Diabetes Therapy* [Preprint]. doi:[10.1007/s13300-022-01220-4](https://doi.org/10.1007/s13300-022-01220-4).
10. Burslem, R. *et al.* (2022) ‘Low-carbohydrate, high-fat enteral formulas for managing glycemic control in patients who are critically ill: A review of the evidence’, *Nutrition in Clinical Practice: Official Publication of the American Society for Parenteral and Enteral Nutrition*, 37(1), pp. 68–80. doi:[10.1002/ncp.10652](https://doi.org/10.1002/ncp.10652).

### Trials/Studies

1. Chi, J.-T. *et al.* (2022) ‘Serum metabolomic analysis of men on a low-carbohydrate diet for biochemically recurrent prostate cancer reveals the potential role of ketogenesis to slow tumor growth: a secondary analysis of the CAPS2 diet trial’, *Prostate Cancer and Prostatic Diseases* [Preprint]. doi:[10.1038/s41391-022-00525-6](https://doi.org/10.1038/s41391-022-00525-6).
2. Condorelli, R.A. *et al.* (2022) ‘Beneficial Effects of the Very-Low-Calorie Ketogenic Diet on the Symptoms of Male Accessory Gland Inflammation’, *Nutrients*, 14(5), p. 1081. doi:[10.3390/nu14051081](https://doi.org/10.3390/nu14051081).

3. de Gruil, N. *et al.* (2022) 'Short-Term Fasting Synergizes with Solid Cancer Therapy by Boosting Antitumor Immunity', *Cancers*, 14(6), p. 1390. doi:[10.3390/cancers14061390](https://doi.org/10.3390/cancers14061390).
4. Lyman, K.S. *et al.* (2022) 'Continuous care intervention with carbohydrate restriction improves physical function of the knees among patients with type 2 diabetes: a non-randomized study', *BMC Musculoskeletal Disorders*, 23(1), p. 297. doi:[10.1186/s12891-022-05258-0](https://doi.org/10.1186/s12891-022-05258-0).
5. MNakamura, K. *et al.* (2022) 'Ketogenic Effects of Multiple Doses of a Medium Chain Triglycerides Enriched Ketogenic Formula in Healthy Men under the Ketogenic Diet: A Randomized, Double-Blinded, Placebo-Controlled Study', *Nutrients*, 14(6), p. 1199. doi:[10.3390/nu14061199](https://doi.org/10.3390/nu14061199).
6. Shanshan Mei, Ding Jie, Kaili Wang, Zhixin NI and Jin Yu (2022) 'Mediterranean diet combined with a low-carbohydrate dietary pattern in the treatment of overweight polycystic ovary syndrome patients'. Available at: <https://www.frontiersin.org/articles/10.3389/fnut.2022.876620/abstract>.
7. Tidman, M.M., White, D. and White, T. (2022) 'Effects of an low carbohydrate/healthy fat/ketogenic diet on biomarkers of health and symptoms, anxiety and depression in Parkinson's disease: a pilot study', *Neurodegenerative Disease Management* [Preprint]. doi:[10.2217/nmt-2021-0033](https://doi.org/10.2217/nmt-2021-0033).
8. Wachsmuth, N.B. *et al.* (2022) 'The Impact of a High-Carbohydrate/Low Fat vs. Low-Carbohydrate Diet on Performance and Body Composition in Physically Active Adults: A Cross-Over Controlled Trial', *Nutrients*, 14(3), p. 423. doi:[10.3390/nu14030423](https://doi.org/10.3390/nu14030423).
9. Yang, M. *et al.* (2022) 'Metabolic effects of a ketogenic diet in overweight/obese women with polycystic ovary syndrome with different uric acid levels: a prospective cohort study', *Reproductive BioMedicine Online* [Preprint]. doi:[10.1016/j.rbmo.2022.03.023](https://doi.org/10.1016/j.rbmo.2022.03.023).

## Case Studies

1. Calkin, C., Kamintsky, L. and Friedman, A. (2022) 'Reversal of insulin resistance is associated with repair of blood-brain barrier dysfunction and remission in a patient with treatment-resistant bipolar depression', *Bipolar Disorders*, n/a(n/a). doi:[10.1111/bdi.13199](https://doi.org/10.1111/bdi.13199).
2. Cannataro, R. *et al.* (2022) 'Ketogenic Diet and Physical Exercise on Managing Tarlov Cysts: A Case Report', *Reports*, 5(2), p. 12. doi:[10.3390/reports5020012](https://doi.org/10.3390/reports5020012).
3. Tidman, M. (2022) 'Effects of a Ketogenic Diet on Symptoms, Biomarkers, Depression, and Anxiety in Parkinson's Disease: A Case Study', *Cureus*, 14(3). doi:[10.7759/cureus.23684](https://doi.org/10.7759/cureus.23684).