**Efficacy of Ketogenic Diet therapies in Lennox Gastaut Syndrome: A Prospective Cohort Study**

Sheffali Gulati, Anuja Agarwala, Vishal Sondhi, Vaishak Anand, Ankit Kumar Meena, Kanak Lata Gupta, Gautam Kamila, Prashant Jauhari, Biswaroop Chakraborty

**Purpose**

Lennox Gastaut syndrome (LGS) is a drug refractory epileptic encephalopathy. Ketogenic diet is considered as an alternative of antiseizure medication in drug refractory epilepsy. This prospective cohort aimed to evaluate efficacy of ketogenic diet in LGS.

**Methods:**

Children who were fulfilling electroclinical criteria for LGS, were enrolled. They were started on ketogenic diet after written parental consent. Patients were followed up telephonically and at outpatient visit to ensure compliance.

**Results:**

One hundred and eighteen children (males, females, age ranges 2 years to 12 years) with LGS were initiated on ketogenic diet (Classic Ketogenic diet 26, Low Glycemic index diet 47, Modified Atkins Diet 45). At 6 months of follow up using intent to treat analysis, 8 (6.8%) achieved complete seizure freedom, 50 (42.4%) achieved more than 50% seizure reduction, 40 (33.9%) achieved less than 50% seizure frequency, and 18 (15.3%) didn’t observe any change in seizure frequency.

**Conclusions:**

Ketogenic diet shows very promising results in LGS. Dietary therapy should be considered early in children with LGS.