

Ketogenic Diet

November 2008

Intro: You might have heard the term “brain food” used to describe food that’s good for you. Doctors at Mayo Clinic say there really is a diet that benefits the brain. But this diet is not for everybody. It’s for kids who have epilepsy, and it’s based on extremely high fats and very few carbs. More on how the ketogenic diet is helping some kids with epilepsy become seizure free.

Video

VO: Laura Rohrbaugh preparing food, Cady eating it

Audio

SHRIMP, SOME CARROTS AND DIP, AND CHOCOLATE MILK MADE WITH BUTTER AND HEAVY CREAM. CADY ROHRBAUGH HAS A SPECIAL NAME FOR THIS HIGH FAT DIET.

Cady [Katie] Rohrbaugh (29:05)

“MAGIC FOOD.”

VO: Cady eating

MAGIC FOOD. IT’S MAGIC IN THAT THE DIET HAS COMPLETELY STOPPED CADY’S UNCONTROLLED EPILEPTIC SEIZURES.

Dick Rohrbaugh (1:09)

Cady’s dad

“GRAND MALL SEIZURES WHERE SHE JUST SORT OF CONVULSES AND SHAKES.”

VO: Cady eating (Mayo file video?)

THE KETOGENIC DIET WAS FIRST DESCRIBED AT MAYO CLINIC IN THE 1920’S. TODAY IT’S USED FOR

KIDS WHOSE SEIZURES CANNOT BE CONTROLLED BY MEDICATION OR SURGERY.

Elaine Wirrell, M.D. (12:40)
Mayo Clinic neurologist

“THE KETOGENIC DIET WAS DESIGNED TO MIMIC THE FASTING STATE SO YOU BURN FAT NOT CARBOHYDRATES.”

VO: from Elaine Wirrell, M.D. to Animation

DOCTOR ELAINE WIRRELL SAYS WHEN YOU BURN FAT INSTEAD OF CARBOHYDRATES YOUR BODY PRODUCES CHEMICALS CALLED KETONES.. THIS STATE OF KETOSIS CHANGES THE METABOLISM OF YOUR BRAIN. THE THEORY IS THAT KETOSIS MAY STABILIZE CELL MEMBRANES, MAKING THEM LESS LIKELY TO SEIZE.

Animation out

Elaine Wirrell, M.D. (?)
Mayo Clinic neurologist

“THESE ARE CADY’S BRAIN WAVES DURING A SEIZURE. THIS READING, WHICH WAS TAKEN WHILE SHE’S ON THE DIET, IS NORMAL.”

VO: Cady’s mom weighing and

BUT THE DIET ONLY WORKS IF

measuring food

CADY FOLLOWS IT PRECISELY.

EVERYTHING HAS TO BE WEIGHED

AND MEASURED TO MAINTAIN A

CERTAIN LEVEL OF KETOSIS.

Laura Rohrbaugh (8:24)

“YOU HAVE TO COOK THINGS A

Cady’s mom

CERTAIN WAY AND YOU HAVE TO

MEASURE THINGS PERFECTLY.”

Viv stand up with display of high fat foods

AND YOU MIGHT WONDER ABOUT

THE EFFECTS SUCH A HIGH FAT

DIET MIGHT HAVE ON CADY’S

CHOLESTEROL LEVELS AND HER

HEART. DR. WIRRELL SAYS IT’S

VO: to Cady’s family cooking

ACTUALLY VERY HEALTHY

BECAUSE A DIETICIAN WORKS

VO: to Cady at home with parents

WITH CADY’S FAMILY TO MAKE

SURE THE FATS ARE COMING

FROM HEALTHY SOURCES. YES,

THE DIET IS A LIFESTYLE CHANGE.

BUT FOR CADY IT’S WORTH IT.

AFTER SUFFERING UP TO TWELVE

SEIZURES A DAY, SHE IS SEIZURE

FREE.

Anchor tag:

Dr. Wirrell says Cady will be on the diet for at least two years. And research suggests that even after she goes off the diet, Cady has a good chance of remaining seizure free.

The diet works well for many children. Some become seizure free, others have a reduction in seizure frequency.

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