



Letter to the Editor on “The efficacy comparison of classic ketogenic diet and modified Atkins diet in children with refractory epilepsy: a clinical trial”

Shahabeddin Rezaei¹

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Dear Editor,

Recently, the Journal of Acta Neurologica Belgica published the article entitled “The efficacy comparison of the classic ketogenic diet and modified Atkins diet in children with refractory epilepsy: a clinical trial”, that was written by Poorshiri et al. [1]. During reading the article, I have encountered some errors and inconsistencies in the article that needs correction or clarification.

1. The authors mentioned that “45 children aged 2–15 years who had refractory epilepsy were randomly allocated in ketogenic diet (KD) or modified Atkins diet (MAD) group”. The study is not a randomized clinical trial; therefore, how the authors randomly allocated patients to KD or MAD group?
2. In the body of the article, it is mentioned that the mean age of the participants in the classical KD group is 48.7 ± 22.13 months, and in MAD group is 58.53 ± 14.4 months. However, according to the data of table one and two, the mean age of the participants in the classical KD group is 42.7 ± 51 months, and in the MAD group is 65.2 ± 21.26 months. It will be more explicit if the authors provide a table to compare the baseline characteristic of both groups.
3. Another error is related to the number of male and female participants in the article. According to the tables' values, in classical KD, the number of male participants is 14 and the number of female participants

is 16 that are mentioned incorrectly in the body of the article. The same error exists in the MAD group.

4. The authors mentioned “Other patients (24 patients in KD, 11 patients in MAD) completed the six-month of diet therapy”. According to tables 1 and 2, merely eight patients in the classical KD group and five patients in the MAD group completed 6 months of diet therapy.
5. The authors mentioned “the compliance rate in our study was 80% for KD and 73.34% for MAD”. As mentioned above, merely eight patients in classical KD and five patients in MAD completed the study. Therefore, it seems that after the 6-month diet therapy, the compliance rate in the classical KD group is 26.7% and in the MAD group is 33%.
6. The ketogenic ratio of classical KD that was used in this study “The lipid to nonlipid ratio was 4:1 for the first 6 months, 3:1 for second 2 months, and 2:1 for the third 2 months.” is confusing. The classical KD and MAD protocol of this study, including the ketogenic ratio, need more clarification.

Compliance with ethical standards

Conflict of interest The author declares no conflict of interest.

Reference

1. Poorshiri B, Barzegar M, Tahmasebi S, Shiva S, Raeisi S, Ebadi Z (2019) The efficacy comparison of classic ketogenic diet and modified Atkins diet in children with refractory epilepsy: a clinical trial. Acta Neurol Belg. <https://doi.org/10.1007/s13760-019-01225-0>

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✉ Shahabeddin Rezaei
rezaei.shahabeddin@gmail.com

¹ Non-Communicable Diseases Research Center, Endocrinology and Metabolism Population Sciences Institute, Tehran University of Medical Sciences, Second Floor, No. 10, Jalal Al-e-Ahmad Highway, Tehran 1411713137, Iran