Transition and GLUT1 Deficiency Syndrome

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Ketogenic dietary therapies (KET) are established treatments for Glucose 1 deficiency syndrome (GLUT1-DS). The optimal timing for handover of paediatric patients with GLUT1-DS to neurologists has not yet been clearly defined. Already at the age of 14, the transition should be addressed and from the age of 16, it should be organized and planned in detail. After reassessment of the indication and form of KET in use and in dependence on the severity of clinical symptoms, the indication for continuation of ketogenic therapy in the adulthood as well as specialties necessary for the care of patients as adults should be defined and organized. Comprehensive preparation and education of the patients and their social environment as well as a structured data transfer of medical and dietary information are essential for the successful transition. Here we provide recommendations for transition of patients treated with KETs with GLUT1-DS and describe transition process at our clinic, which we have been established for patients based on already existing model for neuromuscular patients.