

***KDT – where do we stand in 2023? Update and challenges***  
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Now 2 years into the new century of usage of ketogenic diet therapies for epilepsy and Glut1 deficiency, our ketogenic community is at an exciting crossroads. Nearly a dozen randomized, controlled trials have proven efficacy for epilepsy. Flexibility in starting, maintaining, and choosing amongst five different diets have expanded use around the world to nearly every large city. Centers are investigating ketogenic diets for new-onset epilepsy and certainly early in the course, with high interest in its implementation for refractory status epilepticus. Strong evidence suggests that diet therapy should not just be used in children; infants and adults are very likely to show benefit. Finally, diets are being studied for neurologic conditions beyond epilepsy. A new society, entitled INKS (International Neurologic Ketogenic Society) was formed in 2021 and includes many of the speakers at this conference. INKS will help take the diet into the next century and beyond, and is in partnerships with other societies including the Glut1 Deficiency Foundation in the USA. This lecture will summarize all of these exciting developments, then focus on the current state of guidance for parents and patients with Glut1 using diet therapies based on the recent 2020 Glut1 consensus guidelines.