

Effect of Ketogenic Diet on Cancer: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

Adeleh Khodabakhshi

Department of Nutrition, Faculty of Public Health, Kerman University of Medical Sciences, Kerman, Iran

Abstract

In light of the mitochondrial metabolic theory, cancer could be considered a metabolic disease. It has been suggested that cancer metabolic therapies, including ketogenic diets (KD) may be useful to exploit differences in metabolism from non-neoplastic cells. In this systematic review and meta-analysis of randomized controlled trials (RCTs) we aimed to investigate the efficacy of KD as an adjuvant therapy in the treatment of cancer compared to a traditional non-ketogenic diet.

Methods: In this study, databases such as MEDLINE/PubMed, Web of Science, SCOPUS, EMBASE, and Cochrane Central Register of Controlled Trials were searched. Only RCTs that involved cancer participants that were assigned to dietary interventions including a KD group and a control group (any non-ketogenic dietary intervention) were selected. Two reviewers independently extracted the data, and the meta-analysis was performed using a fixed effects model or random effects model depending on the I² value or p-value

Received Date: January 29, 2022

Accepted Date: February 02, 2022

Published Date: February 10, 2022

Biography

I am Dr Adeleh Khodabakhshi, PhD of clinical nutrition and

faculty member of Kerman University of Medical Sciences.