Results of Outpatient Ketogenic Feeding Tube Diets in 281 Patients in the USA

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Abstract

The United States is challenged with obesity as a major health concern. According to the CDC, 69% of adult American's (20 years and above) are overweight or obese, with 35.1% of adult American's classifying as clinically obese [1]. Multiple comorbidities have been correlated to obesity, which makes being overweight an even greater health concern [2, 4]. Reducing body fat and losing weight can greatly improve a person's health and even reverse certain comorbid conditions. In addition to diet and lifestyle changes to maintain a healthy weight, a 10 day ketogenic feeding tube diet can safely induce rapid fat burning producing weight loss in overweight and obese patients [2, 3, 4].

Purpose

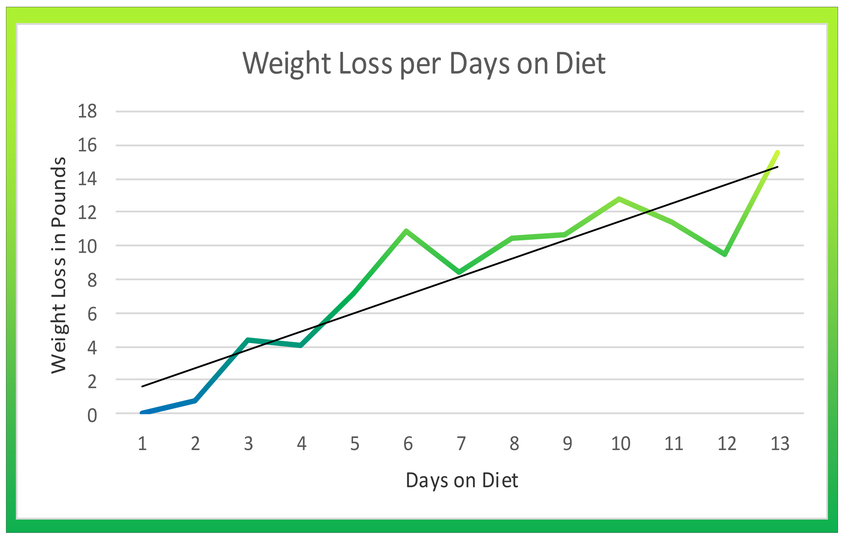
The purpose of this study was to examine patient data from various bariatric physicians and evaluate weight loss using a ketogenic feeding tube diet for 10 days.

Methods

The KE Diet® Patient Registry containing 281 data records from ten obesity medicine specialists was analyzed. Patients who met weight and health criteria were placed on a ketogenic feeding tube diet for 10 days. Patients were educated on diet plan and formula preparation. A continuous feed provided approximately 600 to 800 kcal/day of protein and fat. Follow up appointments were conducted every 2-3 days to monitor weight loss, labs, safety and side effects. Male and female patients' body composition were evaluated on the day the tube was inserted "day 0" and the final day of the diet. Lifestyle counseling was provided to maintain weight loss.

Results

Male and female patients completed between 1 to 13 days on the diet with the average diet length at 8.7 days. Patient age ranged from 20 to 72 years with the mean age of 45 years. Data included patients who completed from 1 to 3 cycles of the diet with a majority of patients on their first cycle and female. The average weight was 200 pounds with a BMI of 32.6 kg/m² at the start of the diet. The average weight loss was 11.2 pounds and the average decrease in BMI was 1.9 kg/m². On a subjective scale of 0 to 4, with 0 being none and 4 being maximized, the average hunger was 0.7, average diarrhea was 0.3 and average abdominal cramping was 0.1. At the final day of the diet, patients had an average blood ketone level of 3.9 mmol/L and urinary ketone measure of 91.4 mg/dL.



The average weight loss was 12.8 pounds at 10 days.

Conclusion

A zero carbohydrate, ketogenic feeding tube diet is a safe and effective tool for inducing rapid weight loss in overweight and obese patients.

The majority of patients enter nutritional ketosis and tolerate a ketogenic feeding tube diet with minimal reported side effects such as diarrhea, abdominal cramping and hunger.

References

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