Applications for the Ketogenic Diet in Dermatology

How do dermatologic conditions benefit from a ketogenic diet?

**Acne**
- Very little insulin secretion; anti-inflammatory effects of ketones; lowers insulin-like growth factor 1 and sex hormone binding globulin levels, leading to enhanced desquamation and less sebum production

**Diabetic skin disease**
- Less glucose entering the body; enhanced fat loss and metabolic efficiency; increased insulin sensitivity; and decreased inflammation

**Malignancy**
- May halt or even reverse tumor growth since cancer cells cannot metabolize ketones

How should patients implement the ketogenic diet?

- Focus on fat, fiber, and protein consumption and greatly reduce the amount of carbohydrates
- Morning walks or more intense workouts for fitter patients
- Consume serum ketone-enhancing foods such as coffee, medium-chain triglyceride oil, and coconut products
- Consider Bulletproof coffee
- Use a blood ketone meter to aim for proper β-hydroxybutyrate levels

Source:

Full article available at medscape.com/dermatology.

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