

Ketogenic Diet and its Effects in Diabetes Management

Date: 06/05/20 Time: 13:30-14:30

**Continuing Professional Education** Howard University College of Pharmacy 2300 4th St NW, Washington, DC 20059

Who should attend: The program is designed for pharmacists in any region.

**Needs statement**: There has been a national trend of patients initiating the ketogenic or "keto" diet to aid in weight loss. Patients and practitioners need to know the risks and benefits of initiating ketogenic diet, especially diabetic patients. These patients' drug therapy may be directly impacted by diet and requires close attention and monitoring.

Statement of goal: To increase pharmacist awareness in the management of diabetes in patients who are receiving ketogenic diet

Activity Type: Knowledge Objectives:

At the completion of this activity, the participant will be able to:

- Describe the characteristics and components of a ketogenic diet
- Explain the pathogenesis of ketosis and its potential effects in diabetes
- Summarize clinical studies which discuss the advantages and disadvantages of the ketogenic diet
- Identify opportunities for counseling and/or adjustments to a diabetes treatment plan

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Fee: N/A

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