

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 insulinlike 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:

Fomin DA, Handfield K. The ketogenic diet and dermatology: a primer on current literature. *Cutis*. 2020;105:40-43.

Full article available at [mdedge.com/dermatology](https://www.mdedge.com/dermatology).

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