

PREVIEW_ Eric Westman - Interview 1 (Ketones) (Mallorca 2017) 2

Dr. Andreas Eenfeldt: If you have type 2 diabetes do your ketones matter, should you measure them? Is there any benefit of doing so? Would ketones indicate better control of your type 2 diabetes or not? Or is it dangerous?

Dr. Eric Westman: Well it certainly causes confusion for people with diabetes who've been taught if you have ketones you're in ketoacidosis. Which you're not, if the ketones are low and you don't have acidosis. So if you're in nutritional ketosis and you have an elevated blood glucose, your blood sugar is high, you have diabetes, this can coexist just fine.

But if you end up in the emergency room and someone measures your ketone level they'll assume you're in ketoacidosis. So you have to have the knowledge that if you're feeling well you're not in acidosis. This is not a bad thing to have ketone levels up even with diabetes.

Now I enter in a new drug that actually can cause ketoacidosis without an elevation of blood sugar. These are the new SGLT2 inhibitors that are widely used in the US now. They help the sugar go down in the blood because it makes the kidneys leak.

Dr. Andreas Eenfeldt: So what are the brand names of that in the US?

Dr. Eric Westman: Invokana, the "flozin's" at the end. So I just remembered it as the drugs that make your kidneys leak sugar.

Dr. Andreas Eenfeldt: Yeah, people will know that exactly. Using those drugs combined with a low-carb diet?

Dr. Eric Westman: Not a good idea. In fact I had eight years of clinical experience using a ketogenic diet in the clinic setting and I'd never had a case of ketoacidosis. Thousands of patients. First time I've seen it was someone who was put on one of these drugs and did a low-carb diet together.