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Speaker	Marchetti Marco under40 <input type="checkbox"/>
ARGOMENTO	Obesità – COVID19 – Chirurgia Bariatrica
TITOLO DEL LAVORO	VLCKD overview and focus on efficacy, safety and right nutrients intake
AUTORI	Marco Marchetti
RELATORE	
INTRODUZIONE	In last years, the very low calorie ketogenic diet (VLCKD) has become increasingly important as a diet therapy for weight loss. In particular, in aesthetic medicine, it is widely used for its effectiveness in body reshaping and for localized fat. The correct protein intake and duration of treatment are still a source of discussion. The objective of this review is to determine more precisely, according to the latest scientific evidence, the optimal nutrients intake and the duration of VLCKD to help the aesthetic doctor in drafting an effective but equally healthy ketogenic protocol especially in case of pathologies related to obesity.
METODI	Were analyzed the most representative works published in the last three years which contained the following keywords: VLCKD, Body Composition, Efficacy, Safety, Metabolic state, Muscle mass, which therefore highlighted parameters as protein intake, duration of treatment, results in terms of weight loss and body recomposition, inflammatory parameters and safety.
RISULTATI	VLCKD was effective and free from complications over two months. The protein intake that has given the greatest guarantee of the best body recomposition is the personalized one, parameterized on the patient's lean body mass. Weight loss is reported in all the studies analyzed, but fat loss with simultaneous saving in lean body mass has been highlighted exclusively for studies with higher protein percentages. All studies showed extensive safety profiles.
DISCUSSIONE	From the analysis of the literature it is possible to affirm that VLCKD in the treatment of obesity and overweight as well as localized fat, can be considered a valid, safe and effective resource for the aesthetic doctor even in the case of pathologies related to obesity, provided that a complete and personalized protein intake and a lipid intake with strong anti-inflammatory properties are guaranteed.
BIBLIOGRAFIA	
Revisore	Non assegnato
Accettazione	Non ancora definito
Note	