

# KETO & CHOLESTEROL

This document is for general informational purposes only, it is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Nothing in this document should replace the services of a licensed, trained physician or health professional. Do not disregard professional medical advice or delay seeking medical treatment because of something you have read on this document or accessed through KETOMYBRAIN.

This document is copyrighted. This is available to the public for free and can be redistributed via hard copy or electronic copy for free ONLY if KETOMYBRAIN is included as the acknowledged author within the actual media that is re-distributed.

## [Low total cholesterol is associated with increased major adverse cardiovascular events in men aged \$\geq 70\$ years not taking statins](#)

Gnanenthiran SR, Ng ACC, Cumming R, *et al*/Low total cholesterol is associated with increased major adverse cardiovascular events in men aged  $\geq 70$  years not taking statins *Heart* Published Online First: 13 October 2019. doi: 10.1136/heartjnl-2019-315449

## [Dietary Total Fat, Fatty Acids Intake, and Risk of Cardiovascular Disease: A Dose-Response Meta-Analysis of Cohort Studies](#) [PDF link here](#)

Zhu, Y., Bo, Y., & Liu, Y. (2019). Dietary total fat, fatty acids intake, and risk of cardiovascular disease: A dose-response meta-analysis of cohort studies. *Lipids in Health and Disease*, 18(1). doi:10.1186/s12944-019-1035-2

## [Association of dietary nutrients with blood lipids and blood pressure in 18 countries: a cross-sectional analysis from the PURE study](#) [PDF link here](#)

Mente, A., Dehghan, M., Rangarajan, S., McQueen, M., Dagenais, G., Wielgosz, A.,...Mapanga, R. (2017). Association of dietary nutrients with blood lipids and blood pressure in 18 countries: a cross-sectional analysis from the PURE study. *The Lancet Diabetes & Endocrinology*, 5(10), 774-787. [https://doi.org/10.1016/S2213-8587\(17\)30283-8](https://doi.org/10.1016/S2213-8587(17)30283-8).

## [Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: a meta-analysis of randomised controlled trials](#) [PDF link here](#)

Mansoor, N., Vinknes, K., Veierød, M., & Retterstøl, K. (2016). Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: A meta-analysis of randomised controlled trials. *British Journal of Nutrition*, 115(3), 466-479. doi:10.1017/S0007114515004699

## [Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review](#) [PDF link here](#)

Ravnskov, U., Diamond, D. M., Hama, R *et al*. (2016). Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: A systematic review. *BMJ Open*, 6(6). doi:10.1136/bmjopen-2015-010401

## [Resistance training in overweight women on a ketogenic diet conserved lean body mass while reducing body fat](#) [PDF here](#)

Jabekk, P. T., Moe, I. A., Meen, H. D., Tomten, S. E., & Høstmark, A. T. (2010). Resistance training in overweight women on a ketogenic diet conserved lean body mass while reducing body fat. *Nutrition & Metabolism*, 7(1), 17. doi:10.1186/1743-7075-7-17

# KETO & CHOLESTEROL

## [The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus](#) [PDF link here](#)

Westman, E. C., Yancy, W. S., Jr, Mavropoulos, J. C., Marquart, M., & McDuffie, J. R. (2008). The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. *Nutrition & metabolism*, 5, 36. doi:10.1186/1743-7075-5-36

## [Beneficial effects of ketogenic diet in obese diabetic subjects](#) [PDF link here](#)

Dashti, Hussain & C Mathew, Thazhumpal & Khadadah, Mousa & Al-Mousawi, Mahdi & Hussain, Talib & Asfar, Sami & I Behbahani, Abdulla & Al-Zaid, Naji. (2007). Beneficial effects of ketogenic diet in obese diabetic subjects. *Molecular and cellular biochemistry*. 302. 249-56. 10.1007/s11010-007-9448-z.

## [Long Term Effects of Ketogenic Diet in Obese Subjects with High Cholesterol Level](#) [PDF only available with subscription](#)

Dashti, H. M., Al-Zaid, N. S., Mathew, T. C., Al-Mousawi, M., Talib, H., Asfar, S. K., & Behbahani, A. I. (2006). Long Term Effects of Ketogenic Diet in Obese Subjects with High Cholesterol Level. *Molecular and Cellular Biochemistry*, 286(1-2), 1-9. doi:10.1007/s11010-005-9001-x

## [Long-term effects of a ketogenic diet in obese patients](#) [PDF here](#)

Dashti, H. M., Mathew, T. C., Hussein, T., Asfar, S. K., Behbahani, A., Khourshed, M. A., ... Al-Zaid, N. S. (2004). Long-term effects of a ketogenic diet in obese patients. *Experimental and clinical cardiology*, 9(3), 200-205.

## [The Effects of Low-Carbohydrate versus Conventional Weight Loss Diets in Severely Obese Adults: One-Year Follow-up of a Randomized Trial](#) [PDF only available with subscription](#)

Stern L, Iqbal N, Seshadri P, Chicano KL, Dailly DA, McGrory J, et al. The Effects of Low-Carbohydrate versus Conventional Weight Loss Diets in Severely Obese Adults: One-Year Follow-up of a Randomized Trial. *Ann Intern Med*. 2004;140:778-785. doi: 10.7326/0003-4819-140-10-200405180-00007

## [Cardiovascular and Hormonal Aspects of Very-Low-Carbohydrate Ketogenic Diets](#) [PDF link here](#)

Volek, J. S. and Sharman, M. J. (2004), Cardiovascular and Hormonal Aspects of Very-Low-Carbohydrate Ketogenic Diets. *Obesity Research*, 12: 115S-123S. doi:10.1038/oby.2004.276

## [A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia: A Randomized, Controlled Trial](#) [PDF available with login](#)

Yancy WS, Olsen MK, Guyton JR, Bakst RP, Westman EC. A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia: A Randomized, Controlled Trial. *Ann Intern Med*. 2004;140:769-777. doi: 10.7326/0003-4819-140-10-200405180-00006

## [Ketogenic diet modifies the risk factors of heart disease in obese patients](#) [PDF link here](#)

Dashti, H. M., Bo-Abbas, Y. Y., Asfar, S. K., Mathew, T. C., Hussein, T., Behbahani, A., ... Al-Zaid, N. S. (2003). Ketogenic diet modifies the risk factors of heart disease in obese patients. *Nutrition*, 19(10), 901-902. doi: 10.1016/s0899-9007(03)00161-8

## [Effect of a High Saturated Fat and No-Starch Diet on Serum Lipid Subfractions in Patients With Documented Atherosclerotic Cardiovascular Disease](#) [PDF available with subscription](#)

Hays, J.H., DiSabatino, A., Gorman, R.T., Vincent, S., & Stillabower, M.E., (2003). Effect of a High Saturated Fat and No-Starch Diet on Serum Lipid Subfractions in Patients With Documented Atherosclerotic Cardiovascular Disease. *Mayo Clinic Proceedings*, 78(11), 1331-1336. https://doi.org/10.4065/78.11.1331.

## [Effects of a low-carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents](#) **PDF only available with subscription**

Sondike, S., Copperman, N., & Jacobsen, M. (2003). Effects of a low carbohydrate diet on weight loss and cardiovascular risk factors in overweight adolescents. *ACC Current Journal Review*, 12(5), 87. doi:10.1016/j.accreview.2003.08.029

## [Metabolic origins and clinical significance of LDL heterogeneity](#) **PDF link here**

Berneis, K. K., & Krauss, R. M. (2002). Metabolic origins and clinical significance of LDL heterogeneity. *Journal of Lipid Research*, 43(9), 1363-1379. doi:10.1194/jlr.r200004-jlr200

## [A Ketogenic Diet Favorably Affects Serum Biomarkers for Cardiovascular Disease in Normal-Weight Men](#) **PDF link here**

Sharman, M.J., Kraemer, W.J., Love, D.M., Avery, N.G., Gómez, A.L., Scheett, T.P., & Volek, J.S. (2002). A Ketogenic Diet Favorably Affects Serum Biomarkers for Cardiovascular Disease in Normal-Weight Men. *The Journal of Nutrition*, 132(7), 1879-1885. <https://doi.org/10.1093/jn/132.7.1879>

## [Fasting Increases Serum Total Cholesterol, LDL Cholesterol and Apolipoprotein B in Healthy, Nonobese Humans.](#) **PDF link here**

Sävendahl Lars, & Underwood, L. E. (1999). Fasting Increases Serum Total Cholesterol, LDL Cholesterol and Apolipoprotein B in Healthy, Nonobese Humans. *The Journal of Nutrition*, 129(11), 2005-2008. doi: 10.1093/jn/129.11.2005

## [Fasting Triglycerides, High-Density Lipoprotein, and Risk of Myocardial Infarction.](#)

Gaziano, J. M., Hennekens, C. H., O'Donnell, C. J., Breslow, J. L., & Buring, J. E. (1997). Fasting Triglycerides, High-Density Lipoprotein, and Risk of Myocardial Infarction. *Circulation*, 96(8), 2520-2525. doi: 10.1161/01.cir.96.8.2520

## [The transient hypercholesterolemia of major weight loss.](#) **PDF only available with subscription**

Phinney, SD., Tang, AB., Waggoner, CR., et al. The transient hypercholesterolemia of major weight loss. *The American Journal of Clinical Nutrition*. 1991; 53(6):1404-1410

## Articles on Statins

### [Impact of Statins on Cardiovascular Outcomes Following Coronary Artery Calcium Scoring.](#)

Mitchell, J. D., Fergestrom, N., Gage, B. F., Paisley, R., Moon, P., Novak, E., ... Villines, T. C. (2018). Impact of Statins on Cardiovascular Outcomes Following Coronary Artery Calcium Scoring. *Journal of the American College of Cardiology*, 72(25), 3233-3242. doi: 10.1016/j.jacc.2018.09.051

### [Cardiovascular event reduction with PCSK9 inhibition among 1578 patients with familial hypercholesterolemia: Results from the SPIRE randomized trials of bococizumab.](#)

Ridker, P. M., Rose, L. M., Kastelein, J. J., Santos, R. D., Wei, C., Revkin, J., ... Shear, C. L. (2018). Cardiovascular event reduction with PCSK9 inhibition among 1578 patients with familial hypercholesterolemia: Results from the SPIRE randomized trials of bococizumab. *Journal of Clinical Lipidology*, 12(4), 958-965. doi: 10.1016/j.jacl.2018.03.088

## KETO & CHOLESTEROL

### Physicians' Experiences as Patients with Statin Side Effects: A Case Series. Drug safety - case reports

Koslik, H. J., Meskimen, A. H., & Golomb, B. A. (2017). Physicians' Experiences as Patients with Statin Side Effects: A Case Series. Drug safety - case reports, 4(1), 3. doi:10.1007/s40800-017-0045-0

### The effect of statins on average survival in randomised trials, an analysis of end point postponement.

Kristensen, M. L., Christensen, P. M., & Hallas, J. (2015). The effect of statins on average survival in randomised trials, an analysis of end point postponement. BMJ Open, 5(9). doi: 10.1136/bmjopen-2014-007118

### High-Dose Atorvastatin Reduces Total Plasma Levels of Oxidized Phospholipids and Immune Complexes Present on Apolipoprotein B-100 in Patients With Acute Coronary Syndromes in the MIRACL Trial. Circulation.

Tsimikas, S., Witztum, J. L., Miller, E. R., Sasiela, W. J., Szarek, M., Olsson, A. G., & Schwartz, G. G. (2004). High-Dose Atorvastatin Reduces Total Plasma Levels of Oxidized Phospholipids and Immune Complexes Present on Apolipoprotein B-100 in Patients With Acute Coronary Syndromes in the MIRACL Trial. Circulation, 110(11), 1406-1412. doi: 10.1161/01.cir.0000141728.23033.b5

