

## Excerpt from a parents' letter

...the youngest child in our family is Henrike who was diagnosed in the Göttingen University Clinic in 1998 as one of the first three children in Germany for a Glut1 defect through laboratory tests by Professor de Vivo in America. Henrike has been living and thriving solely on a ketogenic diet since the beginning of 1999.

After a five year odyssey as epileptic patient we owe our luck to the then senior physician and lecturer Dr. Korenke in Göttingen from where we eventually contacted Dr. Klepper in Essen who to our knowledge had about the same time brought the latest research results to Germany. What a lucky set of circumstances!

We are very, very happy about Henrike's breathtaking development since she was diagnosed correctly.

Since she was five weeks old in the first clinic she had been taking anti-epileptic drugs, which we had confidence in for five years, but she was not able to speak, to sit, or to walk. The turnaround in Henrike's hopeless existence was affected by the wonderful female senior physician Dr. Waldeck (Hochried Clinic) in Murnau who thought it might be a metabolic disease. From there our path led to Berlin and then Göttingen.

After the metabolic defect, the glucose transporter Glut1, had been confirmed, the first steps toward a ketogenic diet were difficult. Initially, it was not easy to select and prepare the correct food, but, at the beginning of the ketogenic diet Henrike's muscles started to build up, she became dry right away, began to speak and to walk. In the meantime she sings, jokes around, writes, draws, rides a tricycle and is a proud child integrated in a normal school. Years of therapy have furthered her development which is, of course, not comparable to that of a child of the same age, but her "starting conditions" were so much worse.

Henrike's progress in development confirm in the most impressive way that the correct diagnosis and a ketogenic diet provides a great opportunity. In the meantime her short life story furnishes so much material, miracles, success and luck that other people can be strengthened and consoled by it. The well-being of one's own child can be improved by consistently adhering to the difficult ketogenic diet, thus resulting in a relaxed family situation...

October 2003