

# MATTHEWS FRIENDS



Medical Ketogenic Diet Support Forum



## Matthew's Friends Supporting Patients and Families

### VIRTUAL KETO EDUCATION FILMS

At your leisure, view films made by the Matthew's Friends Team led by the Chair of our Medical Advisory Board, Professor Helen Cross OBE.

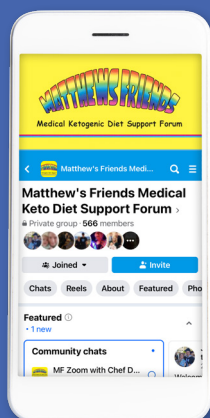
#### Topics include:

- An Introduction to Ketogenic Diets for children and adults
- Preparing the Family
- An overview of the diets available and supplementation
- Side effects, monitoring and weaning the Ketogenic Diet

The link for the films is as follows:

[matthewsfriends.org/keto-therapies/virtual-keto-education-day](https://matthewsfriends.org/keto-therapies/virtual-keto-education-day)

Alternatively you can scan the QR code on the right.



### FACEBOOK FAMILY SUPPORT FORUM

Once you or your loved one is on a medically supervised ketogenic dietary therapy, you can gain access to our Facebook support forum by filling out the request form and sending it to us. You will then be invited to join the forum and get to know other families in the same situation as yourself, where you can discuss any problems or concerns you may have or share your successes, recipes and handy hints and tips that makes things work for you.

This is a safe and confidential forum which is moderated by the Matthew's Friends team of past and present Ketogenic Ambassadors and Regional Co-ordinators all of whom have a wealth of experience. Our KetocheFs will also be on hand to answer any food questions for you and from time to time we have guest professionals join us for specific question and answer sessions on topics that YOU want addressed.

The link to access to the Facebook support forum is as follows:

[matthewsfriends.org/facebook-forum-family-access/](https://matthewsfriends.org/facebook-forum-family-access/)

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