

## Table of Contents

Inside Cover.....	i
Obligation Form .....	ii
Approval Form .....	iii
Table of Contents .....	v
List of Table .....	vii
List of Figures.....	viii
Acknowledgement .....	ix
Abstract.....	x
List of Abbreviations.....	xi
CHAPTER 1 INTRODUCTION.....	1
1.1 Background.....	1
1.2 Research Question .....	3
1.3 Research Objectives .....	3
1.4 Research Benefits .....	3
CHAPTER 2 LITERATURE REVIEW .....	4
2.1 Ketogenic Diet.....	4
2.2 Cancer.....	7
2.3 Apoptosis Mechanism .....	13
2.4 The Effect of Ketogenic Diet on Cancer Growth.....	19
CHAPTER 3 CONCEPTUAL FRAMEWORK AND HYPOTHESIS .....	22
3.1 Conceptual Framework .....	22
3.2 Explanation.....	23
3.3 Hypothesis .....	24
CHAPTER 4 METHODS.....	25
4.1 Study Design .....	25
4.2 Population.....	25
4.3 Variables.....	26
4.4 Research Instrument .....	26
4.5 Location and Time of Research.....	26
4.6 Procedures .....	26
4.7 Data Analysis.....	28
CHAPTER 5 RESULTS.....	29
5.1 Overview of Research Sample .....	29
5.2 Results and Analysis.....	29
CHAPTER 6 DISCUSSION .....	34

6.1 The Effect of Ketogenic Diet on Bcl-2 Expression.....	34
6.2 Ketogenic Diet as Cancer Treatment.....	37
6.3 Limitation of the Research .....	39
CHAPTER 7 CONCLUSION .....	40
7.1 Conclusion.....	40
7.2 Suggestions.....	40
REFERENCES .....	41

**List of Table**

Table 5.1 Summary of included studies in systematic review ..... 31

## List of Figures

Figure 2.1 Akt activation.....	13
Figure 2.2 Downstream Effects of Akt Pathway.....	15
Figure 2.3 Extrinsic Pathway .....	16
Figure 2.4 Intrinsic Pathway.....	17
Figure 2.5 NF- $\kappa$ B activation.....	19
Figure 2.6 Aerobic Glycolysis.....	20
Figure 3.1 Conceptual Framework .....	22
Figure 4.1 Flow chart of study selection based on PRISMA 2009 Flow Diagram .....	27

## ACKNOWLEDGEMENT

First of all, I would like to express my gratitude and thanks to Allah SWT, The Almighty, for His grace and blessings so that this thesis can be completed. Not to forget, I am also very grateful to have these people, who have always been there to support and help me, and sending me prayers to finish this thesis :

1. Dr. Purwo Sri Rejeki, dr., M.Kes. as Supervisor I and Dr. Ema Qurnianingsih, dr., M.Si. as Supervisor II, for their guidance and patience during my difficulties in finishing this thesis.
2. Dr. Reny I'tishom, S.Pi., M.Si. as Examiner for his expert advices and guidance for this thesis.
3. Prof. Dr. Mohammad Nasih, S.E., Mt., Ak., CMA, as the Rector of Universitas Airlangga.
4. Prof. Dr. Soetojo, dr., Sp. U(K) as the Dean of Faculty of Medicine, Universitas Airlangga.
5. Prof. Dr. Nancy Margarita Rehatta, dr., Sp. An.KIC.KNA as Coordinator of International Class, Faculty of Medicine, Universitas Airlangga.
6. Dr. Pudji Lestari, dr., M.Kes. as Coordinator of Research Module, for giving the lessons and providing facilitations in conducting research.
7. Nurina Hasanatuludhhiyah, dr., M.Si, as my Academic Adviser, for her support and guidance in college.
8. All lectures and staffs of Faculty of Medicine, Universitas Airlangga, for the helps in processing this thesis.
9. My beloved parents, Diar and Connie, for giving me endless support and motivation.
10. My beloved friend, Billy, for always being there and giving motivation especially in my hard times.
11. Mbak Denisha, for her advices and helps through my difficulties in systematic review.
12. Henry, for helping me and giving me helpful advices through my rough times.
13. My dearest classmates, Fathiya, Cinta, Narendra, Bayu, and Difa, for their support and advice so that I can finish this thesis.
14. My highschool friends, Hasna, Anisa, Tita, Ais and Citta, for always giving me support, motivation, and prayers.

As the writer, I realize that this thesis may have flaws. However, any constructive suggestions from the readers will be appreciated. I hope this thesis will be beneficial to others.

Surabaya, July 6<sup>th</sup> 2020



Vania Islamey Kusuma