

DAFTAR PUSTAKA

- Allen, BG, Bhatia, SK, Anderson, CM, et al., 2014, ‘Ketogenic diets as an adjuvant cancer therapy: History and potential mechanism’, *Redox Biol*, vol 2, pp 963–970.
- Allott, EH, Hursting, SD, 2015, ‘Obesity and cancer: mechanistic insights from transdisciplinary studies’, *Endocr Relat Cancer*, vol 22 no 6, pp R365–R386.
- Armeno, M, Verini, A, Del Pino, M, et al, 2019, ‘A Prospective Study on Changes in Nutritional Status and Growth Following Two Years of Ketogenic Diet (KD) Therapy in Children with Refractory Epilepsy’, *Nutrients*, vol 11 no 7, pp 1596.
- Augustin, K, Khabbush, A, Williams, S, Eaton, S, Orford, M, Cross, JH, Williams, RSB, 2018, ‘Mechanisms of action for the medium-chain triglyceride ketogenic diet in neurological and metabolic disorders’, *The Lancet Neurology*, vol 17 no 1, pp 84–93.
- Boison, D, 2017, ‘New insights into the mechanisms of the ketogenic diet’, *Curr Opin Neurol*, vol 30 no 2, pp 187–192.
- Bowers, LW, Rossi, EL, O’Flanagan, CH, deGraffenreid, LA, Hursting, SD, 2015, ‘The role of the insulin/IGF system in cancer: lessons learned from clinical trials and the energy balance-cancer link’, *Frontiers in Endocrinology*, vol 6, pp 77.
- Brahmkhatri, VP, Prasanna, C, Atreya, HS, 2015, ‘Insulin-like growth factor system in cancer: novel targeted therapies’, *Biomed Res Int*, vol 2015, pp 538019.
- Caprio M, Infante M, Moriconi E, et al., 2019, ‘Very-low-calorie ketogenic diet (VLCKD) in the management of metabolic diseases: systematic review and consensus statement from the Italian Society of Endocrinology (SIE)’, *J Endocrinol Invest*, vol 42 no 11, pp 1365–1386.
- Castellana, M, Conte, E, Cignarelli, A, et al., 2019, ‘Efficacy and safety of very low calorie ketogenic diet (VLCKD) in patients with overweight and obesity: A systematic review and meta-analysis’, *Rev Endocr Metab Disord*.
- Choi YJ, Jeon SM, Shin S, 2020, Impact of a ketogenic diet on metabolic parameters in patients with obesity or overweight and with or without type 2 diabetes: A meta-analysis of randomized controlled trials, *Nutrients*, vol 12:2005.
- Clemmons, DR, 2012, ‘Metabolic actions of insulin-like growth factor-I in normal physiology and diabetes’, *Endocrinol Metab Clin North Am*, vol 41 no 2, pp 425.

- Cohen, CW, Fontaine, KR, Arend, RC, et al., 2018, ‘A Ketogenic Diet Reduces Central Obesity and Serum Insulin in Women with Ovarian or Endometrial Cancer’, *J Nutr*, vol 148 no 8, pp 1253–1260.
- Crusz, SM, Balkwill, FR, 2015, ‘Inflammation and cancer: advances and new agents’, *Nat Rev Clin Oncol*, vol 12 no 10, pp 584–596.
- Cuenca-Sánchez, M, Navas-Carrillo, D, dan Orenes-Piñero, E, 2015, ‘Controversies Surrounding High-Protein Diet Intake: Satiating Effect and Kidney and Bone Health’, *American Society for Nutrition*, vol 6: 260–266,
- D’Esposito V, Passaretti F, Hammarstedt A, Liguoro D, Terracciano D, Molea G, Canta L, Miele C, Smith U, Beguinot F, et al., 2012, Adipocytoreleased insulin-like growth factor-1 is regulated by glucose and fatty acids and controls breast cancer cell growth in vitro, *Diabetologia*, vol 55 no 10, pp 2811–22.
- de Luis, D, Domingo, JC, Izaola, O, Casanueva, FF, Bellido, D, Sajoux, I, 2016, ‘Effect of DHA supplementation in a very low-calorie ketogenic diet in the treatment of obesity: a randomized clinical trial’, *Endocrine*, vol 54 no 1, pp 111–122.
- Desai AJ, Dong M, Harikumar KG, Miller LJ, 2016, Cholecystokinin-induced satiety, a key gut servomechanism that is affected by the membrane microenvironment of this receptor, *Int J Obes Suppl*, vol 6 noS1), pp S22–7.
- Dutta S, Sengupta P, 2016, Men and mice: Relating their ages, *Life Sci*, vol 152, pp 244–8.
- Erickson, N, Boscheri, A, Linke, B, Huebner, J, 2017, ‘Systematic review: isocaloric ketogenic dietary regimes for cancer patients’, *Med Oncol*, vol 34 no 5, pp 72.
- Fatimah, Husniawati, N, 2019, ‘Studi Analisis Gaya Hidup Ketofastosis terhadap Risiko Penyakit Tidak Menular’, *Jurnal Ilmiah Kesehatan*, vol 11 no 1, pp 20–26.
- Fazeli PK, Klibanski A, 2014, Determinants of GH resistance in malnutrition, *J Endocrinol*, vol 220 no 3, pp 1–14.
- Frater, J, Lie, D, Bartlett, P, McGrath, JJ, 2018, ‘Insulin-like Growth Factor 1 (IGF-1) as a marker of cognitive decline in normal ageing: A review’, *Ageing Res Rev*, vol 42, pp 14–27.
- Gibson, AA, Seimon, RV, Lee, CM, et al., 2015, ‘Do ketogenic diets really suppress appetite? A systematic review and meta-analysis’, *Obes Rev*, vol 16 no 1, pp 64–76.
- Giustina, A, Berardelli, R, Gazzaruso, C, Mazziotti, G, 2015, ‘Insulin and GH-IGF-I axis: endocrine pacer or endocrine disruptor?’, *Acta Diabetol*, vol 52 no 3, pp 433–443.

GLOBOCAN, 2019, Indonesia Summary Statistics 2018, Diakses pada: 30 Maret 2020, Dari <https://gco.iarc.fr/today/data/factsheets/populations/360-indonesia-factsheets.pdf>.

Gonzalez, JT, Fuchs, CJ, Betts, JA, van Loon, LJ, 2017, ‘Glucose Plus Fructose Ingestion for Post-Exercise Recovery-Greater than the Sum of Its Parts?’, *Nutrients*, vol 9 no 4, pp 344.

Gupta, L, Khandelwal, D, Kalra, S, Gupta, P, Dutta, D, Aggarwal, S, 2017, ‘Ketogenic diet in endocrine disorders: Current perspectives’, *J Postgrad Med*, vol 63 no 4, pp 242–251.

Hage, M, Kamenický, P, Chanson, P, 2019, ‘Growth Hormone Response to Oral Glucose Load: From Normal to Pathological Conditions’, *Neuroendocrinology*, vol 108 no 3, pp 244-255.

Hannah-Shmouni, F, Trivellin, G, Stratakis, CA, 2016, ‘Genetics of gigantism and acromegaly’, *Growth Horm IGF Res*, vol 30-31, pp 37-41.

Higashi, Y, Gautam, S, Delafontaine, P, Sukhanov, S, 2019, ‘IGF-1 and cardiovascular disease’, *Growth Horm IGF Res*, vol 45, pp 6–16.

Higashiyama H, Uemura M, Igarashi H, Kurohmaru M, Kanai-Azuma M, Kanai Y, 2018, Anatomy and development of the extrahepatic biliary system in mouse and rat: a perspective on the evolutionary loss of the gallbladder, *J Anat*, vol 232 no 1, pp 134–45.

Higgins, JE, dan Kleinbaum, AP, 1985, *Design Methodology for Randomized clinical Trial's, Part II of the series of the basic of Randomized Clinical Trial's with an Emphasis on Contraceptive research*, New York: Family Health International, pp 24-25.

Housset C, Chrétien Y, Debray D, Chignard N, 2016, Functions of the Gallbladder, *Compr Physiol*, vol 6 no 3, pp 1549–77.

Huang Q, Ma S, Tominaga T, Suzuki K, Liu C, 2018, An 8-Week, Low Carbohydrate, High Fat, Ketogenic Diet Enhanced Exhaustive Exercise Capacity in Mice Part 2: Effect on Fatigue Recovery, Post-Exercise Biomarkers and Anti-Oxidation Capacity, *Nutrients*, vol 10, pp 1339.

Itoh, E, Iida, K, del Rincon, JP, Kim, DS, Thorner, MO, 2004, ‘Diurnal variation in growth hormone receptor messenger ribonucleic acid in liver and skeletal muscle of lit/+ and lit/lit mice’, *Endocr J*, vol 51 no 6, pp 529-535.

Izadi V, Saraf-Bank S, Azadbakht L, 2014, Dietary intakes and leptin concentrations, *ARYA Atheroscler*, vol 10, pp 266–72.

Jiang, B, 2017, ‘Aerobic glycolysis and high level of lactate in cancer metabolism and microenvironment’, *Genes & Diseases*, vol 4, pp 25e27.

- Johnson, SC, 2018, ‘Nutrient Sensing, Signaling and Ageing: The Role of IGF-1 and mTOR in Ageing and Age-Related Disease’, *Biochemistry and Cell Biology of Ageing: Part I Biomedical Science*, pp 49–97.
- Kakimoto, PA, dan, Kowaltowski, AJ, 2016, ‘Effects of high fat diets on rodent liver bioenergetics and oxidative imbalance’, *Redox Biol*, vol 8, pp 216-225.
- Kang, J, Ratamess, NA, Faigenbaum, AD, Bush, JA, 2020, ‘Ergogenic Properties of Ketogenic Diets in Normal-Weight Individuals: A Systematic Review’, *J Am Coll Nutr*, pp 1-11.
- Kang, T, Jensen, P, Huang, H, Lund Christensen, G, Billestrup, N, Larsen, MR, 2018, ‘Characterization of the Molecular Mechanisms Underlying Glucose Stimulated Insulin Secretion from Isolated Pancreatic β -cells Using Post-translational Modification Specific Proteomics (PTMomics)’, *Mol Cell Proteomics*, vol 17 no 1, pp 95-110.
- Kemenkes RI. 2018. Riset Kesehatan Dasar; RISKESDAS 2018. Jakarta: Balitbang Kemenkes RI.
- Khalid, S, Hwang, D, Babichev, Y, et al., 2010, ‘Evidence for a tumor promoting effect of high-fat diet independent of insulin resistance in HER2/Neu mammary carcinogenesis’, *Breast Cancer Res Treat*, vol 122 no 3, pp 647–659.
- Kirkpatrick, CF, Bolick, JP, Kris-Etherton, PM, et al., 2019, ‘Review of current evidence and clinical recommendations on the effects of low-carbohydrate and very-low-carbohydrate (including ketogenic) diets for the management of body weight and other cardiometabolic risk factors: A scientific statement from the National Lipid Association Nutrition and Lifestyle Task Force’, *J Clin Lipidol*, vol 13 no 5, pp 689–711.e1.
- Kolb, R, Sutterwala, FS, Zhang, W, 2016, ‘Obesity and cancer: inflammation bridges the two’, *Curr Opin Pharmacol*, vol 29, pp 77–89.
- Komisi Etik Penelitian dan Pengembangan Kesehatan Nasional Kementerian Kesehatan Republik Indonesia, 2017, *Pedoman Standar Etik Penelitian dan Pengembangan Kesehatan Nasional*.
- Kruepunga N, Hakvoort TBM, Hikspoors JPJM, Köhler SE, Lamers WH, 2019, Anatomy of rodent and human livers: What are the differences?, *Biochim Biophys Acta - Mol Basis Dis*, vol 1865 no 5, pp 869–78.
- Kumari, S, Badana, AK, G, MM, G, S, Malla, R, 2018, ‘Reactive Oxygen Species: A Key Constituent in Cancer Survival’, *Biomark Insights*, vol 13, pp 1177271918755391.
- Lambrechts DAJE, Brandt-Wouters E, Verschueren P, Vles HSH, Majolie MJM, 2016, A prospective study on changes in blood levels of cholecystokinin-8 and leptin in patients with refractory epilepsy treated with the ketogenic diet, *Epilepsy Res*, vol 127, pp 87–92.

- Liśkiewicz, AD, Kasprowska, D, Wojakowska, A, et al., 2016, ‘Long-term High Fat Ketogenic Diet Promotes Renal Tumor Growth in a Rat Model of Tuberous Sclerosis’, *Sci Rep*, vol 6, pp 21807.
- Marchiò M, Roli L, Lucchi C, Costa AM, Borghi M, Iughetti L, et al., 2019, Ghrelin Plasma Levels After 1 Year of Ketogenic Diet in Children With Refractory Epilepsy, *Front Nutr*, vol 6, pp 1–6.
- McKenzie AL, Hallberg SJ, Creighton BC, Volk BM, Link TM, Abner MK, et al., 2017, A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes, *JMIR Diabetes*, vol 2 no 1, pp e5.
- Meidenbauer, JJ, Mukherjee, P, Seyfried, TN, 2015, ‘The glucose ketone index calculator: a simple tool to monitor therapeutic efficacy for metabolic management of brain cancer’, *Nutrition & Metabolism*, vol 12, pp 12.
- Nakao, R, Abe, T, Yamamoto, S, Oishi, K, 2019, ‘Ketogenic diet induces skeletal muscle atrophy via reducing muscle protein synthesis and possibly activating proteolysis in mice’, *Sci Rep*, vol 9 no 1, pp 19652.
- Newman, JC, Covarrubias, AJ, Zhao, M, et al., 2017, ‘Ketogenic Diet Reduces Midlife Mortality and Improves Memory in Aging Mice’, *Cell Metab*, vol 26 no 3, pp 547–557.e8.
- Orrù, S, Nigro, E, Mandola, A, et al., 2017, ‘A Functional Interplay between IGF-1 and Adiponectin’, *Int J Mol Sci*, vol 18 no 10, pp 2145.
- Ota, M, Matsuo, J, Ishida, I, Hattori, K, Teraishi, T, Tonouchi, H, et al., 2016, ‘Effect of a ketogenic meal on cognitive function in elderly adults: potential for cognitive enhancement’, *Psychopharmacology (Berl)*.
- Paoli A, Rubini A, Volek JS, Grimaldi KA, 2013, Beyond weight loss: A review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets, *Eur J Clin Nutr*, vol 67 no 8, pp 789–96.
- Paoli, A, 2014, ‘Ketogenic diet for obesity: friend or foe?’, *Int J Environ Res Public Health*, vol 11 no 2, pp 2092–2107.
- Putri Sariningrat, NLPA, Rejeki, PS, dan Irwadi, I, 2020 ‘Effect of dietary energy density on increasing blood glucose pattern and hunger-satiety sensation’, *Indian Journal of Forensic Medicine and Toxicology*, vol 14 no 2, pp. 2374–2378.
- Rahmani, J, Kord Varkaneh, H, Clark, C, et al., 2019, ‘The influence of fasting and energy restricting diets on IGF-1 levels in humans: A systematic review and meta-analysis’, *Ageing Res Rev*, vol 53, pp 100910.

- Raisingani, M, Preneet, B, Kohn, B, Yakar, S, 2017, ‘Skeletal growth and bone mineral acquisition in type 1 diabetic children; abnormalities of the GH/IGF-1 axis’, *Growth Horm IGF Res*, vol 34, pp 13–21.
- Rajabi, M, Mousa, SA, 2017, ‘The role of angiogenesis in cancer treatment’, *Biomedicines*, vol 5, pp 34.
- Roy, PS, Saikia, BJ, 2016, ‘Cancer and cure: A critical analysis’, *Indian J Cancer*, vol 53 no 3, pp 441–442.
- Rusek, M, Pluta, R, Ułamek-Kozioł, M, Czuczwar, SJ, 2019, ‘Ketogenic Diet in Alzheimer's Disease’, *Int J Mol Sci*, vol 20 no 16, pp 3892.
- Ryan Kolb, Fayyaz S. Sutterwala and WZ. Obesity and cancer: inflammation bridges the two Ryan. *Curr Opin Pharmacol*. 2016;29:77–89.
- Shilpa, J, dan Mohan, V, 2018, ‘Ketogenic diets: Boon or bane?’, *Indian J Med Res*, vol 148 no 3, pp 251-253.
- Siddle K. Molecular basis of signaling specificity of insulin and IGF receptors: neglected corners and recent advances. *Front Endocrinol (Lausanne)* 2012;3:34.
- Spulber G, Spulber S, Hagenäs L, Åmark P, Dahlin M. Growth dependence on insulin-like growth factor-1 during the ketogenic diet. *Epilepsia*. 2009;50(2):297–303.
- Sremanakova, J, Sowerbutts, AM, Burden, S, 2018, ‘A systematic review of the use of ketogenic diets in adult patients with cancer’, *J Hum Nutr Diet*, vol 31 no 6, pp 793–802.
- Stubbs, BJ, Cox, PJ, Evans, RD, Cyranka, M, Clarke, K, de Wet, H, 2018, ‘A Ketone Ester Drink Lowers Human Ghrelin and Appetite’, *Obesity (Silver Spring)*, vol 26 no 2, pp 269-273.
- Syahraya I, Novida H, Herawati L, Rejeki PS, 2020, Effect of High Fat Diet on Weight Loss Through the Expression of Uncouple Protein 1 in Mice Visceral Fat, *Folia Medica Indones*, vol 56 no 3, pp 223.
- Tian, F, Wang, Y, Bikle, DD, 2018, ‘IGF-1 signaling mediated cell-specific skeletal mechano-transduction’, *J Orthop Res*, vol 36 no 2, pp 576–583.
- Toth, P, Tarantini, S, Ashpole, NM, et al., 2015, ‘IGF-1 deficiency impairs neurovascular coupling in mice: implications for cerebromicrovascular aging’, *Aging Cell*, vol 14 no 6, pp 1034–1044.
- Tvarijonaviciute, A, Tecles, F, Carrillo, JM, Rubio, M, Ceron, JJ, 2011, ‘Serum insulin-like growth factor-1 measurements in dogs: performance characteristics of an automated assay and study of some sources of variation’, *Can J Vet Res*, vol 75 no 4, pp 312–316.

- Urbain, P, Strom, L, Morawski, L, Wehrle, A, Deibert, P, Bertz, H, 2017, 'Impact of a 6-week non-energy-restricted ketogenic diet on physical fitness, body composition and biochemical parameters in healthy adults', *Nutr Metab (Lond)*, vol 14, pp 17.
- van Berkel, AA, IJff, DM, Verkuyl, JM, 2018, 'Cognitive benefits of the ketogenic diet in patients with epilepsy: A systematic overview', *Epilepsy Behav*, vol 87, pp 69–77.
- Victoria M. Gershuni, Stephanie L. Yan and VM, 2018, Nutritional Ketosis for Weight Management and Reversal of Metabolic Syndrome, *Curr Nutr Rep*, vol 7 no 3, pp 97–106.
- Wang, Y, Zhang, H, Cao, M, Kong, L, Ge, X, 2019, 'Analysis of the value and correlation of IGF-1 with GH and IGFBP-3 in the diagnosis of dwarfism', *Exp Ther Med*, vol 17 no 5, pp 3689-3693.
- Weber, DD, Aminzadeh-Gohari, S, Tulipan, J, Catalano, L, Feichtinger, RG, Kofler, B, 2020, 'Ketogenic diet in the treatment of cancer - Where do we stand?', *Mol Metab*, vol 33, pp 102–121.
- Wong, RS, 2011, 'Apoptosis in cancer: from pathogenesis to treatment', *Journal of Experimental & Clinical Cancer Research*, vol 30, pp 87.
- Woolf, EC, Curley, KL, Liu, Q, Turner, GH, Charlton, JA, Preul, MC, et al., 2015, 'The ketogenic diet alters the hypoxic response and affects expression of proteins associated with angiogenesis, invasive potential and vascular permeability in a mouse glioma model', *PLoS One*, vol 10, pp e0130357.
- World Health Organization (WHO), 2018, *Cancer*, Diakses pada: 29 Maret 2020, Dari <https://www.who.int/news-room/fact-sheets/detail/cancer>.
- World Health Organization (WHO), 2020, *Obesity and Overweight*, Diakses pada: 29 Maret 2020, Dari <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.
- Zenclussen ML, Casalis PA, Jensen F, Woidacki K, Zenclussen AC, 2014, Hormonal fluctuations during the estrous cycle modulate heme oxygenase-1 expression in the uterus, *Front Endocrinol (Lausanne)*, vol 5, pp 1–6.
- Zhang, Y, Yuan, M, Bradley, KM, Dong, F, Anversa, P, Ren, J, 2012, 'Insulin-like growth factor 1 alleviates high-fat diet-induced myocardial contractile dysfunction: role of insulin signaling and mitochondrial function', *Hypertension*, vol 59 no 3, pp 680-693.