



When diet is a life-saving therapy: because inclusion grows from awareness

The Italian Glut1 Association illustrates what it means to follow special diets every day in four popular videos

Milan, 07/04/2021 -There are **over 500 metabolic diseases and acquired conditions that require families to manage special diets every day** for real life-saving therapies that improve patients' quality of life. Among the diseases where food becomes "medicine" is **Glut1 Deficiency**, a rare genetic syndrome for which, to date, the ketogenic diet is the only existing treatment to alleviate some of the symptoms. However, following the diet carefully is not only difficult for these children and their families, but can also lead to **problems with social inclusion and integration**.

This is why today, on **World Health Day**, the **Italian Glut1 Association**, thanks to the unconditional support of **Vitaflo - Nestlé Health Science**, continues its **awareness campaign** aimed at all those who come into contact with people who have to follow special diets with a **major impact on their health**.

Through four informative videos, the association attempts to recount what it really means to have to micromanage the precise content and dosage of one's diet every day, right down to the gram, both from a nutritional point of view and in terms of social consequences. After the first video dedicated to school friends of children affected by Glut1 Deficiency, with celebrity **chef Simone Rugiati**, the second video in the series, "**Special Diets**," is being published today. In this video, **Barbara Bernardini**, science popularizer and author for the Rai1 program "Superquark," uses familiar terminology and simple images to explain **how nutrition must be controlled for many people and how it can even become a life saving treatment**. In order to **promote inclusion** in social occasions, we must understand and be aware of everyone's different needs: thanks to the solidarity of those around us, to a few special foods, and hours spent in the kitchen preparing foods that meet the specific needs of a person who has to follow a special diet, it really is possible to ensure that people with special needs are **integrated into society**.

Here's a link to the video: <https://www.glut1.it/youtube-special-diets>

The four videos were made by **Kemal Comert**, producer and filmmaker specializing in the field of rare diseases who in 2019 won the award for best documentary at the "Uno Sguardo Raro" film festival, and by **Barbara Bernardini**.

"In spite of evidence for benefits for patients, supported by numerous scientific publications - points out **Alessandra Camerini**, Head of Communication for the association - often special diets, such as the ketogenic diet, are not considered viable treatments to be applied as possible treatments for some diseases (for example, refractory epilepsies) and are not even recognized with the Essential Levels of Care in Italy. We hope that spreading **knowledge about special diets** and how useful they can be can **help lead to a breakthrough** in a situation that is currently very difficult and often discriminatory.



We are deeply grateful to all those who enthusiastically participated in this project: Kemal, Barbara, chef Simone, our doctors and splendid children. Thank you for your commitment and for the spectacular result achieved: because **#Insiemeperilglut1** is more just a hashtag, it's a real inclusive approach to life ».

Italian Glut1 Association

The Italian GLUT1 Association seeks to channel the strengths and hopes of patients suffering from Glut1 deficiency syndrome and their families in order to support scientific research and any initiative aimed at improving knowledge, diagnosis and treatment of the syndrome, protecting the rights of people affected by this disease, promoting their social integration and improving their quality of life.

It is made up of parents of children and patients who invest passion and energy day after day, trying to build a future, keeping a careful eye on the present as well as what is to come. For more information, www.glut1.it

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