



Provocative Question: Should Ketogenic Metabolic Therapy Become the Standard of Care for Glioblastoma?

Thomas N. Seyfried¹ · Laura Shelton² · Gabriel Arismendi-Morillo³ · Miriam Kalamian⁴ · Ahmed Elsakka⁵ · Joseph Maroon⁶ · Purna Mukherjee¹

Received: 22 January 2019 / Revised: 3 April 2019 / Accepted: 4 April 2019
© Springer Science+Business Media, LLC, part of Springer Nature 2019

Abstract

No major advances have been made in improving overall survival for glioblastoma (GBM) in almost 100 years. The current standard of care (SOC) for GBM involves immediate surgical resection followed by radiotherapy with concomitant temozolomide chemotherapy. Corticosteroid (dexamethasone) is often prescribed to GBM patients to reduce tumor edema and inflammation. The SOC disrupts the glutamate–glutamine cycle thus increasing availability of glucose and glutamine in the tumor microenvironment. Glucose and glutamine are the prime fermentable fuels that underlie therapy resistance and drive GBM growth through substrate level phosphorylation in the cytoplasm and the mitochondria, respectively. Emerging evidence indicates that ketogenic metabolic therapy (KMT) can reduce glucose availability while elevating ketone bodies that are neuroprotective and non-fermentable. Information is presented from preclinical and case report studies showing how KMT could target tumor cells without causing neurochemical damage thus improving progression free and overall survival for patients with GBM.

Keywords Ketogenic diet · Glucose · Glutamine · Glutamate · Warburg · Substrate level phosphorylation · Fermentation

Abbreviations

GBM Glioblastoma
TMZ Temozolomide
SOC Standard of care
KMT Ketogenic metabolic therapy

Introduction

Glioblastoma (GBM) remains largely unmanageable and has among the highest mortality rates for primary brain tumors. Median life expectancy following diagnosis is only about 11–14 months for most GBM patients regardless of the hype surrounding some of the newer of therapies [1–5]. A recent reevaluation found that overall survival for GBM (8–14 months) is woefully similar to that reported by Bailey and Cushing almost a century ago [5, 6]. Indeed, US Senator, John McCain, was diagnosed with GBM in May 2017, and died in August 2018. The ‘Secondary Structures of Scherer’ are the defining characteristic of GBM, which include diffuse parenchymal invasion and growth over the subpial surface, along white matter tracks, and through the Virchow–Robin spaces [7–11]. The highly invasive nature of GBM through these secondary structures makes most current therapies ineffective [12–15]. The quality of life has also remained poor for most GBM patients especially for those receiving radiation and the toxic alkylating agent, temozolomide [16–18] (Fig. 1).

GBM contains a range of morphologically diverse neoplastic cell types that express neural, glial, and myeloid/mesenchymal markers [3, 19–27]. Also recognized are

Special issue in honour of Professor Vera Adam-Vizi.

✉ Thomas N. Seyfried
Thomas.seyfried@bc.edu

- ¹ Biology Department, Boston College, 140 Commonwealth Ave, Chestnut Hill, MA 02467, USA
- ² Human Metabolome Technologies America, 24 Denby Rd., Boston, MA 02134, USA
- ³ Instituto de Investigaciones Biológicas, Facultad de Medicina, Universidad del Zulia, Maracaibo 526, Venezuela
- ⁴ Dietary Therapies Llc., Hamilton, MT, USA
- ⁵ Faculty of Medicine, University of Alexandria, Alexandria, Egypt
- ⁶ Department of Neurosurgery, University of Pittsburgh Medical Center, Suite 5C, 200 Lothrop St., Pittsburgh, PA, USA

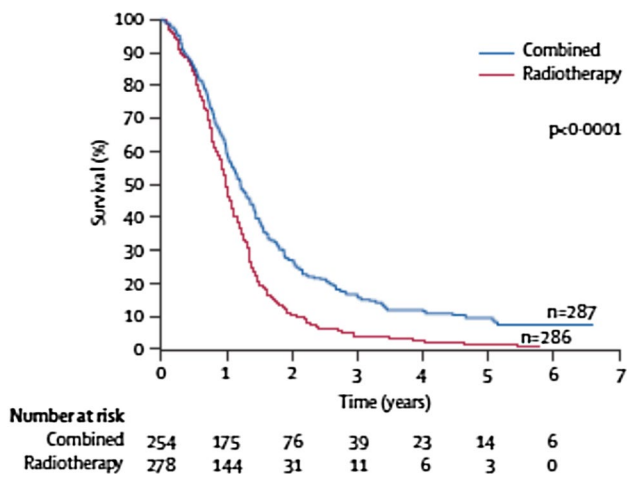


Fig. 1 Kaplan–Meier estimates of overall survival of patients with GBM by treatment group. The two patient groups included radiotherapy alone (n=278), and radiotherapy with temozolomide (n=254). From [18] with permission

mitochondrial structural abnormalities seen in autopsy/biopsy tissue obtained from GBM patients (Figs. 2, 3). Several groups have documented GBM cells with reduced or increased numbers of morphologically abnormal mitochondria with laminations and aberrant or absent cristae that can alter mitochondrial function [5, 28–36]. Some mitochondria in human GBM cells contain few if any cristae and also show defects in mitochondrial associated membranes, all of which would compromise energy production through oxidative phosphorylation (OxPhos) [32, 37]. These abnormalities are not often recognized in cultured GBM cells, where mitochondria are often considered normal. Abnormalities in the content and composition of cardiolipin, the signature lipid of the mitochondrial inner membrane that regulates oxidative phosphorylation (OxPhos), were found in five independently derived murine GBMs [28, 38, 39]. It is unlikely that OxPhos will function normally in any tumor cell with defects in cardiolipin.

A multitude of findings support the notion that OxPhos is defective in GBM [29, 31, 33, 40–42]. Based on the

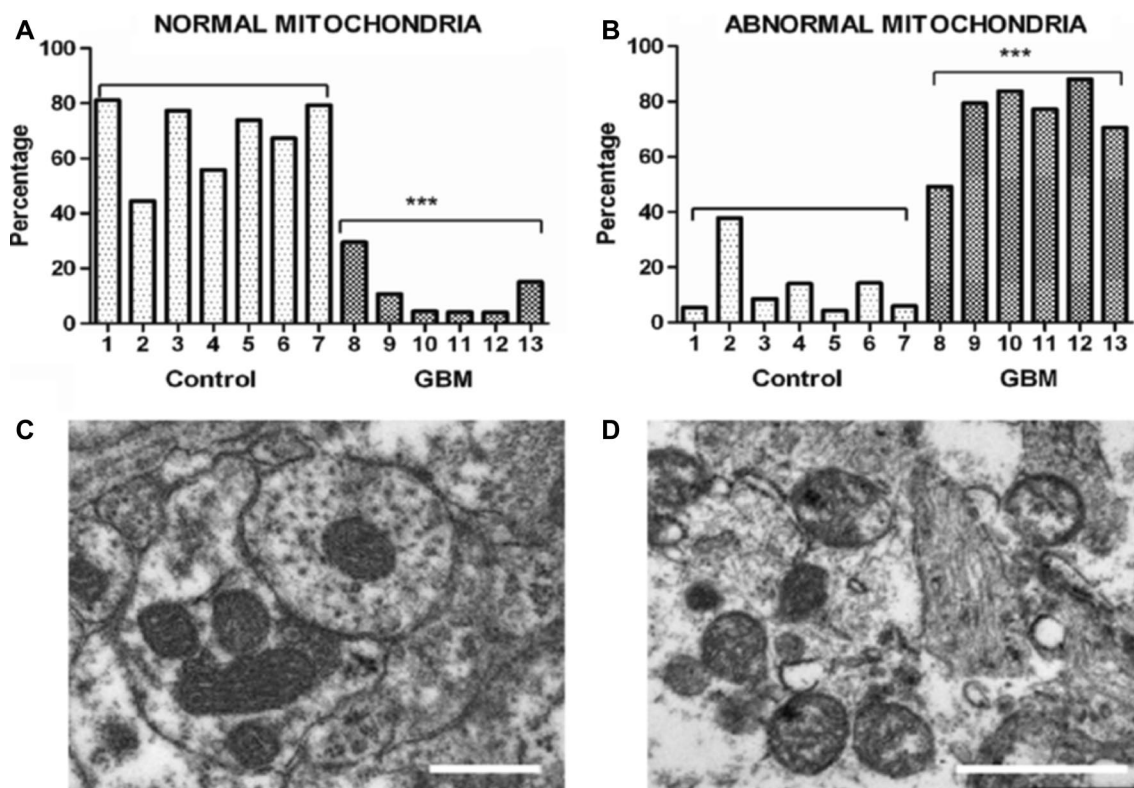


Fig. 2 Morphological abnormalities in GBM mitochondria. The morphology of 150 mitochondria was assessed in 6 GBM samples and in 7 peritumoural control samples using Electron Microscopy (EM). **a** Percentage of normal mitochondria where cristae were visible throughout the mitochondria in peritumoural control and GBM samples (each bar represents one sample; ****p* value=0.0001); **b** percentage of abnormal mitochondria where cristae were sparse and abnormal in peritumoural control and GBM samples; ****p*

value=0.0001). **c** and **d** Representative EM images of normal and abnormal mitochondria, respectively. The scale bars represent 0.5 μm. Cristolysis was significantly greater in mitochondria from GBM than in mitochondria from control brain. The authors reported 117 mitochondrial proteins altered in GBM in association with ultrastructural mitochondrial abnormalities, similar to those described previously by Arismendi-Morillo et al. [32]. Image reproduced under a Creative Commons license from Deighton et al. [34]

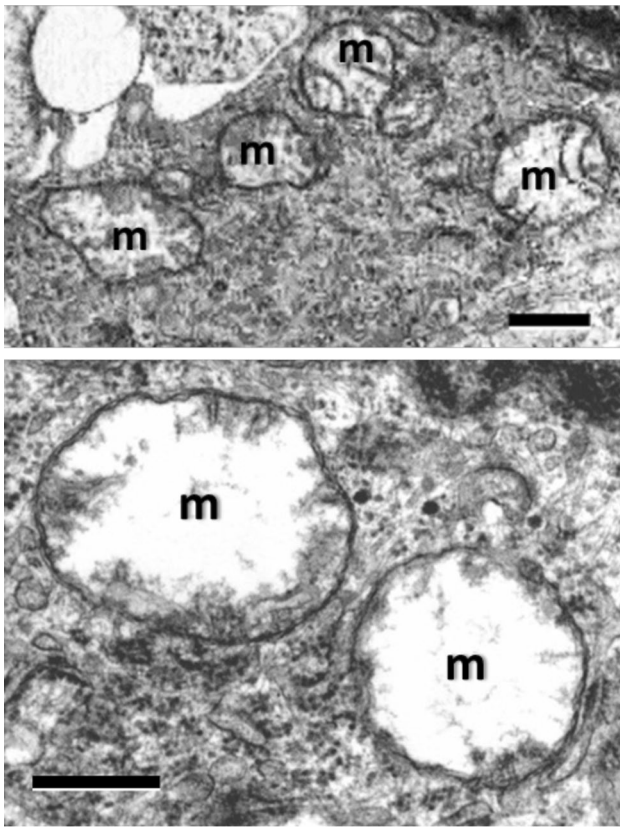


Fig. 3 Typical ultrastructure of mitochondria from a human glioblastoma. That structure determines function is a key concept in biology, especially for mitochondria [43]. Normal mitochondria contain elaborate cristae, which are extensions of the inner membrane and contain the proteins and lipids (cardiolipin) of the electron transport chain necessary for producing ATP through OxPhos [38, 160, 161]. The mitochondria from the glioblastoma (m) show a total or near total breakdown of cristae (cristolysis) and an electron-lucent matrix. The absence of cristae and other structural abnormalities seen in glioblastoma mitochondria indicate that OxPhos would be deficient [5]. Our recent findings also show that mitochondrial associated membranes (MAM) are also abnormal in human malignant gliomas, which would further compromise mitochondrial function [37]. Upper micrograph bar 0.5 mm. Below micrograph bar 0.8 mm. Method of staining: uranyl acetate/lead citrate. The upper micrograph is new and the lower micrograph was reprinted with permission from *Journal of Electron Microscopy* [32]

biological principle that mitochondrial structure determines mitochondrial function [5, 43], these multiple mitochondrial abnormalities, which can be of genetic and/or environmental origin, [44–46], will compromise effective energy production through OxPhos. As a consequence, fermentation metabolism will be necessary to compensate for the deficiency in OxPhos. A chronic reliance on fermentation will cause an OxPhos-damaged cell to enter its default state, i.e., a state free of respiratory control [46–49]. It is important to recognize that fermentation driven unbridled proliferation was the metabolic state of all cells prior to the appearance of oxygen in the atmosphere some 2.5 billion years ago [46, 50]. Survival in such environments

would therefore require a constant supply of fermentable fuels. The transition from OxPhos to fermentation will facilitate the production of anabolic intermediates that support the biosynthetic processes necessary for unbridled cell growth [5, 51].

In view of the documented abnormalities in GBM mitochondria, alternative energy source(s) to OxPhos must be in place to maintain cell viability [5]. Accumulating evidence indicates that glucose and glutamine are the primary fermentable fuels used for driving the rapid growth of most tumors, including GBM [5, 52–55]. Abundant levels of glucose and glutamine are also available in cyst fluid that is often present in GBM and could be used as fuel for the growing tumor cells [5, 56]. Other potential metabolic fuels in the tumor microenvironment, e.g., acetate and branched chain amino acids, are either not present in sufficient quantities to drive growth through fermentation or exert non-metabolic effects that are yet to be understood [5, 30, 57]. While amino acids other than glutamine and glutamate could also be fuels, they would require one or more high-energy phosphates during metabolic interconversions before becoming succinyl-CoA, the substrate for mSLP [5]. Hence, glucose and glutamine are the most readily available fermentable fuels for driving GBM growth through glycolysis and glutaminolysis.

Glucose drives tumor growth through aerobic fermentation (Warburg effect), whereas glutamine drives tumor growth through glutaminolysis [58–61]. Metabolism of glucose and glutamine is also responsible for the high antioxidant capacity of the tumor cells thus making them resistant to chemo- and radiotherapies [30, 62, 63]. We recently identified mitochondrial substrate level phosphorylation (mSLP), as major source of ATP synthesis for GBM cells [5]. We described how lactic acid fermentation (Warburg effect) through glycolysis in the cytoplasm and succinic acid fermentation through glutaminolysis in the mitochondria (Warburg Q-Effect) could compensate for deficient OxPhos in GBM cells [5]. Succinic acid fermentation using glutamine as a major substrate is now recognized as the *missing link* in Warburg's central theory that aerobic fermentation compensates for dysfunctional respiration in cancer [5]. It is important to mention that glucose and glutamine can provide all of the anabolic intermediates necessary to support rapid biosynthetic processes through glycolysis in the cytoplasm and glutaminolysis in the mitochondria. Hence, glucose and glutamine-driven fermentation underlies the energy production needed for GBM growth and invasion.

The Current Standard of Care for GBM

The current standard of care (SOC) for GBM involves surgical resection and radiotherapy with concomitant and adjuvant temozolomide (TMZ) [18, 64]. High dose steroid

(dexamethasone) is often prescribed along with the SOC to reduce vasogenic edema [15, 65, 66]. It is now recognized that surgical resection and radiotherapy produce significant necrosis and hypoxia in the tumor microenvironment [67, 68]. Inflammatory oncotaxis following surgical resection of lower-grade brain tumors could also contribute to their transformation to high-grade secondary GBM [69, 70]. Moreover, surgical resection and radiotherapy damages the brain microenvironment, which will increase glucose availability to remaining tumor cells thus driving tumor growth through hyperglycolysis resulting in therapy resistance [71–73]. Abundant evidence shows that survival is shorter in GBM patients with higher blood glucose levels than in patients with lower glucose levels [74–82]. Radiotherapy also facilitates tumor cell-macrophage/microglial fusion-hybridization thus producing highly invasive metastatic cells [22, 83, 84]. It has been our view that the highly invasive mesenchymal cells seen in GBM are derived from neoplastic microglia or from fusion hybridizations of microglia/macrophages with non-invasive cancer stem cells, as has been described for other highly invasive and metastatic cancers [22, 84–86].

Surgery and radiotherapy disrupt the tightly regulated glutamine-glutamate cycle in the neural parenchyma thus increasing the levels of glutamine and also glutamate, an excitotoxic amino acid that enhances GBM invasion [56, 87–90]. Although TMZ increases progression-free survival, it has only marginal effect on overall survival, while simultaneously increasing the number of GBM driver mutations [18, 91]. Additionally, dexamethasone not only increases blood glucose levels further, but also increases glutamine levels through its induction of glutamine synthetase activity [5, 66, 89, 92, 93]. The anti-angiogenic drug bevacizumab (Avastin) is also widely prescribed to GBM patients [94–96]. Bevacizumab exacerbates tumor necrosis while selecting for the most invasive and therapy-resistant tumor cells [97, 98]. Both bevacizumab and TMZ damage mitochondria [99], which would contribute further to tumor cell reliance on cytoplasmic and mitochondrial fermentation metabolism for growth [5]. Invasion of GBM cells through the Virchow–Robin spaces will make immunotherapy marginally effective for GBM management [100]. Immunotherapies could be effective for GBM management as long as there is evidence showing that they do not enhance inflammation, increase availability of glucose and glutamine in the tumor microenvironment, or cause hyperprogressive disease, as was seen in non-small cell lung cancer [101]. Most of the studies to date that have used immunotherapy for GBM patient management have been less than encouraging [102, 103]. This outcome should not be surprising, however, as immunotherapy is based largely on the view that cancer is a genetic disease rather than a mitochondrial metabolic disease [41, 46, 90, 104]. Viewed collectively, the current SOC damages the microenvironment and facilitates delivery of

glucose and glutamine to GBM cells, all of which will contribute to tumor recurrence and rapid progression (Fig. 4).

It should also be recognized that many GBM cells are infected with human cytomegalovirus (HCMV) that would further facilitate tumor cell use of glutamine and glucose [105, 106]. Recent studies show that vaccine-targeting of the HCMV pp65 protein could significantly increase progression free and overall survival of some GBM patients [107]. It would be interesting to determine if this therapeutic effect resulted in part from a disruption of glycolysis or glutaminolysis in GBM cells [108, 109]. Glucose and glutamine are the prime metabolites needed for synthesis of glutathione and manganese superoxide dismutase, which make GBM cells resistant to chemotherapy and radiotherapy [5, 30]. It is known that elevated aerobic fermentation also drives the multidrug resistant (MDR) phenotype, which protects GBM cells from toxic chemotherapy [3, 30, 63]. Hence, the SOC-linked increase in fermentable energy metabolites and disruption of the tumor microenvironment can explain in large part why overall survival remains so poor for most GBM patients [5, 71]. In light of the presented information, does the current SOC still seem to be the most rational approach to GBM management?

Ketogenic Metabolic Therapy

Ketogenic metabolic therapy (KMT) is emerging as a viable complimentary or alternative therapeutic strategy for malignant gliomas [64, 78, 90, 110–120]. Calorie restriction and low-carbohydrate high-fat ketogenic diets (KD) reduce the glucose needed to drive the Warburg effect while also elevating ketone bodies that cannot be metabolized for energy in tumor cells due to defects in mitochondrial structure and function [5, 32, 37, 38, 104, 118, 121–124]. There have been reports, however, suggesting that some brain tumors can oxidize ketone bodies or express enzymes for ketone body metabolism [125, 126]. The expression of ketogenic enzymes or uptake of ketone bodies together with oxygen consumption in tumor cells does not necessarily mean that the ketone bodies can be used to generate energy through OxPhos [5]. Indeed, moderate disruption of the mitochondrial proton motive gradient will cause a reversal of the F1-F0 ATP synthase thus hydrolyzing ATP rather than synthesizing ATP [5]. Upregulation of mitochondrial substrate level phosphorylation, as an alternate source of ATP synthesis, will stabilize the F1-F0-ATP synthase thus preventing reversal. Glucose and glutamine become the prime fuels for increased substrate level phosphorylation reactions in the cytoplasm and mitochondria, respectively. Ketone bodies and fatty acids cannot be fermented and cannot therefore serve as major fuels for tumor cells with defective OxPhos [5]. Oncogenes such as *Hif-1alpha*, *Myc*, *Ras*, *BRAF*, etc.,

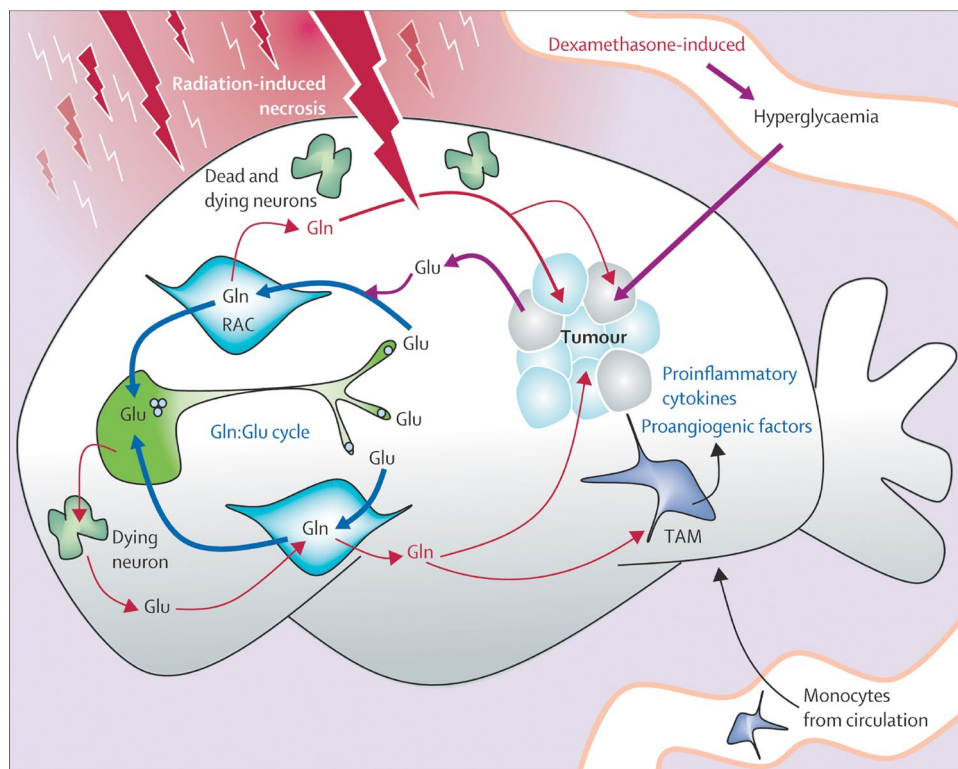


Fig. 4 How the standard of care can provoke glioblastoma growth and recurrence. Although GBM is biologically complex, glucose and glutamine are the primary energy metabolites necessary for driving rapid GBM growth [54, 162–165]. Glucose is the metabolic fuel for nearly all brain functions under normal physiological conditions [166]. Tumor cells metabolize glutamine to glutamate, which is then metabolized to alpha-ketoglutarate in the TCA cycle [53]. Significant energy is generated from the succinyl CoA ligase reaction (substrate level phosphorylation) using alpha-ketoglutarate-derived succinyl CoA as substrate [5]. In contrast to extracranial tissues, where glutamine is the most available amino acid, glutamine is tightly regulated in the brain through its involvement in the glutamate–glutamine cycle of neurotransmission [166, 167]. Glutamate is a major excitatory neurotransmitter that must be cleared rapidly following synaptic release in order to prevent excitotoxic damage to neurons [88, 167]. Glial cells possess transporters for the clearance of extracellular glutamate, which is then metabolized to glutamine for delivery back to neurons. Neurons metabolize the glutamine to glutamate,

which is then repackaged into synaptic vesicles for future release. The cycle maintains low extracellular levels of both glutamate and glutamine in normal neural parenchyma. Disruption of the cycle can provide neoplastic GBM cells access to glutamine. Besides serving as a metabolic fuel for the neoplastic tumor cells, glutamine is also an important fuel for cells of myeloid lineage, which include macrophages, monocytes, microglia, and especially the highly invasive mesenchymal cells in GBM [22, 168, 169]. In contrast to the highly proliferative GBM stem cells, the neoplastic GBM mesenchymal cells are thought to be derived from microglia or from microglia-stem cell fusion hybrids, which would have immuno-suppressive properties [22, 170]. As long as GBM cells have access to glucose and glutamine, the tumor will grow making long-term management difficult. The current SOC for GBM creates a microenvironment rich in glucose and glutamine that will facilitate rapid tumor recurrence (see text for further details). RAC=reactive astrocytes; TAM=tumour-associated macrophages. Gln=glutamine. Glu=glutamate. From [89] with permission

facilitate the dependence of tumor cells on glucose and glutamine while defects in the tumor suppressor genes *p53* and *pRb* increase OxPhos dysfunction [5, 127–132]. In contrast to these gene defects, which will enhance fermentation metabolism, mutations in the genes for isocitrate dehydrogenase (IDH1, IDH2) are linked to improvement in overall GBM survival [133]. We recently suggested that the IDH mutations will divert metabolism of glutamine-derived alpha-ketoglutarate from succinyl CoA to 2-hydroxyglutarate (2-HG), thus depriving energy production through mSLP [5]. No tumor cell can grow without energy regardless of its genetic composition [5]. The KMT depletion of fermentable

fuels will facilitate catastrophic tumor cell death without harming normal neural cells.

The GBM microenvironment is hypoxic, acidotic, and is enriched with glucose and glutamine. This pro-tumorigenic microenvironment becomes less inflamed under KMT, which also significantly reduces tumor mass and enhances apoptotic cell death (Figs. 5, 6). Calorie restriction and restricted KD are anti-invasive, anti-angiogenic, anti-inflammatory, and capable of killing some tumor cells through a pro-apoptotic mechanism [121, 134–137]. Metabolism of the major circulating ketone body, D-beta-hydroxybutyrate, is also neuroprotective in reducing reactive oxygen species

production through the mitochondrial Co-enzyme Q couple in normal cells, while simultaneously elevating oxidative stress in tumor cells [30, 138–141]. Implementation of KMT should also decrease the need for high-dose dexamethasone, and prevent steroid-induced hyperglycemia [142, 143]. It is our view that the anti-invasive effects of calorie restriction and restricted ketogenic diets could demarcate better the tumor margins, which would facilitate greater debulking of human GBM (Fig. 5) [64]. In fact, gross total resection of

the tumor is regarded as a survival advantage, and therefore the therapeutic effects of KMT should improve progression free and overall survival thus benefiting GBM patients.

Therapeutic ketosis is linked to reduced blood glucose levels and elevated ketone bodies levels within normal physiological ranges [144]. Evidence shows that therapeutic ketosis can act synergistically with several drugs and procedures to enhance cancer management improving both progression free and overall survival [30, 119, 145, 146].

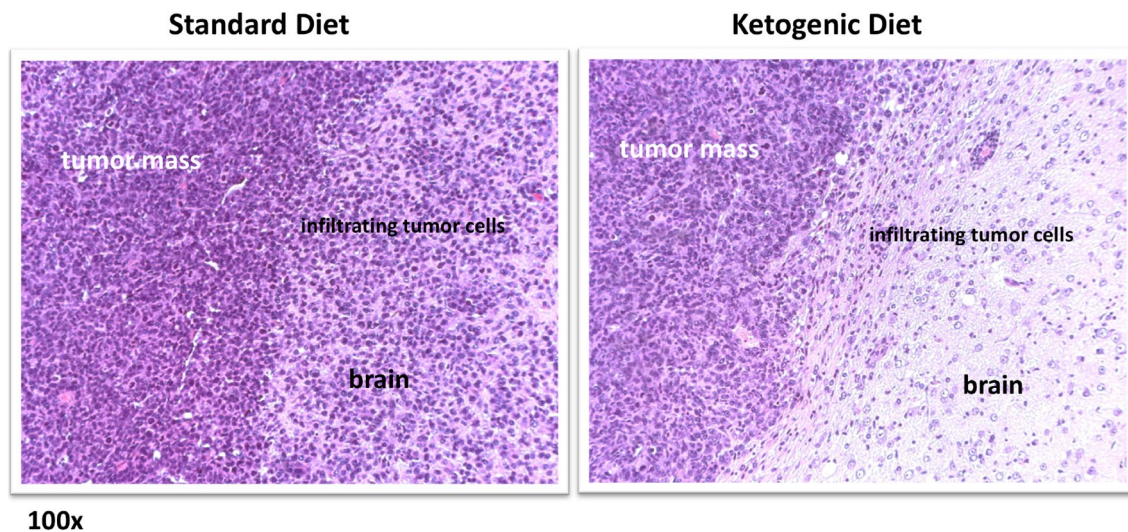


Fig. 5 Influence of KMT on invasion of the preclinical VM-M3 GBM. VM-M3/Fluc tumor fragments were implanted into the cerebral cortex as described [137]. The mice were fed either a high-carbohydrate standard diet, or a ketogenic diet in restricted amounts (KD-R) to reduce body weight by about 15–18%. The tumor cells are densely packed and show massive invasion from the tumor mass into the lighter stained normal brain tissue in mice fed the high-carbohydrate standard diet. In contrast, the tumor cells are less densely

packed and show less invasion in mice fed the ketogenic diet. The reduced invasive behavior and sharper tumor borders were linked to therapeutic ketosis (reduced blood glucose and elevated beta-hydroxybutyrate) [137, 171]. Caloric restriction also reduces the invasion of tumor cells from the implanted ipsilateral cerebral hemisphere into the contralateral hemisphere and significantly reduces invasion through “Secondary Structures of Scherer [137]

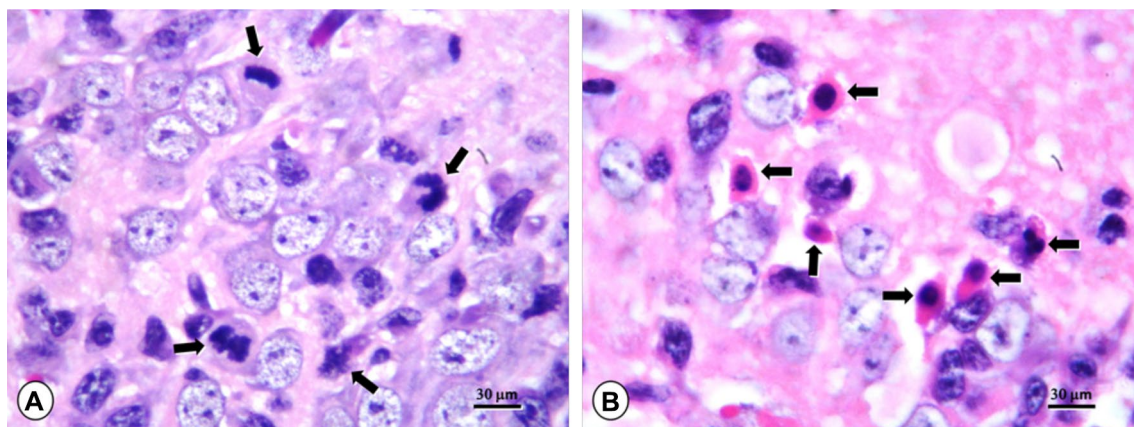


Fig. 6 Influence of KMT on the microenvironment and apoptosis of the preclinical VM-M3 GBM. Densely packed tumor cells with abundant mitoses (arrows) are seen in mice fed the a high-carbohydrate standard diet in unrestricted amounts, **a** abundant apoptotic tumor

cells with eosinophilic cytoplasm and condensed chromatin (arrows) are seen in mice fed a ketogenic diet in restricted amounts, **b** other conditions are as shown in Fig. 5

For example, hyperbaric oxygen therapy (HBOT) increases oxidative stress on tumor cells especially when used alongside therapies that reduce blood glucose and raise blood ketones [147]. In reducing blood glucose levels, KMT would also reduce the immunosuppressive effects of lactate in the GBM microenvironment [148]. There is also evidence that therapeutic ketosis can facilitate drug delivery through the blood brain barrier [149]. Chloroquine neutralization of lysosomal pH can prevent invasive and metastatic tumor cells from obtaining glucose and glutamine through phagocytosis or autophagy [30, 150, 151]. Chloroquine can also inhibit mitochondrial diaphorases, which oxidize NADPH to NAD⁺ thus reducing mitochondrial substrate level phosphorylation [5, 152]. The glutamine dehydrogenase inhibitor, epigallocatechin gallate (EGCG) is also proposed to target glutamine metabolism through an effect on glutamate dehydrogenase [153]. Hence, ketogenic metabolic therapy can, (a) target the multiple drivers of rapid glioma growth, (b) facilitate drug delivery through the BBB, and, (c) protect and enhance metabolic efficiency in normal brain cells. There are currently no GBM therapies to our knowledge that can simultaneously target these multiple drivers of GBM growth while, at the same time, protect normal neural cells.

Ketogenic Metabolic Therapy as an Alternative to SOC

The gold standard for a cancer therapy should involve the selective killing of tumor cells while avoiding damage to normal body cells. Unfortunately, the current SOC for GBM is wanting with respect to achieving this standard. As currently implemented, the SOC contributes to rapid tumor recurrence and the ultimate demise of the patient. Although many GBM patients have received KMT with SOC none, to our knowledge, have achieved or persistently maintained glucose ketone index (GKI) values of 1.0 or below, a biomarker for therapeutic ketosis [118, 126, 142, 144, 154]. It is important to mention, however, that a GKI value of 1.0 can be difficult to achieve for many cancer patients. This can result in part from emotional stress and toxic SOC treatments, which elevate blood glucose [30, 155]. It can take weeks for some patients to transition to a GKI near 1.0 [155]. Our GBM patient received KMT for 3 weeks prior to surgical resection and for 3 months prior to radiation and TMZ chemotherapy [64]. The patient achieved a GKI close to 1.0, a reduction in Hunter's angle (Choline/*N*-acetyl aspartate, NAA, ratio), correction of midline shift, and improved quality of life [64]. Unfortunately, the patient died after 30 months from complications of radionecrosis. The diagnosis of radiation-induced necrosis was based on MRI perfusion and MRS in addition to gross tissue appearance and histological analysis. The

surgeon reported the absence of detectable solid tumor mass; only yellowish grayish fragile avascular material. Histopathological analysis revealed inflammatory infiltrates, liquefactive necrosis, vascular hyalinization, and endothelial damage further favoring the diagnosis of radionecrosis rather than recurrent tumor. Radiation-induced necrosis is now recognized as a serious issue for brain cancer patients [156]. A key question is whether survival for GBM patients would be better if KMT replaced radiation therapy considering the damage to normal cells and the growth promoting effects of radiation therapy. We know of only one long-term GBM survivor that has received KMT without also receiving radiation or chemotherapy (<http://www.childhoodcancer2018.org.uk/speakers/pablo-kelly.asp>). While this case is anecdotal, his status indicates that replacement of SOC with KMT did not reduce his progression-free survival or overall survival. Further studies will be required to determine whether the favorable response of this GBM patient to KMT is unique or would be common to other GBM patients.

KMT, as part of the press-pulse therapeutic strategy, is designed to target simultaneously the availability of glucose and glutamine to the GBM cells [30]. The linkage of fermentation to malignancy is as solid as is that of the redshift to gravity [157]. As glucose and glutamine are the major fermentable fuels for GBM, the strategic restriction of these fuels will deprive the GBM cells of energy [5, 30]. As the membrane pumps are the largest consumers of cellular ATP, reduced ATP synthesis will cause tumor cells to swell and die [44]. It should be mentioned, however, that the unrestricted consumption of a ketogenic diet failed to suppress growth of the syngeneic CT-2A GBM preclinical model [121, 158]. This is likely due to excessive consumption of fat that can cause insulin insensitivity, as we previously showed [159]. As with any medicine, misuse of the KD can be ineffective or potentially harmful. The KD works best for managing cancer when consumed in restricted amounts.

Although several clinical trials are presently investigating KMT as a complementary treatment in patients receiving SOC for newly diagnosed or recurrent malignant glioma (clinical trials.gov), several challenges remain. Some of these challenges include existing barriers to clinical research in this field per se (technical issues with clinical trial design based on existing guidelines, ethical issues, insufficient clinician awareness, and lack of incentives to fund such trials or research). These issues must be addressed before KMT can become the SOC for brain cancer management despite having a scientific rationale stronger than that for most the approaches currently used for managing GBM. It is likely that KMT will be used as a complimentary strategy with current conventional, non-metabolic antineoplastic strategies, before consideration as a monotherapy. Support for synergistic interactions of KMT with SOC could facilitate

consideration of KMT as a monotherapy or as an alternative therapy for some currently used toxic procedures.

Conclusions

We have described how GBM is a type of mitochondrial metabolic disease where glutamine and glucose drive the growth of the heterogenetic neoplastic cell types [5, 64, 90]. No other fermentable fuels are present in the tumor microenvironment in quantities sufficient enough to replace glucose and glutamine. We also previously described how the gene mutations seen in GBM and most other cancers arises as effects of destabilized energy metabolism [5, 30, 45, 46, 104]. Would progression-free survival and overall survival of patients be improved with a non-toxic therapeutic strategy that targets the underlying metabolic defects located specifically in the neoplastic while also reducing inflammation and edema in the microenvironment? This question could be answered in clinical trials that compare outcomes in GBM patients treated with either the SOC + KMT or with KMT alone.

Acknowledgements The author would like to acknowledge support from the Foundation for Metabolic Cancer Therapies, the Claudia & Nelson Peltz Foundation, Crossfit Inc., Lewis Topper, Edward Miller, Ellen Davis, and the Boston College research expense fund. The authors also thank Pedro Arteaga, Norkys Sanchez, and Gianni Arteaga (Maracaibo-Venezuela) for technical help with EM micrographs.

Funding Funding was provided by Foundation for Metabolic Cancer Therapies (Grant No. 5101551), Claudia & Nelson Peltz Foundation and CrossFit (Grant No. 5105681).

References

- Polivka J Jr, Polivka J, Holubec L, Kubikova T, Priban V, Hes O, Pivovarcikova K, Treskova I (2017) Advances in experimental targeted therapy and immunotherapy for patients with glioblastoma multiforme. *Anticancer Res* 37:21–33
- Fabbro-Peray P, Zouaoui S, Darlix A, Fabbro M, Pallud J, Rigau V, Mathieu-Daude H, Bessaoud F, Bauchet F, Riondel A, Sorbets E, Charissoux M, Amelot A, Mandonnet E, Figarella-Branger D, Duffau H, Tretarre B, Taillandier L, Bauchet L (2018) Association of patterns of care, prognostic factors, and use of radiotherapy-temozolomide therapy with survival in patients with newly diagnosed glioblastoma: a French national population-based study. *J Neurooncol* 142(1):91–101
- Geraldo LHM, Garcia C, da Fonseca ACC, Dubois LGF, de Sampaio ESTCL, Matias D, de Camargo Magalhaes ES, do Amaral RF, da Rosa BG, Grimaldi I, Leser FS, Janeiro JM, Macharia L, Wanjiru C, Pereira CM, Moura-Neto V, Freitas C, Lima FRS (2019) Glioblastoma therapy in the age of molecular medicine. *Trends Cancer* 5:46–65
- Wegman-Ostrosky T, Reynoso-Noveron N, Mejia-Perez SI, Sanchez-Correa TE, Alvarez-Gomez RM, Vidal-Millan S, Cacho-Diaz B, Sanchez-Corona J, Herrera-Montalvo LA, Corona-Vazquez T (2016) Clinical prognostic factors in adults with astrocytoma: historic cohort. *Clin Neurol Neurosurg* 146:116–122
- Chinopoulos C, Seyfried TN (2018) Mitochondrial substrate level phosphorylation as energy source for glioblastoma: review and hypothesis. *ASN Neuro* 10:1–27
- Fatehi M, Hunt C, Ma R, Toyota BD (2018) Persistent disparities in survival for patients with glioblastoma. *World Neurosurg* 120:e511–e516
- Kleihues P, Ohgaki H (1999) Primary and secondary glioblastomas: from concept to clinical diagnosis. *Neuro Oncol* 1:44–51
- Scherer HJ (1940) A critical review: the pathology of cerebral gliomas. *J Neurol Neuropsychiat* 3:147–177
- Zagzag D, Esencay M, Mendez O, Yee H, Smirnova I, Huang Y, Chiriboga L, Lukyanov E, Liu M, Newcomb EW (2008) Hypoxia- and vascular endothelial growth factor-induced stromal cell-derived factor-1alpha/CXCR4 expression in glioblastomas: one plausible explanation of Scherer's structures. *Am J Pathol* 173:545–560
- Shelton LM, Mukherjee P, Huysentruyt LC, Urits I, Rosenberg JA, Seyfried TN (2010) A novel pre-clinical in vivo mouse model for malignant brain tumor growth and invasion. *J Neurooncol* 99:165–176
- Laws ER Jr, Goldberg WJ, Bernstein JJ (1993) Migration of human malignant astrocytoma cells in the mammalian brain: Scherer revisited. *Int J Dev Neurosci* 11:691–697
- Perry JR, Laperriere N, O'Callaghan CJ, Brandes AA, Menten J, Phillips C, Fay M, Nishikawa R, Cairncross JG, Roa W, Osoba D, Rossiter JP, Sahgal A, Hirte H, Laigle-Donadey F, Franceschi E, Chinot O, Golfopoulos V, Fariselli L, Wick A, Feuvret L, Back M, Tills M, Winch C, Baumert BG, Wick W, Ding K, Mason WP, Trial I (2017) Short-course radiation plus temozolomide in elderly patients with glioblastoma. *N Engl J Med* 376:1027–1037
- Krex D, Klink B, Hartmann C, von Deimling A, Pietsch T, Simon M, Sabel M, Steinbach JP, Heese O, Reifenberger G, Weller M, Schackert G (2007) Long-term survival with glioblastoma multiforme. *Brain* 130:2596–2606
- Cuddapah VA, Robel S, Watkins S, Sontheimer H (2014) A neurocentric perspective on glioma invasion. *Nat Rev Neurosci* 15:455–465
- Chang SM, Parney IF, Huang W, Anderson FA Jr, Asher AL, Bernstein M, Lillehei KO, Brem H, Berger MS, Laws ER (2005) Patterns of care for adults with newly diagnosed malignant glioma. *JAMA* 293:557–564
- Taphoorn MJ, Stupp R, Coens C, Osoba D, Kortmann R, van den Bent MJ, Mason W, Mirimanoff RO, Baumert BG, Eisenhauer E, Forsyth P, Bottomley A (2005) Health-related quality of life in patients with glioblastoma: a randomised controlled trial. *Lancet Oncol* 6:937–944
- Flechl B, Ackerl M, Sax C, Dieckmann K, Crevenna R, Gaiger A, Widhalm G, Preusser M, Marosi C (2012) Neurocognitive and sociodemographic functioning of glioblastoma long-term survivors. *J Neurooncol* 109:331–339
- Stupp R, Hegi ME, Mason WP, van den Bent MJ, Taphoorn MJ, Janzer RC, Ludwin SK, Allgeier A, Fisher B, Belanger K, Hau P, Brandes AA, Gijtenbeek J, Marosi C, Vecht CJ, Mokhtari K, Wesseling P, Villa S, Eisenhauer E, Gorlia T, Weller M, Lacombe D, Cairncross JG, Mirimanoff RO (2009) Effects of radiotherapy with concomitant and adjuvant temozolomide versus radiotherapy alone on survival in glioblastoma in a randomised phase III study: 5-year analysis of the EORTC-NCIC trial. *Lancet Oncol* 10:459–466
- Morantz RA, Wood GW, Foster M, Clark M, Gollahon K (1979) Macrophages in experimental and human brain tumors. Part 2: studies of the macrophage content of human brain tumors. *J Neurosurg* 50:305–311

20. Morantz RA, Wood GW, Foster M, Clark M, Gollahan K (1979) Macrophages in experimental and human brain tumors. Part I: studies of the macrophage content of experimental rat brain tumors of varying immunogenicity. *J Neurosurg* 50:298–304
21. Karsy M, Gelbman M, Shah P, Balumbu O, Moy F, Arslan E (2012) Established and emerging variants of glioblastoma multiforme: review of morphological and molecular features. *Folia Neuropathol* 50:301–321
22. Huysentruyt LC, Akgoc Z, Seyfried TN (2011) Hypothesis: are neoplastic macrophages/microglia present in glioblastoma multiforme? *ASN Neuro* 3(4):0011
23. Yuan X, Curtin J, Xiong Y, Liu G, Waschmann-Hogiu S, Farkas DL, Black KL, Yu JS (2004) Isolation of cancer stem cells from adult glioblastoma multiforme. *Oncogene* 23:9392–9400
24. Rubinstein LJ (1972) Tumors of the central nervous system. Armed Forces Institute of Pathology, Washington, D.C.
25. Wood GW, Morantz RA (1979) Immunohistologic evaluation of the lymphoreticular infiltrate of human central nervous system tumors. *J Natl Cancer Inst* 62:485–491
26. Seyfried TN (2001) Perspectives on brain tumor formation involving macrophages, glia, and neural stem cells. *Perspect Biol Med* 44:263–282
27. Roggendorf W, Strupp S, Paulus W (1996) Distribution and characterization of microglia/macrophages in human brain tumors. *Acta Neuropathol* 92:288–293
28. Ordys BB, Launay S, Deighton RF, McCulloch J, Whittle IR (2010) The role of mitochondria in glioma pathophysiology. *Mol Neurobiol* 42:64–75
29. Oudard S, Boitier E, Miccoli L, Rousset S, Dutrillaux B, Poupon MF (1997) Gliomas are driven by glycolysis: putative roles of hexokinase, oxidative phosphorylation and mitochondrial ultrastructure. *Anticancer Res* 17:1903–1911
30. Seyfried TN, Yu G, Maroon JC, D'Agostino DP (2017) Press-pulse: a novel therapeutic strategy for the metabolic management of cancer. *Nutr Metab (Lond)* 14:19
31. Feichtinger RG, Weis S, Mayr JA, Zimmermann F, Geilberger R, Sperl W, Kofler B (2014) Alterations of oxidative phosphorylation complexes in astrocytomas. *Glia* 62:514–525
32. Arismendi-Morillo GJ, Castellano-Ramirez AV (2008) Ultrastructural mitochondrial pathology in human astrocytic tumors: potentials implications pro-therapeutics strategies. *J Electron Microscop* (Tokyo) 57:33–39
33. Katsetos CD, Anni H, Draber P (2013) Mitochondrial dysfunction in gliomas. *Semin Pediatr Neurol* 20:216–227
34. Deighton RF, Le Bihan T, Martin SF, Gerth AM, McCulloch M, Edgar JM, Kerr LE, Whittle IR, McCulloch J (2014) Interactions among mitochondrial proteins altered in glioblastoma. *J Neurooncol* 118:247–256
35. Scheithauer BW, Bruner JM (1987) The ultrastructural spectrum of astrocytic neoplasms. *Ultrastruct Pathol* 11:535–581
36. Sipe JC, Herman MM, Rubinstein LJ (1973) Electron microscopic observations on human glioblastomas and astrocytomas maintained in organ culture systems. *Am J Pathol* 73:589–606
37. Arismendi-Morillo G, Castellano-Ramirez A, Seyfried TN (2017) Ultrastructural characterization of the Mitochondria-associated membranes abnormalities in human astrocytomas: functional and therapeutics implications. *Ultrastruct Pathol* 41:234–244
38. Kiebish MA, Han X, Cheng H, Chuang JH, Seyfried TN (2008) Cardiolipin and electron transport chain abnormalities in mouse brain tumor mitochondria: lipidomic evidence supporting the Warburg theory of cancer. *J Lipid Res* 49:2545–2556
39. Claypool SM, Koehler CM (2012) The complexity of cardiolipin in health and disease. *Trends Biochem Sci* 37:32–41
40. Guntuku L, Naidu VG, Yerra VG (2016) Mitochondrial dysfunction in gliomas: pharmacotherapeutic potential of natural compounds. *Curr Neuropharmacol* 14:567–583
41. Bartesaghi S, Graziano V, Galavotti S, Henriquez NV, Betts J, Saxena J, Minieri V, Deli A, Karlsson A, Martins LM, Capasso M, Nicotera P, Brandner S, De Laurenzi V, Salomoni P (2015) Inhibition of oxidative metabolism leads to p53 genetic inactivation and transformation in neural stem cells. *Proc Natl Acad Sci USA* 112:1059–1064
42. Libby CJ, Tran AN, Scott SE, Griguer C, Hjelmeland AB (2018) The pro-tumorigenic effects of metabolic alterations in glioblastoma including brain tumor initiating cells. *Biochem Biophys Acta* 1869:175–188
43. Lehninger AL (1964) The mitochondrion: molecular basis of structure and function. W.A. Benjamin, INC., New York
44. Seyfried TN, Shelton LM (2010) Cancer as a metabolic disease. *Nutr Metab (Lond)* 7:7
45. Seyfried TN, Flores RE, Poff AM, D'Agostino DP (2014) Cancer as a metabolic disease: implications for novel therapeutics. *Carcinogenesis* 35:515–527
46. Seyfried TN (2015) Cancer as a mitochondrial metabolic disease. *Front Cell Dev Biol* 3:43
47. Soto AM, Sonnenschein C (2004) The somatic mutation theory of cancer: growing problems with the paradigm? *BioEssays* 26:1097–1107
48. Sonnenschein C, Soto AM (1999) The society of cells: cancer and the control of cell proliferation. Springer, New York
49. Sonnenschein C, Soto AM (2000) Somatic mutation theory of carcinogenesis: why it should be dropped and replaced. *Mol Carcinog* 29:205–211
50. Szent-Gyorgyi A (1977) The living state and cancer. *Proc Natl Acad Sci USA* 74:2844–2847
51. Vander Heiden MG, Cantley LC, Thompson CB (2009) Understanding the Warburg effect: the metabolic requirements of cell proliferation. *Science* 324:1029–1033
52. Tanaka K, Sasayama T, Irino Y, Takata K, Nagashima H, Satoh N, Kyotani K, Mizowaki T, Imahori T, Ejima Y, Masui K, Gini B, Yang H, Hosoda K, Sasaki R, Mischel PS, Kohmura E (2015) Compensatory glutamine metabolism promotes glioblastoma resistance to mTOR inhibitor treatment. *J Clin Invest* 125:1591–1602
53. Yang C, Sudderth J, Dang T, Bachoo RG, McDonald JG, DeBerardinis RJ (2009) Glioblastoma cells require glutamate dehydrogenase to survive impairments of glucose metabolism or Akt signaling. *Cancer Res* 69(20):7986–7993
54. DeBerardinis RJ, Mancuso A, Daikhin E, Nissim I, Yudkoff M, Wehrli S, Thompson CB (2007) Beyond aerobic glycolysis: transformed cells can engage in glutamine metabolism that exceeds the requirement for protein and nucleotide synthesis. *Proc Natl Acad Sci USA* 104:19345–19350
55. Marquez J, Alonso FJ, Mates JM, Segura JA, Martin-Rufian M, Campos-Sandoval JA (2017) Glutamine addiction in gliomas. *Neurochem Res* 42:1735–1746
56. Dahlberg D, Struys EA, Jansen EE, Morkrid L, Midttun O, Hassel B (2017) Cyst fluid from cystic, malignant brain tumors: a reservoir of nutrients, including growth factor-like nutrients, for tumor cells. *Neurosurgery* 80:917–924
57. Jaworski DM, Namboodiri AM, Moffett JR (2016) Acetate as a metabolic and epigenetic modifier of cancer therapy. *J Cell Biochem* 117:574–588
58. Rhodes CG, Wise RJ, Gibbs JM, Frackowiak RS, Hatazawa J, Palmer AJ, Thomas DG, Jones T (1983) In vivo disturbance of the oxidative metabolism of glucose in human cerebral gliomas. *Ann Neurol* 14:614–626
59. Flavahan WA, Wu Q, Hitomi M, Rahim N, Kim Y, Sloan AE, Weil RJ, Nakano I, Sarkaria JN, Stringer BW, Day BW, Li M,

- Lathia JD, Rich JN, Hjelmeland AB (2013) Brain tumor initiating cells adapt to restricted nutrition through preferential glucose uptake. *Nat Neurosci* 16:1373–1382
60. DeBerardinis RJ, Cheng T (2010) Q's next: the diverse functions of glutamine in metabolism, cell biology and cancer. *Oncogene* 29:313–324
 61. Yang L, Venneti S, Nagrath D (2017) Glutaminolysis: a hallmark of cancer metabolism. *Annu Rev Biomed Eng* 19:163–194
 62. Amores-Sanchez MI, Medina MA (1999) Glutamine, as a precursor of glutathione, and oxidative stress. *Mol Genet Metab* 67:100–105
 63. Xu RH, Pelicano H, Zhou Y, Carew JS, Feng L, Bhalla KN, Keating MJ, Huang P (2005) Inhibition of glycolysis in cancer cells: a novel strategy to overcome drug resistance associated with mitochondrial respiratory defect and hypoxia. *Can Res* 65:613–621
 64. Elsakka AMA, Bary MA, Abdelzاهر E, Elnaggar M, Kalamian M, Mukherjee P, Seyfried TN (2018) Management of glioblastoma multiforme in a patient treated with ketogenic metabolic therapy and modified standard of care: a 24-month follow-up. *Front Nutr* 5:20
 65. Pitter KL, Tamagno I, Alikhanyan K, Hosni-Ahmed A, Pattwell SS, Donnola S, Dai C, Ozawa T, Chang M, Chan TA, Beal K, Bishop AJ, Barker CA, Jones TS, Hentschel B, Gorlia T, Schlegel U, Stupp R, Weller M, Holland EC, Hambardzumyan D (2016) Corticosteroids compromise survival in glioblastoma. *Brain* 139:1458–1471
 66. Wong ET, Lok E, Gautam S, Swanson KD (2015) Dexamethasone exerts profound immunologic interference on treatment efficacy for recurrent glioblastoma. *Br J Cancer* 113:232–241
 67. Lawrence YR, Blumenthal DT, Matceyevsky D, Kanner AA, Bokstein F, Corn BW (2011) Delayed initiation of radiotherapy for glioblastoma: how important is it to push to the front (or the back) of the line? *J Neurooncol* 105(1):1–7
 68. Lawrence YR, Wang M, Dicker AP, Andrews D, Curran WJ Jr, Michalski JM, Souhami L, Yung WK, Mehta M (2011) Early toxicity predicts long-term survival in high-grade glioma. *Br J Cancer* 104:1365–1371
 69. Alieva M, Margarido AS, Wieles T, Abels ER, Colak B, Boquetale C, Jan Noordmans H, Snijders TJ, Broekman ML, van Rheejen J (2017) Preventing inflammation inhibits biopsy-mediated changes in tumor cell behavior. *Sci Rep* 7:7529
 70. Walter ND, Rice PL, Redente EF, Kauvar EF, Lemond L, Aly T, Wanebo K, Chan ED (2011) Wound healing after trauma may predispose to lung cancer metastasis: review of potential mechanisms. *Am J Respir Cell Mol Biol* 44:591–596
 71. Duan C, Yang R, Yuan L, Engelbach JA, Tsien CI, Rich KM, Dahiya SM, Johanns TM, Ackerman JJH, Garbow JR (2019) Late effects of radiation prime the brain microenvironment for accelerated tumor growth. *Int J Radiat Oncol Biol Phys* 103:190–194
 72. Rovlias A, Kotsou S (2000) The influence of hyperglycemia on neurological outcome in patients with severe head injury. *Neurosurgery* 46:335–342 **discussion 342–333**
 73. Bergsneider M, Hovda DA, Shalmon E, Kelly DF, Vespa PM, Martin NA, Phelps ME, McArthur DL, Caron MJ, Kraus JF, Becker DP (1997) Cerebral hyperglycolysis following severe traumatic brain injury in humans: a positron emission tomography study. *J Neurosurg* 86:241–251
 74. Derr RL, Ye X, Islas MU, Desideri S, Saudek CD, Grossman SA (2009) Association between hyperglycemia and survival in patients with newly diagnosed glioblastoma. *J Clin Oncol* 27:1082–1086
 75. Mayer A, Vaupel P, Struss HG, Giese A, Stockinger M, Schmidberger H (2014) Strong adverse prognostic impact of hyperglycemic episodes during adjuvant chemoradiotherapy of glioblastoma multiforme. *Strahlenther Onkol* 190:933–938
 76. McGirt MJ, Chaichana KL, Gathinji M, Attenello F, Than K, Ruiz AJ, Olivi A, Quinones-Hinojosa A (2008) Persistent outpatient hyperglycemia is independently associated with decreased survival after primary resection of malignant brain astrocytomas. *Neurosurgery* 63:286–291 **discussion 291**
 77. Schwartzbaum J, Edlinger M, Zigmont V, Stattin P, Rempala GA, Nagel G, Hammar N, Ulmer H, Foger B, Walldius G, Manjer J, Malmstrom H, Feychting M (2017) Associations between pre-diagnostic blood glucose levels, diabetes, and glioma. *Sci Rep* 7:1436
 78. Strowd RE 3rd, Grossman SA (2015) The role of glucose modulation and dietary supplementation in patients with central nervous system tumors. *Curr Treat Options Oncol* 16:356
 79. Tieu MT, Lovblom LE, McNamara MG, Mason W, Laperriere N, Millar BA, Menard C, Kiehl TR, Perkins BA, Chung C (2015) Impact of glycemia on survival of glioblastoma patients treated with radiation and temozolomide. *J Neurooncol* 124:119–126
 80. Zhao S, Cai J, Li J, Bao G, Li D, Li Y, Zhai X, Jiang C, Fan L (2016) Bioinformatic profiling identifies a glucose-related risk signature for the malignancy of glioma and the survival of patients. *Mol Neurobiol*
 81. Decker M, Sacks P, Abbatematteo J, De Leo E, Brennan M, Rahman M (2019) The effects of hyperglycemia on outcomes in surgical high-grade glioma patients. *Clin Neurol Neurosurg* 179:9–13
 82. Link TW, Woodworth GF, Chaichana KL, Grossman SA, Mayer RS, Brem H, Weingart JD, Quinones-Hinojosa A (2012) Hyperglycemia is independently associated with post-operative function loss in patients with primary eloquent glioblastoma. *J Clin Neurosci* 19:996–1000
 83. Davies PS, Powell AE, Swain JR, Wong MH (2009) Inflammation and proliferation act together to mediate intestinal cell fusion. *PLoS ONE* 4:e6530
 84. Seyfried TN, Huysentruyt LC (2013) On the origin of cancer metastasis. *Crit Rev Oncog* 18:43–73
 85. Pawelek JM, Chakraborty AK (2008) Fusion of tumour cells with bone marrow-derived cells: a unifying explanation for metastasis. *Nat Rev Cancer* 8:377–386
 86. Lindstrom A, Midtbo K, Arnesson LG, Garvin S, Shabo I (2017) Fusion between M2-macrophages and cancer cells results in a subpopulation of radioresistant cells with enhanced DNA-repair capacity. *Oncotarget* 8:51370–51386
 87. Tardito S, Oudin A, Ahmed SU, Fack F, Keunen O, Zheng L, Miletic H, Sakariassen PO, Weinstock A, Wagner A, Lindsay SL, Hock AK, Barnett SC, Ruppin E, Morkve SH, Lund-Johansen M, Chalmers AJ, Bjerkvig R, Niclou SP, Gottlieb E (2015) Glutamine synthetase activity fuels nucleotide biosynthesis and supports growth of glutamine-restricted glioblastoma. *Nat Cell Biol* 17:1556–1568
 88. Takano T, Lin JH, Arcuino G, Gao Q, Yang J, Nedergaard M (2001) Glutamate release promotes growth of malignant gliomas. *Nat Med* 7:1010–1015
 89. Seyfried TN, Shelton LM, Mukherjee P (2010) Does the existing standard of care increase glioblastoma energy metabolism? *Lancet Oncol* 11:811–813
 90. Seyfried TN, Flores R, Poff AM, D'Agostino DP, Mukherjee P (2015) Metabolic therapy: a new paradigm for managing malignant brain cancer. *Cancer Lett* 356:289–300
 91. Johnson BE, Mazor T, Hong C, Barnes M, Aihara K, McLean CY, Fouse SD, Yamamoto S, Ueda H, Tatsuno K, Asthana S, Jalbert LE, Nelson SJ, Bollen AW, Gustafson WC, Charron E, Weiss WA, Smirnov IV, Song JS, Olshen AB, Cha S, Zhao Y, Moore RA, Mungall AJ, Jones SJ, Hirst M, Marra MA, Saito N, Aburatani H, Mukasa A, Berger MS, Chang SM, Taylor BS, Costello JF (2014) Mutational analysis reveals the origin and therapy-driven evolution of recurrent glioma. *Science* 343:189–193

92. Klement RJ, Champ CE (2017) Corticosteroids compromise survival in glioblastoma in part through their elevation of blood glucose levels. *Brain* 140:e16
93. Arcuri C, Tardy M, Rolland B, Armellini R, Menghini AR, Bocchini V (1995) Glutamine synthetase gene expression in a glioblastoma cell-line of clonal origin: regulation by dexamethasone and dibutyryl cyclic AMP. *Neurochem Res* 20:1133–1139
94. Wick W, Gorlia T, Bendszus M, Taphoorn M, Sahm F, Harting I, Brandes AA, Taal W, Domont J, Idbaih A, Campone M, Clement PM, Stupp R, Fabbro M, Le Rhun E, Dubois F, Weller M, von Deimling A, Golfinoopoulos V, Bromberg JC, Platten M, Klein M, van den Bent MJ (2017) Lomustine and bevacizumab in progressive glioblastoma. *N Engl J Med* 377:1954–1963
95. Seyfried TN (2012) Cancer treatment strategies. Cancer as a metabolic disease: on the origin, management, and prevention of cancer. Wiley, Hoboken, NJ, pp 227–289
96. Iwamoto FM, Abrey LE, Beal K, Gutin PH, Rosenblum MK, Reuter VE, DeAngelis LM, Lassman AB (2009) Patterns of relapse and prognosis after bevacizumab failure in recurrent glioblastoma. *Neurology* 73:1200–1206
97. Paez-Ribes M, Allen E, Hudock J, Takeda T, Okuyama H, Vinals F, Inoue M, Bergers G, Hanahan D, Casanovas O (2009) Antiangiogenic therapy elicits malignant progression of tumors to increased local invasion and distant metastasis. *Cancer Cell* 15:220–231
98. de Groot JF, Fuller G, Kumar AJ, Piao Y, Eterovic K, Ji Y, Conrad CA (2010) Tumor invasion after treatment of glioblastoma with bevacizumab: radiographic and pathologic correlation in humans and mice. *Neuro Oncol* 12:233–242
99. Nanegrunskunk D, Apaijai N, Yarana C, Sripecthwandee J, Limpastan K, Watcharasakul W, Vaniyapong T, Chattipakorn N, Chattipakorn SC (2016) Bevacizumab is superior to Temozolomide in causing mitochondrial dysfunction in human brain tumors. *Neurol Res* 38:285–293
100. Ratnam NM, Gilbert MR, Giles AJ (2019) Immunotherapy in CNS cancers: the role of immune cell trafficking. *Neuro Oncol* 21:37–46
101. Ferrara R, Mezquita L, Texier M, Lahmar J, Audigier-Valette C, Tessonnier L, Mazieres J, Zalcman G, Brosseau S, Le Moulec S, Leroy L, Duchemann B, Lefebvre C, Veillon R, Westeel V, Koscielny S, Champiat S, Ferte C, Planchard D, Remon J, Boucher ME, Gazzah A, Adam J, Bria E, Tortora G, Soria JC, Besse B, Caramella C (2018) Hyperprogressive disease in patients with advanced non-small cell lung cancer treated with PD-1/PD-L1 inhibitors or with single-agent chemotherapy. *JAMA Oncol* 4:1543–1552
102. Kurz SC, Cabrera LP, Hastie D, Huang R, Unadkat P, Rinne M, Nayak L, Lee EQ, Reardon DA, Wen PY (2018) PD-1 inhibition has only limited clinical benefit in patients with recurrent high-grade glioma. *Neurology* 91:e1355–e1359
103. Weller M, Le Rhun E (2019) Immunotherapy for glioblastoma: quo vadis? *Nat Rev Clin Oncol*
104. Maroon JC, Seyfried TN, Donohue JP, Bost J (2015) The role of metabolic therapy in treating glioblastoma multiforme. *Surg Neurol Int* 6:61
105. Rahbar A, Orrego A, Peredo I, Dzabic M, Wolmer-Solberg N, Straat K, Stragliotto G, Soderberg-Naucler C (2013) Human cytomegalovirus infection levels in glioblastoma multiforme are of prognostic value for survival. *J Clin Virol* 57:36–42
106. Yu Y, Maguire TG, Alwine JC (2011) Human cytomegalovirus activates glucose transporter 4 expression to increase glucose uptake during infection. *J Virol* 85:1573–1580
107. Batich KA, Reap EA, Archer GE, Sanchez-Perez L, Nair SK, Schmittling RJ, Norberg P, Xie W, Herndon JE 2nd, Healy P, McLendon RE, Friedman AH, Friedman HS, Bigner D, Vlahovic G, Mitchell DA, Sampson JH (2017) Long-term survival in glioblastoma with cytomegalovirus pp65-targeted vaccination. *Clin Cancer Res* 23:1898–1909
108. Yu W, Gong JS, Ko M, Garver WS, Yanagisawa K, Michikawa M (2005) Altered cholesterol metabolism in Niemann-Pick type C1 mouse brains affects mitochondrial function. *J Biol Chem* 280:11731–11739
109. Yu Y, Clippinger AJ, Alwine JC (2011) Viral effects on metabolism: changes in glucose and glutamine utilization during human cytomegalovirus infection. *Trends Microbiol* 19:360–367
110. Klement RJ, Bandyopadhyay PS, Champ CE, Walach H (2018) Application of Bayesian evidence synthesis to modelling the effect of ketogenic therapy on survival of high grade glioma patients. *Theor Biol Med Model* 15:12
111. Noorlag L, De Vos FY, Kok A, Broekman MLD, Seute T, Robe PA, Snijders TJ (2018) Treatment of malignant gliomas with ketogenic or caloric restricted diets: a systematic review of pre-clinical and early clinical studies. *Clin Nutr*
112. Woolf EC, Syed N, Scheck AC (2016) Tumor metabolism, the ketogenic diet and beta-hydroxybutyrate: novel approaches to adjuvant brain tumor therapy. *Front Mol Neurosci* 9:122
113. Varshneya K, Carico C, Ortega A, Patil CG (2015) The efficacy of ketogenic diet and associated hypoglycemia as an adjuvant therapy for high-grade gliomas: a review of the literature. *Cureus* 7:e251
114. Strowd RE, Cervenka MC, Henry BJ, Kossoff EH, Hartman AL, Blakeley JO (2015) Glycemic modulation in neuro-oncology: experience and future directions using a modified Atkins diet for high-grade brain tumors. *Neurooncol Pract* 2:127–136
115. Rieger J, Steinbach JP (2016) To diet or not to diet—that is still the question. *Neuro Oncol* 18:1035–1036
116. Nebeling LC, Miraldi F, Shurin SB, Lerner E (1995) Effects of a ketogenic diet on tumor metabolism and nutritional status in pediatric oncology patients: two case reports. *J Am Coll Nutr* 14:202–208
117. Martuscello RT, Vedam-Mai V, McCarthy DJ, Schmoll ME, Jundi MA, Louviere CD, Griffith BG, Skinner CL, Suslov O, Deleyrolle LP, Reynolds BA (2016) A supplemented high-fat low-carbohydrate diet for the treatment of glioblastoma. *Clin Cancer Res* 22:2482–2495
118. Winter SF, Loebel F, Dietrich J (2017) Role of ketogenic metabolic therapy in malignant glioma: a systematic review. *Crit Rev Oncol Hematol* 112:41–58
119. Santos JG, Souza Da Cruz WM, Schonthal AH, Salazar MD, Fontes CA, Quirico-Santos T, Da Fonseca CO (2018) Efficacy of a ketogenic diet with concomitant intranasal perillyl alcohol as a novel strategy for the therapy of recurrent glioblastoma. *Oncol Lett* 15:1263–1270
120. Schwartz KA, Noel M, Nikolai M, Chang HT (2018) Investigating the ketogenic diet as treatment for primary aggressive brain cancer: challenges and lessons learned. *Front Nutr* 5:1–7
121. Zhou W, Mukherjee P, Kiebish MA, Markis WT, Mantis JG, Seyfried TN (2007) The calorically restricted ketogenic diet, an effective alternative therapy for malignant brain cancer. *Nutr Metab (Lond)* 4:5
122. Chang HT, Olson LK, Schwartz KA (2013) Ketolytic and glycolytic enzymatic expression profiles in malignant gliomas: implication for ketogenic diet therapy. *Nutr Metab* 10:47
123. Fredericks M, Ramsey RB (1978) 3-Oxo acid coenzyme A transferase activity in brain and tumors of the nervous system. *J Neurochem* 31:1529–1531
124. Maurer GD, Brucker DP, Baehr O, Harter PN, Hattingen E, Walenta S, Mueller-Klieser W, Steinbach JP, Rieger J (2011) Differential utilization of ketone bodies by neurons and glioma cell lines: a rationale for ketogenic diet as experimental glioma therapy. *BMC Cancer* 11:315

125. De Feyter HM, Behar KL, Rao JU, Madden-Hennessey K, Ip KL, Hyder F, Drewes LR, Geschwind JF, de Graaf RA, Rothman DL (2016) A ketogenic diet increases transport and oxidation of ketone bodies in RG2 and 9L gliomas without affecting tumor growth. *Neuro Oncol* 18:1079–1087
126. Schwartz K, Chang HT, Nikolai M, Pernicone J, Rhee S, Olson K, Kurniali PC, Hord NG, Noel M (2015) Treatment of glioma patients with ketogenic diets: report of two cases treated with an IRB-approved energy-restricted ketogenic diet protocol and review of the literature. *Cancer Metab* 3:3
127. Szeliga M, Albrecht J (2015) Opposing roles of glutaminase isoforms in determining glioblastoma cell phenotype. *Neurochem Int* 88:6–9
128. Nicolay BN, Danielian PS, Kottakis F, Lapek JD Jr, Sanidas I, Miles WO, Dehnad M, Tschop K, Gierut JJ, Manning AL, Morris R, Haigis K, Bardeesy N, Lees JA, Haas W, Dyson NJ (2015) Proteomic analysis of pRb loss highlights a signature of decreased mitochondrial oxidative phosphorylation. *Genes Dev* 29:1875–1889
129. Yang D, Wang MT, Tang Y, Chen Y, Jiang H, Jones TT, Rao K, Brewer GJ, Singh KK, Nie D (2010) Impairment of mitochondrial respiration in mouse fibroblasts by oncogenic H-RAS(Q61L). *Cancer Biol Ther* 9:122–133
130. Hu Y, Lu W, Chen G, Wang P, Chen Z, Zhou Y, Ogasawara M, Trachootham D, Feng L, Pelicano H, Chiao PJ, Keating MJ, Garcia-Manero G, Huang P (2012) K-ras(G12V) transformation leads to mitochondrial dysfunction and a metabolic switch from oxidative phosphorylation to glycolysis. *Cell Res* 22:399–412
131. Lu W, Pelicano H, Huang P (2010) Cancer metabolism: is glutamine sweeter than glucose? *Cancer Cell* 18:199–200
132. Lu H, Forbes RA, Verma A (2002) Hypoxia-inducible factor 1 activation by aerobic glycolysis implicates the Warburg effect in carcinogenesis. *J Biol Chem* 277:23111–23115
133. Yan H, Parsons DW, Jin G, McLendon R, Rasheed BA, Yuan W, Kos I, Batinic-Haberle I, Jones S, Riggins GJ, Friedman H, Friedman A, Reardon D, Herndon J, Kinzler KW, Velculescu VE, Vogelstein B, Bigner DD (2009) IDH1 and IDH2 mutations in gliomas. *N Engl J Med* 360:765–773
134. Mukherjee P, El-Abbadi MM, Kasperzyk JL, Raney MK, Seyfried TN (2002) Dietary restriction reduces angiogenesis and growth in an orthotopic mouse brain tumour model. *Br J Cancer* 86:1615–1621
135. Mukherjee P, Mulrooney TJ, Marsh J, Blair D, Chiles TC, Seyfried TN (2008) Differential effects of energy stress on AMPK phosphorylation and apoptosis in experimental brain tumor and normal brain. *Mol Cancer* 7:37
136. Mulrooney TJ, Marsh J, Urits I, Seyfried TN, Mukherjee P (2011) Influence of caloric restriction on constitutive expression of NF-kappaB in an experimental mouse astrocytoma. *PLoS ONE* 6:e18085
137. Shelton LM, Huysentruyt LC, Mukherjee P, Seyfried TN (2010) Calorie restriction as an anti-invasive therapy for malignant brain cancer in the VM mouse. *ASN Neuro* 2:e00038
138. Maalouf M, Sullivan PG, Davis L, Kim DY, Rho JM (2007) Ketones inhibit mitochondrial production of reactive oxygen species production following glutamate excitotoxicity by increasing NADH oxidation. *Neuroscience* 145:256–264
139. Veech RL (2004) The therapeutic implications of ketone bodies: the effects of ketone bodies in pathological conditions: ketosis, ketogenic diet, redox states, insulin resistance, and mitochondrial metabolism. *Prostaglandins Leukot Essent Fatty Acids* 70:309–319
140. D'Agostino DP, Olson JE, Dean JB (2009) Acute hyperoxia increases lipid peroxidation and induces plasma membrane blebbing in human U87 glioblastoma cells. *Neuroscience* 159:1011–1022
141. Veech RL, Todd King M, Pawlosky R, Kashiwaya Y, Bradshaw PC, Curtis W (2019) The “great” controlling nucleotide coenzymes. *IUBMB Life*
142. Rieger J, Bahr O, Maurer GD, Hattingen E, Franz K, Brucker D, Walenta S, Kammerer U, Coy JF, Weller M, Steinbach JP (2014) ERGO: a pilot study of ketogenic diet in recurrent glioblastoma. *Int J Oncol* 44:1843–1852
143. Champ CE, Palmer JD, Volek JS, Werner-Wasik M, Andrews DW, Evans JJ, Glass J, Kim L, Shi W (2014) Targeting metabolism with a ketogenic diet during the treatment of glioblastoma multiforme. *J Neurooncol* 117:125–131
144. 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. *Nutr Metab (Lond)* 12:12
145. Klement RJ (2017) Beneficial effects of ketogenic diets for cancer patients: a realist review with focus on evidence and confirmation. *Med Oncol* 34:132
146. Iyikesici MS, Slocum AK, Slocum A, Berkarda FB, Kalamian M, Seyfried TN (2017) Efficacy of metabolically supported chemotherapy combined with ketogenic diet, hyperthermia, and hyperbaric oxygen therapy for stage IV triple-negative breast cancer. *Cureus* 9:e1445
147. Poff AM, Ari C, Seyfried TN, D'Agostino DP (2013) The ketogenic diet and hyperbaric oxygen therapy prolong survival in mice with systemic metastatic cancer. *PLoS ONE* 8:e65522
148. Husain Z, Huang Y, Seth P, Sukhatme VP (2013) Tumor-derived lactate modifies antitumor immune response: effect on myeloid-derived suppressor cells and NK cells. *Journal of immunology* 191:1486–1495
149. Denny CA, Heinecke KA, Kim YP, Baek RC, Loh KS, Butters TD, Bronson RT, Platt FM, Seyfried TN (2010) Restricted ketogenic diet enhances the therapeutic action of N-butyldeoxyjirimycin towards brain GM2 accumulation in adult Sandhoff disease mice. *J Neurochem* 113:1525–1535
150. Ye H, Chen M, Cao F, Huang H, Zhan R, Zheng X (2016) Chloroquine, an autophagy inhibitor, potentiates the radiosensitivity of glioma initiating cells by inhibiting autophagy and activating apoptosis. *BMC Neurol* 16:178
151. Al-Bari MA (2015) Chloroquine analogues in drug discovery: new directions of uses, mechanisms of actions and toxic manifestations from malaria to multifarious diseases. *J Antimicrob Chemother* 70:1608–1621
152. Hrabak A, Sefrioui H, Verduyck V, Temesi A, Bajor T, Vray B (1998) Action of chloroquine on nitric oxide production and parasite killing by macrophages. *Eur J Pharmacol* 354:83–90
153. Yang C, Ko B, Hensley CT, Jiang L, Wasti AT, Kim J, Suderth J, Calvaruso MA, Lumata L, Mitsche M, Rutter J, Merritt ME, DeBerardinis RJ (2014) Glutamine oxidation maintains the TCA cycle and cell survival during impaired mitochondrial pyruvate transport. *Mol Cell* 56:414–424
154. Zuccoli G, Marcello N, Pisanello A, Servadei F, Vaccaro S, Mukherjee P, Seyfried TN (2010) Metabolic management of glioblastoma multiforme using standard therapy together with a restricted ketogenic diet: case report. *Nutr Metab (Lond)* 7:33
155. Kalamian M (2017) KETO for CANCER: ketogenic metabolic therapy as a targeted nutritional strategy. Chelsea Green, White River Junction, VT
156. Winter SF, Loebel F, Loeffler J, Batchelor TT, Martinez-Lage M, Vajkoczy P, Dietrich J (2019) Treatment-induced brain tissue necrosis: a clinical challenge in neuro-oncology. *Neuro Oncol*
157. Warburg O (1956) On the respiratory impairment in cancer cells. *Science* 124:269–270
158. Seyfried TN, Sanderson TM, El-Abbadi MM, McGowan R, Mukherjee P (2003) Role of glucose and ketone bodies in the

- metabolic control of experimental brain cancer. *Br J Cancer* 89:1375–1382
159. Meidenbauer JJ, Ta N, Seyfried TN (2014) Influence of a ketogenic diet, fish-oil, and calorie restriction on plasma metabolites and lipids in C57BL/6J mice. *Nutr Metab* 11:23
160. Kiebish MA, Han X, Cheng H, Lunceford A, Clarke CF, Moon H, Chuang JH, Seyfried TN (2008) Lipidomic analysis and electron transport chain activities in C57BL/6J mouse brain mitochondria. *J Neurochem* 106:299–312
161. Kiebish MA, Han X, Cheng H, Seyfried TN (2009) In vitro growth environment produces lipidomic and electron transport chain abnormalities in mitochondria from non-tumorigenic astrocytes and brain tumours. *ASN Neuro* 1:e00011
162. Wise DR, DeBerardinis RJ, Mancuso A, Sayed N, Zhang XY, Pfeiffer HK, Nissim I, Daikhin E, Yudkoff M, McMahon SB, Thompson CB (2008) Myc regulates a transcriptional program that stimulates mitochondrial glutaminolysis and leads to glutamine addiction. *Proc Natl Acad Sci USA* 105:18782–18787
163. Yang I, Aghi MK (2009) New advances that enable identification of glioblastoma recurrence. *Nat Rev Clin Oncol* 6:648–657
164. Spence AM, Muzi M, Graham MM, O'Sullivan F, Krohn KA, Link JM, Lewellen TK, Lewellen B, Freeman SD, Berger MS, Ojemann GA (1998) Glucose metabolism in human malignant gliomas measured quantitatively with PET, 1-[C-11]glucose and FDG: analysis of the FDG lumped constant. *J Nucl Med* 39:440–448
165. Seyfried TN, Mukherjee P (2005) Targeting energy metabolism in brain cancer: review and hypothesis. *Nutr Metab (Lond)* 2:30
166. McKenna MC, Gruetter R, Sonnewald U, Waagepetersen HS, Schousboe A (2006) Energy Metabolism of the Brain. In: Siegel GJ, Albers RW, Brady ST, Price DP (eds) *Basic neurochemistry: molecular, cellular, and medical aspects*. Elsevier Academic Press, New York, pp 531–557
167. Sonnewald U, Schousboe A (2016) Introduction to the glutamate-glutamine cycle. *Adv Neurobiol* 13:1–7
168. Newsholme P (2001) Why is L-glutamine metabolism important to cells of the immune system in health, postinjury, surgery or infection? *J Nutr* 131:2515S–2522S **discussion 2523S–2514S**
169. Lewis C, Murdoch C (2005) Macrophage responses to hypoxia: implications for tumor progression and anti-cancer therapies. *Am J Pathol* 167:627–635
170. Dix AR, Brooks WH, Roszman TL, Morford LA (1999) Immune defects observed in patients with primary malignant brain tumors. *J Neuroimmunol* 100:216–232
171. Seyfried TN, Kiebish MA, Marsh J, Shelton LM, Huysentruyt LC, Mukherjee P (2011) Metabolic management of brain cancer. *Biochem Biophys Acta* 1807:577–594

Publisher's Note Springer Nature remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.