



EUROPEAN KETO LIVE® CENTRE

INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES



Dr. Shaun Scott MBChB DipPEC FRCA

"Shaun is a full-time clinical Consultant Anaesthetist in the NHS, based in Oxford, UK. His main clinical areas of expertise are anaesthesia for Laryngeal, Maxillofacial and Head&Neck cancer surgery and for Interventional Radiology (high-frequency ventilation immobilisation for non-surgical tumour ablation).

He is passionate about the integration of metabolic medicine into pre-operative optimisation, for example the utility of low carbohydrate / ketogenic diets to improve glycaemic control and blood pressure management, as well as to reduce visceral adipose mass and inflammation and has pioneered the concept of 'Metabolic Airway'. His current research relates to the management of ketosis and associated hypoglycaemia before and during anaesthesia: establishing safe thresholds of tolerance and appropriate management of hypoglycaemia, and the defence of ketosis in those who need (or prefer) it to be maintained.

Outside of work, he has a family, dog and a running-habit: he has run marathons carrying a bicycle, and once ran 100km without carbohydrate intake or neuroglycopenia."