

DR HOLM NEWSLETTER

January 2019



THE 21ST CENTURY CHALLENGES.

Obesity is one of the greatest health related challenges of the 21st century with significant impact on morbidity and longevity. Obesity-related complications including, but not limited to, hypertension, dyslipidemia, fatty liver, and more than 25 cancers related to obesity in adulthood make it imperative to act now.

Dr Holm Ltd is based on values and insights of an innovative new understanding of obesity, which has produced a new pedagogy and treatment results second to none: 65-85% of patients reduce their degree of obesity and improve their obesity-related complications with the investment of 5 hours of health care professional time per patient per year. These treatment results are independent on social class, socioeconomic status, disordered eating behaviors, accumulation of obesity related diseases in the family, and 15 common genes known to be associated with obesity.

Dr Holm Ltd offer seminars, DrHolmApp.eu, and Institutional License Agreements in order to counter obesity on several levels.

SEMINARS – INSIGHT ON THE NEW OBESITY TREATMENT PEDAGOGY



Both patients and health care professionals from Scandinavia have attended our seminars for years with great satisfaction and reviews. Dr Holm and his team now offers the introductory 3-day Seminar 1 for health care professionals on March 21th, 22th, and 23th 2019 in Copenhagen.

The Seminar 1 will be conducted in English and hosted by associate professor, chief physician, PhD, and CEO Jens-Christian Holm, specialist nurse Rikke Haslund Melskens, and specialist nutrition consultant Simone Zabell.

Seminar 1 is followed by the Follow-up Seminar 2 and the in-depth integration Seminar 3, all are 3-day seminars.

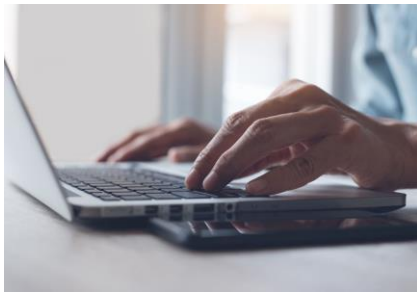
Contact us

Dr Holm

Kalundborgvej 114
4300 Holbæk
Denmark

Jens-Christian Holm
PhD, CEO Dr Holm
+45 2620 7533
jch@drholm.com

Rikke Haslund Melskens
Nurse, seminar coordinator Dr Holm
+ 45 6146 9960
contact@drholmcourses.com



For more information about our products, evidence and background go to www.jenschristianholm.dk/uk/

Seminar 1 aims to train the health care professionals in the new pedagogy in obesity treatment with optional use of the platform DrHolmApp.eu. The new treatment paradigm is based on 1) Obesity understood and handled as a disease with multiple implications and 2) the body actively seeks to preserve and maintain fat mass. These insights disqualify thinking based on motivation (since obesity as a disease defines the health care professional as having the responsibility of the treatment like in any other chronic disease, where motivation would wrongfully leave the responsibility with the patient) and has defined the development of our new pedagogy, which reduces guilt and shame in the patient.

»Nice and concrete approach to work with weight loss«. Tine Sigh Halling, Healthcare, Egedal
Commune

DRHOLMAPP.EU – FOR THE PATIENT

DrHolmApp.eu is an online platform that both supports and optimizes the treatment of obesity for the patient and have shown weight loss in 75% of users in consecutive analyses. DrHolmApp.eu provides a number of tools including a tailor-made treatment plan, diary, library with videos and personal mail-based support functions so that the user is never just left alone. The DrHolmApp.eu is offered as a subscription service.

INSTITUTIONAL LICENSE AGREEMENTS – BASED ON DRHOLMAPP.EU

The *DrHolmApp obesity treatment License Agreement* allows the health care professional to conduct obesity treatment at a high competence level and ensures an efficient relationship with mutual trust between health care professionals and their patients. With the *DrHolmApp obesity treatment License Agreement* you will be able to quickly and safely to construct a tailor-made treatment plan and thereafter treat, guide, monitor, and follow the treatment course of your patient. You will have access to an elaborate library, which provides details regarding evidence, research, recommendations, clinical experiences, and much more. You can make notes during treatment and you can at any given point make alterations to the individualized treatment plan. The *DrHolmApp obesity treatment License Agreement* is expected to reduce your time used with the patient with approximately 50% where after you will be able to focus on those things that's really matters. As a health care professional, you will have access to an online support from our specialists with mail answers within 48 hours.

Best Regards

Jens-Christian Holm