

Dear All



Major developments are under way in Denmark.

First, we are now on the way out of the biggest lockdown of our lives - where vulnerable families/persons have reportedly become more vulnerable with more inactivity and isolation.

Secondly, it is the Danish Health and Medicines Authority's recommendation, from 4 March 2021, that obesity is not just a question of willpower, but that there are important genetic and hormonal factors that control the development of overweight and that obesity must be taken seriously with both competence development and education of healthcare professionals, for example in pediatric hospital wards and at general practitioners.

Thirdly, the medicine Saxenda® from Novo Nordisk has just been approved in Denmark for the treatment of children and adolescents aged 12-18 with the indication 'obesity'. This means that, in the future, there will be a presumed increasing request and need - in patients who are otherwise difficult to treat - to supplement the treatment with medication.

OBESITY TREATMENT TOOL PRO

Fourthly, we have significantly reduced the price for the Online Obesity Treatment Tool Pro to the price of only DKK 4.750,- per healthcare professional per year with free access to patient subscriptions.

It is important for us to create better conditions and increased professionalisation in the management of overweight in children,





adolescents and adults. We see it as our primary task to help streamline treatment processes and facilitate everyday life for both healthcare professionals and patients.

Therefore, from today we have significantly reduced the price for the Online Obesity Treatment Tool Pro to DKK 4,750,- per healthcare professional per year with free access to patient subscriptions, which means that healthcare professionals can take as many patients into treatment as they want. The Online Obesity Treatment Tool Pro also includes automated treatment plans that work interactively with patients and where both the healthcare professionals and patients have access to library, recipes, shopping guide, follow your development, diary, inspiration for physical activity, all of which ensures quality and reduces time spent in treatment. The Online Obesity Treatment Tool Pro has built-in calculations of BMI SDS, an Arabic version, and provides easy access to evaluations at a high scientific level.

It is our vision to make the treatment of obesity clear, effective and user-friendly for both the healthcare professionals and patients.

The new Obesity Treatment Tool Pro agreements are accompanied by a data processor agreement.

SAXENDA® FOR 12-18-YEAR-OLD CHILDREN AND YOUNG PEOPLE WITH OVERWEIGHT

Saxenda® is a GLP-1 analogue that works in the brain by, among other things, reducing appetite, which leads to weight loss. In

addition, Saxenda® works by increasing the concentration of insulin after a meal, reducing glucagon secretion, and delaying the ability of the stomach to empty. The indication is reportedly obesity (a BMI above the 99th percentile), weight stability, as well as difficulty in reducing the degree of overweight with conventional treatment. It is expected that a combination of the Dr Holm model and Saxenda® can have a further positive effect, as a new study has just shown that similar medicines combined with some physical activity worked synergistically. There will be a focus on both side effects, which most patients are expected to get, where it is typically about gastrointestinal side effects such as abdominal pain, nausea and possibly vomiting. Some patients have discontinued treatment in studies due to side effects. Finally, there is the price of the medicine, which is not entirely cheap, but where it is expected that agreements will be entered into between hospitals and Novo Nordisk with a reduced pricing. The fact that effective medicine has now also been added for 12-18-year-olds also plays very well with the Danish Health and Medicines Authority's recommendation for both competence development and upgrading of general practitioners and pediatric and young wards. That way, it looks brighter for the patients who need it most.

NEW FACEBOOK GROUP; HEALTH-BOOST YOUR EVERYDAY LIFE



Jens-Christian has started sending live webinars on Facebook primarily to patients and other end users in Denmark who want more information about what being overweight really is. We have established a new closed Facebook group called "Boost din hverdag

sundere" [HEALTH-BOOST YOUR EVERYDAY LIFE], where there is lively debate, questions and answers and good advice and guidance, which also serves as inspiration for the upcoming webinars. Jens-Christian has reviewed the implications that obesity is a chronic, serious, progressive, and recurrent disease, and that the fat mass is defended by an evolutionary ancient biological system which means that the body actively preserves and defends the fat mass. When one simultaneously remembers the extensive and manifold complications of obesity, patients are in a very relentless situation. In the webinar on the 13th of April, Jens-Christian reviewed the microbiome, allergies and BED and subsequently answered many questions.

Jens-Christian is very happy to be able to communicate directly with end users and answer questions, and we thought it was important that he shares his knowledge with the people who need it. At the webinar on the 7th of April there were more than 1,600 who were interested and there were over 600 people who participated. There are now over 850 members in the closed Facebook group Boost your everyday life healthier.

The next live webinar on Facebook is Tuesday, June 8th at 20.00.

NETWORKING AND ANNUAL OBESITY MANAGEMENT CONFERENCE 2021



The Holbæk-model Annual Conference 2021 will be held on Tuesday, September 7th, 2021, at 8.30-16.30 at Hotel Nyborg Strand on Fyn. You are welcome to register from 8.00 AM.

The program for the Holbæk-model Annual Conference 2021 is still taking shape.

If you have suggestions for the program, please contact Dorte at klinikken@drholm.com

Price for participation in the Annual Conference is DKK 1.250, - per participant. If you want to register for the Annual Conference, send an email to Dorte at klinikken@drholm.com

Accommodation from 6th to 7th of September can be purchased.

We are really looking forward to conference and expect it to be a fantastic day. 😊

MASTERCLASS FOR HEALTHCARE PROFESSIONALS



At the latest MasterClass, we talked about two cases with difficult-to-treat challenges and how we as professionals can understand the patient and thus offer a better treatment in the future. There were answers to many relevant questions and a discussion of problems by, for example, not weighing and measuring children and young people in schools.

Next MasterClass is on Friday, 28th of May 2021 at 14-15.

If you would like to participate, send Dorte an email at klinikken@drholm.com.

The only requirement for participation is that you have at least attended Seminar 1 in the Holbæk-model's competence development

courses (Seminar 1-4). If you want to discuss a case, you can inform Dorte about this by registering.

SCHOOL PROJECT



We are in the process of planning to be able to start the school project after the summer holidays in 2021. We have already established contact with schools and municipalities with which we have entered into a partnership and hope to be able to start the project at the start of next school year. The negative consequences of lockdown on, among other things, inactivity, weight, and loneliness are expected to be addressed in a focused and direct manner, thereby ensuring a better and more optimal everyday life for children and young people. We have developed a short and long project protocol, abstract, Layman's summary, budget, and an AV presentation. If you are interested in the school project, you are welcome to contact us at klinikken@drholm.com

MEASURING WEIGHT OR NOT?



In recent times, there has been a lot of controversy about measuring weight or not in Kolding municipality. A number of qualitative interviews have been conducted with an undisclosed number of children, which allegedly should conclude that children and young people who are informed that they have a high weight then feel wrong. So far so good, although this conclusion does not need to be correct; how many children and young people have been interviewed? Is it a representative sample? Is the conclusion of these qualitative - and thus interpretation-based interviews - correct? In what context were they interviewed? Was the study blinded?



Nevertheless, if the results are to be believed, then in my point of view, there is no reason to then conclude that you should reduce or completely stop measuring weight and height in children and adolescents, as they have chosen to do in Kolding municipality. Why isn't the conclusion instead: that we must focus on our approach to these persons, including the verbal and nonverbal communication and thus be able to perform measurements in a decent and dignified manner, which by the way is a paediatric nobility mark and thus a matter of course to be able to perform and communicate among paediatric-trained staff.

A discontinuation of measurements means that you cannot obtain knowledge of, in principle, hundreds of chronic diseases that in various ways affect growth and development and thus also physical, mental, and social well-being in childhood. Discontinuing these weight measurements will create a significant risk that neglected and other vulnerable children and young people will become even more vulnerable because they are not followed so closely anymore, or changes are discovered in time. In addition, it will probably create greater uncertainty for parents when they are left more alone with their children, through various challenges.

On Facebook, we have also received feedback from a now 15-year-old boy who has followed the Dr Holm model for more than 5 years all the way to normal weight. Read the mother / boy's statement here:

"My son of now 15 years has through Ikast-Brande municipality followed your living rules in the municipality's Overweight Clinic for 5 years. He is doing well, is now normal weight but finds peace of mind in meeting his dietitian for a talk and weighing every 6 months.



His answer to the Kolding municipality's way of meeting children is; "You miss the whole point! You do not understand what it is about". And by the way, he would like to meet you, Jens-Christian, and say thank you 😊 It does not happen, but you now get a thank you here via FB from a 15-year-old boy and his mother, for whom your living rules and ideas have helped and given SO much. As a mother, I think it is a shame not to mention a problem and an illness when it is there, and the solutions are readily available. You, your ideas, and your team really have the long end. We moved to Ikast-Brande municipality from a municipality where there was no help and are very happy to be part of the offer in the municipality. My son says, "let's meet - so you can see what you have done 😊". Even here in the municipality, it is still frowned upon and a taboo to talk about obesity between children / adolescents and parents. We are an ordinary, resourceful family who have been completely open about the process and who needed your ideas and thoughts to find the right path. But it is sad that it is still not legal to say that "my child is overweight and needs help". If you can use our son's statement, use it! Just others also get help, as he says"

Lene H. Rasmussen, mother

See Jens-Christian's statement [here](#).

Incidentally, I can say that we have received very positive feedback on this statement of attitude directly from the National Board of Health.



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UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the Dr Holm-model is Seminar 2, which will be held on 22nd-23rd of June 2021. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

Seminar 1: 31st of August - 1st of September 2021.
Introductory course.

Seminar 2: 22nd-23rd of June 2021.
Follow-up course; follow-up on treatment.

Seminar 3: 23rd-24th of November 2021.
Immersion course; our values in a meta-perspective.

Seminar 4: Spring 2022.
Focus on the therapist's pedagogy and communication.

Brush Up: 30th of November 2021
To make the patient easy.

<https://www.jenschristianholm.dk/uk/our-products/seminars-for-healthcare-professionals.aspx>

Obesity Treatment Tool Pro is now part of the seminar content on all seminars.

Read more about *the Online Obesity Treatment Tool Pro* here:
<https://www.jenschristianholm.dk/uk/our-products/obesity-treatment-tool-pro.aspx>