

Dear All



We hope you all have a good summer and come back with renewed energy, which will surely become important when we all must help children, young people, and adults after the covid-19 pandemic shutdown.

We will probably have a busy autumn. For example, in the pediatric ward, we will start a large number of children and adolescents with obesity in GLP-1 treatment. In the last couple of years, we have made records of patients who could be relevant candidates for this type of medical treatment. We are in the process of a GLP-1 study in adults (over 18 years) with less than expected effect of treatment with the Dr Holm obesity management model. Either they receive GLP-1 or placebo in a controlled design, to evaluate whether treatment with GLP-1 can help patients who have otherwise been more difficult to treat. We are also sponsoring another study where we will treat adolescents with severe obesity and psychiatric issues with GLP-1 or placebo to find out if we can help this group better than today. All the above-mentioned treatments and studies are supported by the Dr Holm model, which is supported with the Obesity Treatment Tool Pro.

NEW POLYCYSTIC OVARY SYNDROME (PCOS) STUDY

In a collaboration with Bispebjerg and Frederiksberg Hospitals (Center for Clinical Research and Prevention) 65,665 girls from 'the

Copenhagen School Health Records Register', who were born in the period 1960-1996, with information about birth weight and measured height and weight at both 7- and 13-year-olds were included. 606 women aged 15-50 years were identified with PCOS. Birth weight was not associated with the development of polycystic ovary syndrome (PCOS), but girls with overweight identified at 7-13 years of age had a higher risk of PCOS than girls without overweight. In addition, girls with overweight at both 7- and 13- years of age had a higher risk of PCOS than girls who exhibited overweight at only one of the measurements at 7 or 13 years of age. High height was also associated with the development of PCOS at all ages. The study thus concluded that higher degrees of overweight and height showed a correlation with the risk of developing PCOS. See the study [here](#).

NETWORKING AND THE 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 Holbæk-model Annual Conference is for healthcare professionals who are trained in the Holbæk-model and who have at least attended Course 1.

Price for participation in the Annual Conference is DKK 1.250, - per participant. The price includes full conference, catering, and a free book (The Best for the Child, in Danish).

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.

There are already many registrations, and we are very much looking forward to and have high expectations for a rewarding interactive environment with good deep insights. We are sure it will be a fantastic day. 😊

MASTERCLASS FOR HEALTHCARE PROFESSIONALS

At the MasterClass on 28 May 2021, two cases were reviewed. Both cases involved children of approx. 11-13 years who, despite treatment, still had a high BMI. At least this is what it looked like at first glance, but both cases were characterized by the patients following the treatment plan quite well, which is why the therapists asked how to assess the treatment effort. However, a closer look at the bioimpedance measurements and the development of the distribution of fat and muscle, it became clear that both children had had a very positive development, both by increasing their muscle mass and at the same time reducing their fat mass. So even though they both had a



high BMI through the treatment, it was with a favorable development in the body composition and thus with an increased degree of health as a result.

Thus, it could be assessed that the treatment worked as intended and that the risk of developing obesity-related complications was thus also reduced. This is a good and important reminder to always look individually at each patient and gain certainty about how the muscle and fat distribution in the body develops through the treatment.

Next MasterClass is due in September 2021.

If you want to participate, send Dorte an email at

klinikken@drholm.com

The only requirement for participation is that you have at least attended Seminar 1 (course 1) of the Holbæk-model's competence development courses (Seminar 1-4). If you want to discuss a case, just inform Dorte about this.

WEBINAR

Jens-Christian will hold his next webinar on Tuesday 20th of July at 8 pm in the Facebook group "Boost din hverdag sundere". Obesity-related topics will be covered and all participants can ask questions, raise issues and thus discuss many relevant, interesting and important topics. You can already ask questions in the group and make



suggestions on future topics. We have exceeded 1,000 members and look forward to seeing you again 😊

NEW TERMS FOR OBESITY TREATMENT TOOL PRO

We have experienced some unfortunate uses of Obesity Treatment Tool Pro, which is why we have been forced to change the terms of subscriptions to Obesity Treatment Tool Pro. Subscriptions without patient access still have access to the Treatment Materials, Inspiration for physical activity and the Evidence Basis. If you want access to the other functions such as Library, Healthy Recipes, Shopping Guide, Frequently Asked Questions and Support, then you need a subscription with full access to patient access. We have recently introduced a low-price structure so that Obesity Treatment Tool Pro with unlimited patient access now costs only DKK 4,750 per healthcare professional per year. A subscription with patient access is accompanied by the conclusion of a data processor agreement. Subscriptions are personal and available in English, Danish, Norwegian, and Arabic.

UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the Dr Holm-model is Seminar 1, which will be held on 31st of August – 1st of September 2021. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.





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www.jenschristianholm.dk

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

Seminar 2: 26th-27th of October 2021.
Follow-up course; follow-up on treatment.

Seminar 3: 7th-8th of December 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>