

Dear all



Hope you all had a wonderful summer, that you have relaxed well and are ready to help people living with obesity. As mentioned earlier, we will start treating adolescents aged 12-17 years with the GLP-1 analogue Saxenda. We will offer it to those patients who find it difficult to reduce their degree of obesity, typically due to a combination of hereditary and psychosocial factors. On that occasion, we are also struggling to streamline our genetic analysis of our patients so that we can also use the genetic information in treatment and not just in research. We expect to offer medication to approximately 15% of our patient group. At the same time, we are in the process of re-examining our previous patients, who have already been assigned 2 PhD students and 1 postdoc, who focus on a better understanding of these patients and thus optimizing the treatment. We have begun convening more than 5,000 of our former patients to evaluate their development.

DANISH PAEDIATRIC SOCIETY

A very important professional and health policy statement was published in August from the Danish Paediatric Society, which clearly states that obesity is a chronic, serious, progressive, and recurrent disease that needs professional treatment like other serious chronic diseases. Thus, the Danish Paediatric Society supports the international organizations such as the WHO, the American and Canadian Medical Associations, the European Commission and more than 14 other European countries. You can see the article [here](#). In addition, Cilius E. Fonvig, chairman of the Paediatric Committee on Obesity, commented in prime time Danish Broadcasting show "Aftenshowet" why obesity should be recognized as a chronic disease.

You can see the broadcasting [here](#).

One of the main reasons for declaring obesity as a chronic disease is to ensure that patients receive a proper and worthy evidence-based service, where healthcare professionals are satisfactorily educated and where obesity and its complications thus are dealt with in a serious manner. By speaking openly, neutrally, and honestly about these issues, we are confident that it will reduce the surrounding stigma and discrimination and thereby reduce guilt, shame, and self-blame.

THE DANISK VETERINARY AND FOOD ADMINISTRATION'S NEW RECOMMENDATIONS ON SCHOOL MEALS



The Danish Veterinary and Food Administration launched new recommendations for school meals "Rammer om det gode måltid". In addition to a healthy and nutritious lunch, the Danish Veterinary and Food Administration also emphasizes that the environment in which school meals take place is of great importance. The good environment must help create a good culture around food and meal patterns and help to create healthy habits for the children to carry on into their adult lives. The children's concentration also increases when they get healthy and nutritious food, emphasizing that it's important to create a good environment around the meal, where the children increase social interactions. The adults around the children must provide the good environment, also involving children and parents.



You can read more about "[Rammer om det gode måltid](#)" and "[Gi' madpakken en hånd](#)", which is a booklet with inspiration for cold cuts, vegetables and tips to keep food fresh.

NEW STUDY WITH HUMAN MILK OLIGOSACCHARIDES

Human Milk Oligosaccharides Modulate Fecal Microbiota and are Safe for Use in Children with overweight: An RCT

Human milk oligosaccharides (HMOs) influence the intestinal bacterial composition by increasing the number of bacteria that are considered to have a health-promoting effect in newborns as well as children and adults. However, this has not been well studied in schoolchildren, therefore this study focused on whether certain HMOs are safe and effective in children. In a randomized, double-blind, placebo-controlled study, 75 children with overweight aged 6-12 years were randomized to receive either the HMO 2 'fucosyllactose (2'FL), a mixture of HMO' 2'FL and lacto-N-neotetraose (Mix), or glucose powder (placebo) given orally as a soluble powder once a day for eight weeks. The relative incidence of bifidobacteria was increased after 4 and 8 weeks of treatment in the 2'FL group and after 4 weeks in the Mix group, while no changes were seen in the placebo group. Ingestion of these HMOs was safe and triggered no significant side effects. The conclusion was that both 2'FL and the Mix group resulted in a better intestinal bacterial composition and were both safe and well tolerated. You can read the article [here](#).

THE ANNUAL OBESITY MANAGEMENT CONFERENCE 2021



We held the Annual Obesity Management Conference on Tuesday, September 7, 2021, at 8.30-16.30 at Hotel Nyborg Strand on Funen.

Professor Torben Hansen, University of Copenhagen, was very inspiring sharing some of his vast knowledge of genes and their contribution to the development of obesity, to better understand the mechanisms our patients are struggling with.

Further, Professor Thorkild I.A. Sørensen talked about myths in obesity and a very interesting obesity theory on this professionally exciting day.

The Annual Obesity Management Conference are for healthcare professionals who are trained in the Dr Holm-model and who have attended Seminar 1.

Price: 1250 DKK. The price includes full conference, catering, and a free book (Det Bedste for Barnet).

Next year's Conference will be on Tuesday September 6th, 2022.

MASTERCLASS FOR HEALTHCARE PROFESSIONALS

MasterClass are every last Friday of the month, at 14.00-15.00.

If you want to participate, send Dorte an e-mail at

klinikken@drholm.com

The only requirement for participation is that you have at least attended Seminar 1 (course 1) of the Dr Holm model's competence development courses (Seminar 1-4). If you want to discuss a case, simply inform Dorte about this at registration and you may receive a template for help.

WEBINAR

Jens-Christian will hold his next webinar on Tuesday, September 21 at 20.00 in the Facebook-group "Boost din hverdag sundere". With new topics every time.

You can ask to become a member and thus be part of a community where you can ask questions, raise issues, and thus discuss relevant, interesting, and important issues.



You can already ask questions in the group and make suggestions on future topics. We have exceeded more than 1.500 members and we look forward to seeing you again 😊

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.

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



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

Seminar 3: 7th-8th of December 2021.
In depth immersion integration course; our values in a meta-perspective.

Contact Us

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Seminar 4: Spring 2022.
Focus on the healthcare professional pedagogy and communication.

Brush Up: 30th of November 2021
How to make the difficult patient easier to treat.

<https://www.jenschristianholm.dk/vi-tilbyder/kurser-for-fagpersoner/kursus-tilmelding.aspx>

[Behandlerlicens Pro](#) is now part of the seminar content on all seminars.

Read more:

www.jenschristianholm.dk