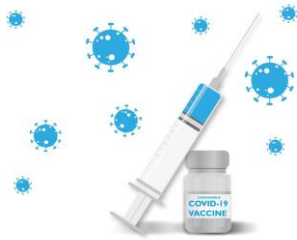


NEWSLETTER

January 2021

Dear All



Denmark has now got off to a good start with vaccinating the most fragile and vulnerable citizens in society. A strategy that looks promising, even though covid-19 is currently mutating and creating new variants that could potentially create new threats to our public health. In Denmark, we are relatively good at maintaining lockdown despite the fact that it is demanding both in terms of financial and human costs. In the December 2020 newsletter, we mentioned the potential effects that a lockdown has on families with children. *Mødrehjælpen* has just published a statement which shows that vulnerable families with domestic violence become even more vulnerable and that the children are more exposed to physical abuse during lockdown.

Lockdown is thus a significant challenge for normal growth and development.



There is a great deal of work ahead of us to help and support these families and not least the children and young people towards a higher degree of physical, mental, and social well-being, all of which are prerequisites for each other, which is the whole foundation of the mindset behind the values expressed by the best for the child.

It is very important that we take all the precautions that the National Board of Health recommends. I sincerely hope that you all stay healthy in the new year.

NETWORKING AND ANNUAL CONFERENCE THE DR HOLM MODEL 2021



The program for the Annual Conference the Dr Holm Model 2021 is really taking shape. There will attend several high-profile speakers.

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

We plan to hold the conference on Fyn by September 2021, so that everyone from all over Denmark has good opportunities to participate. Price for participation in the annual conference "the Dr Holm model" is DKK 1250.00 per participant for a 1-day conference. It goes without saying that all precautions regarding Covid-19 will be considered.

SCHOOL PROJECT

The Dr Holm model for schools is the driving principle in the new school projects, where the title is CHILDREN - WELL-BEING - LEARNING and where the goal is to optimize physical, mental, and social well-being, which are prerequisites for each other. We have previously published a number of studies that showed correlations between low and high birth weight and later development of obesity and helped, in large consortium studies, to identify new genes with explanatory significance for the development of birth weight and later obesity, type 2 diabetes and heart vascular diseases, see publications (Appendices 5-6) under our evidence base [here](#).

CHILDREN – WELL-BEING –
LEARNING

The school project is carried out as an educational journey that includes parents, the children / young people and the teachers through the curriculum, discussions, teacher and parent meetings, theme days, courses, digital systems incl. a new app for parents that focuses on what is best for the child in terms of activity, inactivity, packed lunches, daily logistics, behaviour, upbringing, boundaries and more. Central is a process development, so that everyone comes to understand what development, growth, well-being, and also what obesity really is. There will be no specific focus on overweight students, but resources have been set aside to take care of those who may wish to do so. It is a mutual journey so that people with normal weight also gain a nuanced understanding of how we talk together and understand people with different desires and needs.

The school effort is a preventive effort, which will be evaluated as a research project, with a view to optimizing the prerequisites for healthy and normal growth, well-being, and development with the following focus points / instruments.

1. School attendance
2. Results in school (grades and other measurements)
3. Packed lunches
4. Reduction of physical inactivity
5. Increase in physical activity
6. Sleep
7. Improved environment in the classroom
8. Growth, development, and well-being
9. Psychosocial well-being and mental health
10. Reduction in degree of overweight

The school effort is already being prepared in the spring of 2021 and will be launched specifically after the summer holidays. If there are any who want to join, they can contact Dorte at klinikken@drholm.com

MASTERCLASS

The first Masterclass was held on Friday, January 22, 2021, where there were quite a few participants and good discussions. There was great interest in the issue of weighing and measuring and the fear and concern many parents have that their children are "wrong" or stigmatized as a result of being weighed and measured and that there is talk of being overweight. There was a comment on whether this discussion could not be part of the conference for leading health nurses in Denmark. In addition, there was a brief comment on the new nutrition advice from the Danish Veterinary and Food Administration - Altomkost.dk, where it can generally be said that they approach the Dr Holm model guidelines in several ways and have an important angle on the climate. There will soon be a new material about the new nutrition advice under Treatment Materials in Obesity Treatment Tool Pro.



The overall feedback on the Masterclass was very positive.

The next Masterclass will be held on **Friday, February 26 at 14-15.**

It is free to join. The requirement to register for the Masterclass is that you must at least have attended Course 1 in the Dr Holm model's competence development Seminars (Seminar 1-4).

One can present difficult-to-treat cases with sparring, advice, and guidance as well as relevant theory review and discussion. All patient data must be anonymized. It is not a requirement that you bring a case to the discussion.

You must register with Dorte (linikken@drholm.com), where you can also get a template and guidance for presenting your cases. A maximum of 4 cases will be reviewed, so that it will be on a first-come, first-served basis.

NEW ARTICLE

We have just co-published an important new article in which we showed that treatment with the GLP-1 analogue liraglutide at a dose of 3 mg / day for 16 weeks for a woman with severe obesity and type 2 diabetes caused by a homozygous MC₄R mutation (monozygotic; both alleles in the gene are mutated / heterozygous; only one in 2 alleles is mutated) resulted in a weight loss of 9.7 kg, corresponding to the GLP-1-induced weight loss in heterozygous MC₄R mutation-bearing patients. This GLP-1 treatment resulted in clinically relevant decreases in glucose, triglycerides, systolic blood pressure and a normalization of glucose tolerance. The study concluded that the GLP-1 analogue liraglutide reduces body weight and glucose levels in severely obese patients caused by a homozygous MC₄R mutation, indicating that the MC₄R system is not absolutely necessary for the action of GLP-1 analogues. The new article can be seen [here](#). We also reported on the effective effects of GLP-1 analogues, on



patients with obesity caused by heterozygous MC4R mutations, in [the October 2020 newsletter](#).

In general, it becomes slowly better, understood in such a way that we can now gradually diagnose patients with single genetic causes and thus see opportunities in supplementing treatment more effectively with medication. It is very conceivable that a multidisciplinary treatment with the Dr Holm model combined with medicine will prove more effective in the future. We are just starting such a study in Holbæk, where we test the treatment of difficult-to-treat adults (formerly children and young people treated in the Unit) with GLP-1 analogues in a collaborative study with the University of Copenhagen.

CONTACT INFORMATION



We have previous delegates who have changed jobs and thus contact information. If you still wish to receive newsletters and more from us, you are welcome to contact us, in order to update your contact information.



UPCOMING SEMINARS IN THE TCOCT/THE DR HOLM MODEL

The next seminar in the TCOCT/Holbæk model is Seminar 1, which will be on the 27th-28th April 2021. The course is held with regard to the distance, number, and hygiene etc. that the National Board of Health recommends, if the Corona restrictions still exist.



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Seminar 1: 27.-28. April 2021.

Introductory seminar.

Seminar 2: 22.-23. June 2021.

Follow-up seminar; follow-up on treatment.

Seminar 3: 24.-25. November 2021.

Immersion seminar; our values in a meta-perspective.

Seminar 4: 25.-26. May 2021.

Focus on the therapist's pedagogy and communication.

Brush Up: New date in 2021 coming soon.

To make the patient easy.

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

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

Read more about Obesity Treatment Tool Pro here:

<https://www.jenschristianholm.dk/uk/our-products/obesity-treatment-tool-pro.aspx>

All seminars are held at Hotel Scandic, Nørretorv 57, 4100 Ringsted.