

Dear All



The summer and summer holidays are fast approaching, and it is therefore time for you to register for the Annual Obesity Management Conference 2022, which will be held at Hotel Nyborg Strand on the 6th – 7th of September 2022. We have an exciting program with a number of interesting speakers. We also have included a sponsor to seek to reduce expenses for participants.

The Annual Obesity Management Conference 2021 had more than 120 participants and was a remarkable success measured in terms of both the number of participants and their feedback, and it was even without sponsors!

We hope to be able to repeat the feat again this year. The Annual Obesity Management Conference 2022 has for the same reason been extended to a 2-day conference. We are really looking forward to this 2-day Annual Obesity Management Conference and hope it will be an equally remarkable success.

The idea of the conference is to contribute with an important level of knowledge in relation to children and young people living with overweight and obesity. The topics are diverse and range from patient experiences, reflections from healthcare professionals to both philosophical and scientific contributions in relation to the treatment of children and adolescents with overweight.

Remember that the last registration deadline is August 9, as we must have security for how many will come for the reservation at the hotel. So come and be a part of the fantastic Annual Obesity Management Conference 2022.

See you in Nyborg 😊

NEW STUDY Possible prediction of obesity-related liver disease in children and adolescents using indices of body composition

We are just out with a new study, in a fine journal, that is about how to better predict the incidence of obesity-related liver disease using body composition. Currently, diagnosis of obesity-related liver disease requires invasive and costly technologies. Therefore, our goal was to develop a method to improve diagnostics by using measurement of body composition as well as liver-related blood tests. We included 767 Danish children and adolescents who were examined, had blood tests performed, and whole-body dual-energy X-ray absorptiometry (DEXA) and proton magnetic resonance spectroscopy (MRS) scans. Fourteen variables relevant to the quantification of fat mass were selected in order to construct models that are optimized using a method called stepwise selection. Participants were divided into a training set and a validation test set. The final model was used on 2120 Danish children and adolescents to estimate the incidence of obesity-related liver disease. The final model included 5 variables in different combinations: BMI SDS, android-to-gynoid-fat ratio, android-regional fat percentage, trunk-regional fat percentage and the blood sample alanine transaminase. In the validation phase, the sensitivity ranged from 38.6% to 51.7% and the specificity ranged from 87.6% to 91.9%. The estimated incidence of fatty liver ranged from 24.2-35.3%. The model with the inclusion of the blood sample alanine transaminase and measures of body composition resulted in a higher sensitivity. The study concluded that alanine transaminase and body composition measures can be used to estimate fatty liver.

The study is important because many children, adolescents, and adults with obesity have related liver disease that has an independent influence on the development of cardiovascular disease and thus on morbidity and mortality in adulthood.

Possible prediction of obesity-related liver disease in children and adolescents using indices of body composition

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PMID: 35726748 DOI: 10.1111/jpo.12947

Abstract

Background: Diagnosis of nonalcoholic fatty liver disease in children and adolescents currently requires advanced or invasive technologies.

Objective: We aimed to develop a method to improve diagnosis, using body composition indices and liver biochemical markers.

Methods: To diagnose non-alcoholic fatty liver disease, 767 Danish children and adolescents underwent clinical examination, blood sampling, whole-body dual-energy X-ray absorptiometry scanning and proton magnetic resonance spectroscopy for liver fat quantification. Fourteen variables were selected as a starting point to construct models, narrowed by stepwise selection. Individuals were split into a training set for model construction and a validation test set. The final models were applied to 2120 Danish children and adolescents to estimate the prevalence.

Results: The final models included five variables in different combinations: body mass index-standard deviation score, android-to-gynoid-fat ratio, android-regional fat percent, trunk-regional fat percent and alanine transaminase. When validated, the sensitivity and specificity ranged from 38.6% to 51.7% and 87.6% to 91.9%, respectively. The estimated prevalence was 24.2%-35.3%. Models including alanine transaminase alongside body composition measurements displayed higher sensitivity.

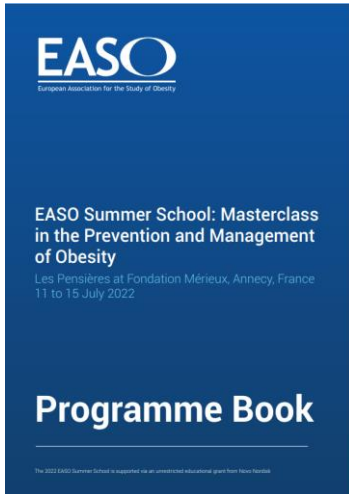
EASO SUMMER MASTERCLASS IN ANNECY, FRANCE

Again, this year I have the honour of being invited as a coach, teacher, and presenter to the European masterclass, which again this year is held in the incredibly beautiful surroundings of Annecy in France close to Switzerland. The Tour de France-field will actually pass right by tomorrow Tuesday, but there I will give a presentation!

The audience is a select crowd of the most hopeful talents from all over Europe, who have been selected on the basis of their own merits. This year I will partly teach the different treatment methods for overweight children and adolescents, and partly the implications of understanding obesity as a disease. This is especially true with the pedagogy and communication used in the HOLBAEK-model, where there is a special focus on presence and the impression left, neutral communication and taking responsibility for treatment as a therapist and thus distancing oneself from, for example, motivation. It was also under the auspices of EASO that in December 2021 I held a virtual masterclass over 3 days of 3 hours each, which received excellent feedback. It is precisely the results of the HOLBAEK-model and a different way of thinking that are attracting considerable international interest at the moment, as could also be seen at the European conference in Maastricht in May this year, see our May newsletter on this [here](#).

ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The Annual Obesity Management Conference 2022 will be held at Hotel Nyborg Strand on the 6th – 7th of September 2022. The program is complete and will be really exciting and reflects the latest and most important developments. We really want to encourage you to watch the program [here](#).





The first day will primarily have a clinical aim, where different healthcare professionals will give presentations on the treatment of obesity. Already now we can say that there will be a number of posts about the special challenges that obesity entails in the Child-Adolescent Psychiatric Department, Medical Department, Gynaecological / Obstetric Department and Surgical Department and how we can build a bridge to understand and treat obesity better in the future.

The second day will have a more scientific aim, where basic scientific knowledge, insights, recommendations and any new interesting angles and mechanisms with significance for obesity will be reviewed. Here we can already say that there will be a very interesting post about philosophical aspects including existence in relation to obesity and also more specifically regarding the HOLBAEK-model.

We have already landed the first sponsor, which means that the daily price is reduced for the paying participants. We are trying to establish another sponsor to make the prices for participation even more affordable.

The Annual Obesity Management Conference 2022 has as its primary theme to be evidence-based and thus help to see through certain performances.

You can see the program and other relevant details about the Annual Obesity Management Conference 2022 [here](#) (in Danish).

Remember the last registration deadline is August 9, 2022.

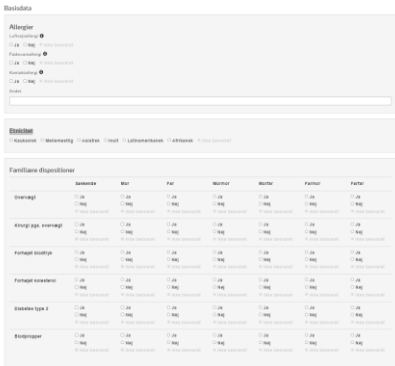
OBESITY TREATMENT TOOL PRO

In fact, it makes a lot of sense to have more users of The Obesity Treatment Tool Pro, thus we can continuously and quickly optimize the digital functionalities. Basic data has been expanded, the questions have been nuanced and increased in number with certain important questions, the functionality has become more intuitive with automatic skipping of certain questions, which become irrelevant by a given answer (if a child rides a bicycle to school, it is not relevant to answer how it comes at work and vice versa), recipes are expanded and the library is also increased. All updates have also gone live in the Norwegian version, which they are very happy with up there 😊. In addition, new topics will soon be published in the library on stigma and internalized stigma and discrimination and how the HOLBAEK-model directly in its pedagogy and communication helps to reduce and partly free the patient from many years of internalized stigma and discrimination. I will tell you about this and discuss it in a forthcoming podcast. This is also a really important point at Obesity Treatment Tool Pro, at the same time as it saves time, simplifies the processes, and creates a better working climate for the healthcare professional and patient.

WEBINAR to everyone

Jens-Christian is holding his next webinar on Tuesday 23rd of August at 8 pm in the Facebook-group "Boost din hverdag sundere".

The topic is "Complexity vs. masters and power". You are welcome to ask questions already now. This topic is perhaps the most central theme in the HOLBAEK-model and at the same time contains a number of values, human perceptions, and strategies that the healthcare professionals must master in order to be able to practice the HOLBAEK-model properly.





MASTERCLASS for Healthcare Professionals

The next MasterClass are on Tuesday the 16th of August 2022 at 13 pm – 14 pm.

If you want to participate, send Dorte an e-mail at klinikken@drholm.com

It is free to attend. At MasterClass, it is possible to discuss challenges in the treatment, get sparring for a specific case (anonymised), get supervision, ask questions about the HOLBAEK-model and its digital tool; The Obesity Treatment Tool Pro, or just listen.

Jens-Christian Holm and Cilius Fonvig are ready to discuss challenges and answer your questions.

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

UPCOMING SEMINARS IN THE HOLBAEK-MODEL

The next seminar in the HOLBAEK-model is Seminar 1, which will be held on the 27th – 28th of September 2022. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

Seminar 1: 27th – 28th of September 2022.

Introductory seminar.

Seminar 2: 25th – 26th of October 2022.

Follow-up seminar; follow-up on treatment.

Seminar 3: 6th – 7th of December 2022.

Immersion seminar; our values in a meta-perspective.

Seminar for the HOLBAEK-model's pedagogy and communication:

Spring 2023.





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www.jenschristianholm.dk

Live patient consultations. Clip from Generation XL. Pattern-recognizing dynamics and mechanisms. Reflection on one's own role in the present with the patient. How do we make patients easier?

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

The scientifically supported digital solution for the HOLBAEK-model; [*Obesity Treatment Tool Pro*](#) is part of the course content on all seminars.

HAPPY SUMMER TO YOU ALL

