

Dear All

Hope you all had a great New Year.



Covid-19 with Omicron is on its way out of control, but fortunately the disease processes will be mild. The vaccination status of the population is a key factor, and this is fortunately shown by the fact that there are fewer hospitalized than otherwise assumed and that fewer become critically ill. As our children and young people also begin to be vaccinated, one can hope that we reach just a little bit reminiscent of herd immunity. However, it will be the coming of spring that will be most important in order to shorten and alleviate the pandemic. Wherever everything is, we can thus cautiously hope that everyday life becomes more normalized, not least with a positive impact on children and young people's growth and development and thus their physical, mental, and social well-being.

### **HARMONIZATION WITH THE DANISH VETERINARY AND FOOD ADMINISTRATION**

In the autumn of 2021, Jens-Christian was invited by the Wholegrain Partnership, which consists of the Danish Cancer Society, the Heart Association, the Diabetes Association, the Danish Veterinary and Food Administration and a number of food companies working together to improve public health by getting Danes to eat more whole grains, to give a presentation on obesity, complications, fibres and the Dr Holm-model.



There was a wish to harmonize the Dr Holm-model's guidelines and shopping guide in relation to the Keyhole and the Wholegrain logos. Our dietitians in the Children`s Obesity Clinic at Holbæk Hospital have analysed our guidelines and harmonized them so that we are in line with

the Keyhole and the Wholegrain logos. After this, we expect both therapists, patients, and their families to face an easier future.

The current updates also come as materials and associated images in the Obesity Treatment Tool Pro material for healthcare professionals and will be integrated in the HOLBAEK-model's competence development courses in the future.

### NEW COURSE FOR PATIENTS

Throughout the world, there have always been significant problems with absenteeism and drop-out in relation to the treatment of children, adolescents and adults with overweight. Previous meta-analyses and Cochrane evaluations have shown that there have been absences and drop-outs in up to 50-80% of the patient treatment courses, which are such high proportions that one can rhetorically ask whether one can run a clinic that treats obesity on those terms? The HOLBAEK model's first scientific evaluation showed a drop-out rate of 9.8% after 12 months at Holbæk Hospital and 22% at clinics in municipalities across the country. In all the years, we have thought about how we could optimize the processes, and in recent years have used a model where the patients / families were given a so-called annual wheel at the preliminary study, where the next four times were given with date and time. However, this solution has not proved satisfactory, which is why we are now considering giving an appointment to a dietitian after the preliminary examination, after which additional times are given according to the patients' / families' wishes and needs. In this way, we will involve the patients / families so that it makes the most sense for them and thus we hope that our times will be utilized in the best possible way. There are patients / families who need more and there are others who need fewer contacts. We try to meet these individualisations better in our clinical everyday life, thereby seeking to create a daily life where it is the





patients and families who experience that they need our advice the most and thus a contact that comes at the agreed times.

The new patient course structure will be presented in the materials in Obesity Treatment Tool Pro, as well in the HOLBAEK-model's competence development courses in the future.

### NEW STUDY

Patients receiving hematopoietic stem cell transplantation (HST) are challenged with a number of significant complications, which are partly due to the fact that the mucosal barrier does not remain intact in, for example, the intestinal mucosa, which is crossed by bacteria that cause inflammation in the body. Glucagon-like peptide-1 (GLP-1) is a well-known incretin hormone that has certain anti-inflammatory effects and causes a regeneration of the mucosal barrier in animal studies. We hypothesized that the significant mucosal defects and subsequent systemic inflammation seen in some patients with HST could be related to endogenous GLP-1 concentrations and thus to the incidence of complications of HST. In this study, we examined weekly solid samples with GLP-1, CRP, and citrulline in 82 children and adolescents who received HST and compared them with controls matched by age and gender. In general, GLP-1 concentrations were increased in patients receiving HST but tending to decrease throughout transplantation procedures. There was an association between measurement of endogenous GLP-1 and the incidence of graft-versus-host disease (aGvHD). We concluded that there was an association between endogenous GLP-1 and the ability to regenerate damaged mucosal barrier and thus the inflammatory response in the early phase after HST. Thus, it is potentially possible that GLP-1 as a drug could be thought of in the

#### Glucagon-Like Peptide-1 Is Associated With Systemic Inflammation in Pediatric Patients Treated With Hematopoietic Stem Cell Transplantation

Maria Ebbesen<sup>1\*</sup>, HanneLouise Kissou<sup>2,3</sup>, Solveig Hartmann<sup>2,3</sup>, Katriine Kivilin<sup>1,4</sup>, Kasper Sørensen<sup>1</sup>, Sara Elizabeth Sørensen<sup>1</sup>, Christine Frithof-Bjerg<sup>1,5</sup>, Cecilie Søgaard Fossing<sup>1,6</sup>, Jens Christian Holten<sup>1,7</sup>, Tine Hansen<sup>1</sup>, Jens Axel Haahr<sup>1,8</sup> and Klaus Gottsch Müller<sup>1,8</sup>

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\*Department of Pediatrics and Adolescent Medicine, University Hospital Rigshospitalet, Copenhagen, Denmark.  
†Novo Nordisk Foundation Center for Basic Medical Research, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark. ‡Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark. ††Institute for Biomedical Research, Center for Neurobiology and Sleep Studies, University Hospital Rigshospitalet, Copenhagen, Denmark. †††The Children's Obesity Clinic, Academic Center Center for Obesity Management, Department of Pediatrics, Copenhagen University Hospital Hvidovre, Hvidovre, Denmark. ††††Department of Pediatrics, Hvidovre Hospital, a Part of Capital Region, Hvidovre, Denmark.  
\*Correspondence: Maria Ebbesen, [marie.ebbesen@regionh.dk](mailto:marie.ebbesen@regionh.dk)  
†E-mail: [klaus.gottschmuller@regionh.dk](mailto:klaus.gottschmuller@regionh.dk)  
††E-mail: [jens.axel.haahr@regionh.dk](mailto:jens.axel.haahr@regionh.dk)  
†††E-mail: [jens.cristian.holten@regionh.dk](mailto:jens.cristian.holten@regionh.dk)  
††††E-mail: [tine.hansen@regionh.dk](mailto:tine.hansen@regionh.dk)  
†††††E-mail: [cecilie.sogaard.fossing@regionh.dk](mailto:cecilie.sogaard.fossing@regionh.dk)  
††††††E-mail: [kasper.sorensen@regionh.dk](mailto:kasper.sorensen@regionh.dk)  
†††††††E-mail: [solveig.hartmann@regionh.dk](mailto:solveig.hartmann@regionh.dk)  
††††††††E-mail: [katriine.kivilin@regionh.dk](mailto:katriine.kivilin@regionh.dk)  
†††††††††E-mail: [sara.elizabeth.sorensen@regionh.dk](mailto:sara.elizabeth.sorensen@regionh.dk)  
††††††††††E-mail: [christine.frithof-bjerg@regionh.dk](mailto:christine.frithof-bjerg@regionh.dk)  
†††††††††††E-mail: [maria.ebbesen@regionh.dk](mailto:maria.ebbesen@regionh.dk)

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future to not only reduce the degree of obesity, but also be instrumental in reducing the obesity-related inflammation.

### EXTERNAL AND INDEPENDENT DATA PROTECTION REPORT

Rules and recommendations regarding the GDPR have developed rapidly in recent years. That is why we in Dr Holm have now chosen to supplement our data processor agreements with an independent and external data protection report, which is prepared by a GDPR-skilled lawyer. The chosen model, with a data protection report, has been chosen taking into account the Danish Data Protection Agency's latest announcement in October 2021 as advice regarding the supervision of data processors: [English \(datatilsynet.dk\)](https://datatilsynet.dk)

We have chosen Hetzner Online GmbH in Germany as our data hub, which is ISO27001 certified (which is a high-quality standard that not all data hubs are certified for). We have thus not chosen the large US providers such as Google, Amazon e.g., because the USA is considered a third country with relatively less data security by the EU.

### ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The 2022 Annual Obesity Management Conference is under development and planning. Following the feedback from the Annual Obesity Management Conference 2021, we have decided to extend the Annual Obesity Management Conference 2022 to a 2-days conference, with the possibility of accommodation.

The first day will have a primary clinical aim and we will strive to get different therapists to give presentations on the treatment of obesity, including the topics that may be the most interesting. Already now we can say that there will be a post about the special challenges that exist

today in child adolescent psychiatry 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.

The Annual Obesity Management Conference 2022 has as its primary theme to be evidence-based and thus help to see beyond illusions. You are very welcome to come up with suggestions for topics to Dorte on [klinikken@drholm.com](mailto:klinikken@drholm.com)

As something new, there will also be access for healthcare professionals who do not have the HOLBAEK-model's competence development courses. We would like to include healthcare professionals who have not yet had the opportunity to become more familiar with the HOLBAEK-model.

### WEBINAR to everyone

Jens-Christian will hold his next webinar on Tuesday 1<sup>st</sup> of February at 8 pm in the Facebook group "Boost din hverdag sundere".

The topics become the central themes in the HOLBAEK-model "boundaries, resistance, masters, and power always" from the perspective of the HOLBAEK-model".



### MASTERCLASS for Healthcare Professionals



Next MasterClass are on Friday the 4<sup>th</sup> of February 2022 at 14 pm-15 pm.

If you want to participate, send Dorte an e-mail at [klinikken@drholm.com](mailto:klinikken@drholm.com)

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

### UPCOMING SEMINARS IN THE DR HOLM-MODEL



The next seminar in the Dr Holm-model is Seminar 1, which will be held on 26<sup>th</sup>- 27<sup>th</sup> of April 2022. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

**Seminar 1:** 26<sup>th</sup>-27<sup>th</sup> of April 2022.

Introductory seminar.

**Seminar 2:** 7<sup>th</sup> – 8<sup>th</sup> of June 2022.

Follow-up seminar; follow-up on treatment.

**Seminar 3:** 6<sup>th</sup> – 7<sup>th</sup> of December 2022.

Immersion seminar; our values in a meta-perspective.

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

10<sup>th</sup> -11<sup>th</sup> of May 2022.

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 courses.

### Contact Us

Kalundborgvej 114  
4300 Holbæk  
Danmark

Jens-Christian Holm  
Consultant, Ph.d.  
+45 2620 7533  
jch@drholm.com

Dorte Jensen  
Secretary, Dr Holm  
+ 45 6146 4463  
klinikken@drholm.com

Read more  
[www.jenschristianholm.dk](http://www.jenschristianholm.dk)