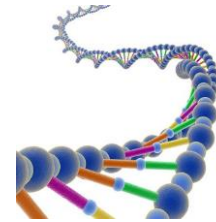


### Genetic studies for obesity and related complications

At Dr Holm Clinic, we now offer genetic tests to explore whether patients have a genetic basis for their obesity or related complications. Several known genes can accelerate severe obesity development and complicate treatment. Patients at our clinic can undergo examinations to identify specific genes contributing to severe obesity or related complications. This insight is crucial for overweight individuals, helping them understand potential challenges in their treatment. One significant gene variation we often encounter is the MC4R mutation, which can intensify appetite and make weight loss more challenging. Understanding these genetic factors is vital for patients and aids in tailoring effective treatment plans.



### Medical treatment of obesity

For adult patients with challenging cases, Dr Holm Clinic now offers medical treatment as a supplement to current approaches. This self-financed treatment involves daily injections of the GLP-1 analogue Saxenda, which helps reduce appetite. It is important to note that the treatment's effectiveness diminishes upon discontinuation.



### Obesity Treatment Tool Pro

In 2019, the treatment method developed by Jens-Christian Holm transitioned online and was digitized into software—the



[Obesity Treatment Tool Pro](#). This tool is designed to support, streamline, and ensure the quality of treatments for children, young people, and adults. It facilitates communication between healthcare professionals and patients/citizens during consultations and beyond. Users have access to a wide range of functions that assist in adhering to and comprehending the treatment plan.

[Obesity Treatment Tool Pro](#) features a continuously updated library encompassing new knowledge, recommendations, recipes, inspiration, and more. The core concept is to empower patients/citizens with continuous contact with their healthcare professionals through support functions. Healthcare professionals, in turn, receive assistance from experienced therapists at Dr Holm.



Patients/citizens can maintain a diary to track their development in areas they find crucial, such as appetite, activity, fast food consumption, mood, and more. Utilizing [Obesity Treatment Tool Pro](#) enables healthcare professionals to reduce the time spent with patients/citizens by approximately 40%. The tool ensures that all information is quality-assured and up to date.

Based on repeated evaluations, our experience indicates that 75% of patients/citizens reduce their degree of overweight with [Obesity Treatment Tool Pro](#). We consider this tool a prerequisite for the successful execution and delivery of the Dr Holm model, establishing a high standard and significantly easing the working environment for healthcare professionals.

**Note:** In 2019, all former course participants received an email with updated material for treatment. Moving forward, all updates will be conducted digitally within [Obesity Treatment Tool Pro](#) and will not be sent via email.

### RCT study in the Unit for Obese Children and Young People

In the autumn of 2019, Jens-Christian Holm will initiate a randomized controlled trial in the Unit for Obese Children and Young People. We are currently seeking 4-6 municipalities interested in participating in the study,

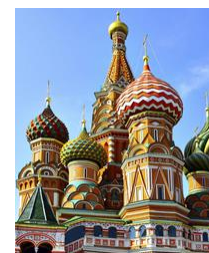
where we will compare treatment outcomes between groups of children and young people receiving either the Dr Holm method or alternative treatments. The study will ensure adherence to the Dr Holm model through the implementation of the [Obesity Treatment Tool Pro](#).

If you are interested in learning more or wish to be considered for participation in this study, please reach out to Rikke.



### The Holbæk model in Russia

In the near future, three new pilot projects will launch in Russia. Through training and courses in the Dr Holm model, these projects will introduce the use of [Obesity Treatment Tool Pro](#) in Russian hospitals. We eagerly anticipate collaborating with our Russian colleagues and witnessing the successful integration of our method into another culture.



Russia faces a significant health challenge, with over five million children and young people experiencing severe obesity. Alarmingly, the incidence of severe



obesity has doubled in the last five years. Notably, Moscow, with a population of twelve million people, plays a crucial role in addressing this health concern.

## Upcoming seminars

Seminar 1: on the 28<sup>th</sup> and 29<sup>th</sup> of January 2020 – introductory course

*Held at Hotel Scandic in Ringsted*

Obesity Treatment Tool Pro will in future be part of the seminar content.

Seminar 2: on the 8<sup>th</sup> and 9<sup>th</sup> of October 2019 – follow-up on the treatment.

Seminar 3: on the 3<sup>rd</sup> and 4<sup>th</sup> of December 2019 – immersion course.

*Held at Hotel Scandic in Glostrup*


Brush Up: on the 1<sup>st</sup> of November 2019 – for experienced therapists who have gone through all three seminars and still want to immerse themselves in treatment methods, new knowledge, and experiences from the clinic.

*Held at Hotel Scandic in Ringsted*

## Contact


### Dr Holm Clinic

 [klinikken@drholm.com](mailto:klinikken@drholm.com)

 +45 6146 4463

### Weight loss courses

 [contact@drholmcourses.com](mailto:contact@drholmcourses.com)

 +45 6146 9960

### DrHolmApp.dk

Creation, subscription and access

 [www.drholmapp.dk](http://www.drholmapp.dk)

Support

 [contact@drholmapp.dk](mailto:contact@drholmapp.dk)