



Dear All



As the Covid-19 pandemic gradually becomes more manageable and recedes from the forefront of our current consciousness, a new ubiquitous disaster has emerged in form of the war in Ukraine. This unfolding tragedy demands our collective attention and prompts us to reflect on its implication.

Foremost among these considerations is the responsibility we bear as adults to ensure that children grow up with a sense of normalcy, experiencing natural growth, development, and maintaining their mental, physical, and social well-being.

The challenges posed by the current global circumstances underscore the importance of fostering a nurturing environment for the younger generation, emphasizing stability, resilience, and support.

### NEW ARTICLE

In our latest publication from The Holbaek Study (formerly the Danish Biobank for Children and Adolescents with Obesity), we revisited an examination of several thousand children and adolescents, both with and without obesity, focusing on fasting values of glucagon. The study aimed to determine whether glucagon levels are elevated in children and adolescents with obesity and if this elevation is associated with cardiovascular metabolic risk markers.

The study encompassed participants aged 6-19 years, including those who were overweight (n = 2,154) and those with normal weight (n = 1,858). Notably, overweight children and adolescents exhibited higher glucagon concentrations compared to their normal-weight counterparts. Glucagon demonstrated correlations with the degree of overweight, expressed as BMI

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#### Hyperglucagonemia in pediatric adiposity associates with cardiometabolic risk factors but not hyperglycemia

Sara E Brønsen<sup>1</sup>, Anne E Jensen<sup>1</sup>, and Henrik Holm de Souza Azeiteiro<sup>1</sup>, Morten A Lund<sup>1,2</sup>, Christian Holmberg Nielsen<sup>1,3</sup>, Louise Holm Hansen<sup>1,4</sup>, Cecilie Eriksen<sup>1,5,6</sup>, Ole Pedersen<sup>1,7</sup>, Lars Andersen<sup>1</sup>, Thomas A Sørensen<sup>1,8</sup>, Anja Holst<sup>1,9</sup>, Mikkel Christensen<sup>1,9</sup>, and Christian Holm<sup>1,10</sup>, Susanne Helmskov<sup>1,11</sup>, Toller Hansen<sup>1,12</sup>

Affiliations → expand  
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#### Abstract

**Context:** In adults, hyperglucagonemia is associated with type 2 diabetes, impaired glucose tolerance, and obesity. The role of glucagon in pediatric cardiometabolic health remains unclear.

**Objective:** We examined whether fasting concentrations of glucagon are elevated in youth with overweight/obesity and whether this associates with cardiometabolic risk profiles.

**Methods:** Data were derived from the cross-sectional HORMO Study, including 6,181 age- and sex-stratified and age-adjusted with overweight/obesity from an obesity clinic group (n = 2,154) and a population-based group with normal weight (n = 1,858). Fasting concentrations of serum glucagon and cardiometabolic risk outcomes were assessed. Multiple linear and logistic regression models were performed.

**Results:** The obesity clinic group had higher glucagon concentrations than the population-based group (P < 0.001). Glucagon positively associated with BMI, systolic diastolic blood pressure (DBP), waist, body mass index (BMI), serum triglycerides, HDL, high-sensitivity C-reactive protein, hemoglobin A1c, and insulin resistance. In addition, BMI, systolic blood pressure, and waist circumference were associated with fasting glucagon. The inverse relationship between glucagon and glucose was attenuated in individuals with high BMI (DBP and high fasting insulin). Glucagon was associated with a higher prevalence of insulin resistance, increased LDL cholesterol, and hypertriglyceridemia, but not with hyperglycemia. Glucagon was positively associated with fasting insulin in females.

**Conclusions:** Compared to normal weight peers, children and adolescents with overweight/obesity had elevated concentrations of fasting glucagon, which corresponded to worsened cardiometabolic risk outcomes associated to hyperglycemia. This suggests hyperglucagonemia in youth may precede impairments in glucose regulation.



SDS, waist circumference, fat percentage, liver fat percentage, liver parameters, sugar samples, blood pressure, cholesterol levels, and endogenous GLP-1 concentrations.

In conclusion, the study highlights that overweight children and adolescents tend to have elevated concentrations of glucagon, correlating with increased cardiovascular risk markers.

To explore the details of this new study, click [here](#).



### AUDIOBOOK "DET BEDSTE FOR BARNET"

We have received feedback that acquiring the audiobook for "Det Bedste for Barnet" has proven challenging. In response, we are actively exploring avenues to make the audiobook more accessible. If you are eager to learn more before the April newsletter, feel free to reach out to Dorte via email at [klinikken@drholm.com](mailto:klinikken@drholm.com)

### OBESITY TREATMENT TOOL PRO WITH PATIENT ACCESS

Obesity Treatment Tool Pro is a versatile software continuously enhanced to meet the evolving needs and preferences of healthcare professionals. Currently, we are incorporating over 20 improvements, with some of the initial enhancements outlined below, expected to be available in the coming weeks.

1. Integration of Basic Data: Includes family dispositions, typically entered during the initial contact.
2. Integration of Vital Metrics: This involves incorporating blood pressure, hip width, and waist width into consultations, facilitating comprehensive data collection.
3. Historical Data Inclusion. Enables the insertion of historical data, allowing for result evaluations based on information gathered before using Obesity Treatment Tool Pro.

- [Patienter](#) >
- [Behandlingsmateriale](#) >
- [Bibliotek](#) >
- [Sunde opskrifter](#) >
- [Fysisk aktivitet](#) >
- [Vores evidensgrundlag](#) >
- [FAQ - OSS](#) >
- [Indkøbsguide](#) >



4. Medical Record Creation: Regardless of whether the therapist is preparing a new treatment plan, medical records can be generated. This promotes transparency and streamlines communication among different therapists.
5. SMS Appointment Reminders: Users can set reminders for the next appointment/attendance. The citizen / patient will receive SMS reminders 7 and 1 day before the scheduled date. Additionally, there will be reminders about using BLP consultation in the interim.
6. SMS Self-Consultation Reminder: Citizens/patients will receive SMS reminders about utilizing 'self-consultation' via the app between physical attendance consultations. Therapist can easily activate this function based on details agreed upon with the citizen / patient.

### OBESITY TREATMENT TOOL PRO WITHOUT PATIENT ACCESS

We have decided to discontinue our served 'Obesity Treatment Tool Pro without patient access'. Moving forward, access to Obesity Treatment Tool Pro will only be available with patient access. This decision aligns with the original intent of the Dr Holm model's digital tool, ensuring that patients have direct access to the comprehensive benefits offered by Obesity Treatment Tool Pro. These benefits include a shopping guide, library, recipes, inspiration for physical activity, a diary and support.

For subscribers who have opted for Obesity Treatment Tool Pro without patient access, you have two options. You can either receive a refund for the remaining subscription amount or choose Obesity Treatment Tool Pro with patient access at a significant discount. The cost of Obesity Treatment Tool Pro without patient access has been DKK 495 per per healthcare professional per year. If you had such a subscription, you can exchange it for a discount of DKK 1,750 during the subscription period. This allows



healthcare professionals to access Obesity Treatment Tool Pro with patient access for DKK 3,000 in first year.

### THE MEDICAL ASSOCIATION. DANISH PEDIATRIANS. OBESITY IS A CHRONIC DISEASE. TUESDAY MARCH 22, 2022.

The Committee for Obesity under the Danish Pediatricians (Danish Pediatric Society) is organizing a theme day on Tuesday, March 22, 2022, to discuss obesity as a chronic disease.

The European Commission proposed a year ago that obesity should be recognized as a chronic disease. In line with this, a delegation comprising representatives from the European Parliament, Folketinget, the Regional Council and the CEO of Region Zealand visited the Unit for Children and Adolescents with obesity at Holbæk Hospital on February 22, 2022. The Committee for Obesity under the Danish Pediatric Society had previously presented a suggestion in August 2021 advocating for the perception and understanding of obesity as a chronic disease in Denmark; you can view the attitude statement [here](#). The theme day organized by the Danish Medical Association on March 22, 2022, has invited all Danish medical specialties to engage in a debate on obesity as a chronic disease. Explore the Committee on Obesity under the Danish Pediatric Society's debate post in Altinget [here](#).

### FALSE AND UNETHICAL MARKETING

Regrettably, Dr Holm's name and brand have once again been falsely and unethically associated with the marketing of a diet pill, this time named Prima.

This is unacceptable on multiple fronts. Pretending to be a doctor, as per the Authorization Act, is not only illegal but also a criminal offense.

LEGEFAGLIGT HELSØGESSYMPOSIUM  
"DEBAT OM SVÆR OVERVÆGT SOM SYGDOM"  
TIRSDAG D. 22. MARTS 2022, SOMMERSKOLEN, KRISTIANSGÅRD 22, 8340 B.

09.00-10.00: **DET MEDICINSKAS OG NUTRITIONENS**

09.00-09.15: **Velkomst**  
Lene Thomsen (Sygeplejerske, Syge, Ph.D., Dansk Pædiatriske Selskab)

09.15-09.30: **Head er problemet? Børn overvegt i det skolebaserede behandlingsnet**  
Dorthe Bruus-Pedersen, Børnsundhedscenter, Hvidovre Hospital (Medisk Sygepleje)

09.30-09.45: **Behandling og behandlingsmuligheder for børn overvegt i praksis**  
Anne Christen Nissen, DatoKlinik, Ph.D., Enheden for Børn og Unge (Overvegt)

09.45-10.00: **Prævalens**

10.00-10.15: **Er børn overvegt? Hvordan er sygdommen? (Chronic)**  
Professor Dorthe Bruus, MSc, Unit Chief of the DASH Obesity Management Tool Panel

10.15-10.30: **Børn overvegt fra barn og unge er en sygdom**  
Ulrikke Møller-Hansen, Syge, Ph.D., Børnsundhedscenter

10.30-10.45: **Prævalens**

10.45-11.00: **Børn overvegt? Alene problem**  
Annette Kildemoes-Hansen, Syge, Ph.D., Dansk Selskab for Almen Medicin

11.00-11.15: **Er overvegt et problem i Obesitix og Sportobesitix?**  
Ph.D. Sørensen, Hospital, Dansk Selskab for Obesitix og Sportobesitix

11.15-11.30: **Er overvegt et problem i Børn: Unge Pædiatriske?**  
Hillevi Møller, Børn, Sygepleje, Børn- og Ungdomspsykiatrisk Selskab

11.30-11.45: **Er overvegt et problem på Medicinsk skole?**  
Anne Mette Bruus, Overvegt, Dansk Lægeforening Selskab

11.45-12.00: **Case: OTC, der anvendes til behandling af overvegt**  
Anette Bruus, Forskningscenter, Center for Altsidig Forskning og Forebyggelse

12.00-12.15: **Prævalens**

12.15-12.30: **Prævalens**  
Anette Bruus, Forskningscenter, Center for Altsidig Forskning og Forebyggelse

12.30-12.45: **Afslutning**

Dansk Pædiatriske Selskab  
Danish Pediatric Society





Marketing practices that go against ethical standards are likewise unlawful. Dr Holm has neither endorsed nor has any knowledge of this product. It is disheartening that individuals might mistakenly believe that Dr Holm supports such a product.

Numerous followers, patients and parents have brought this issue to our attention. We want to emphasize that Dr Holm has not endorsed Prima or any similar product. We have reported this matter to the police and engaged our legal team. This includes addressing advertisements on platforms such as Facebook and Instagram.

### INTEGRATION OF THE FOOD AUTHORITY'S RECOMMENDATIONS IN THE DR HOLM MODEL – UPDATE

We are updating the website, [www.DrHolmApp.dk](http://www.DrHolmApp.dk), and Obesity Treatment Tool Pro to align with recommendations from the Danish Veterinary and Food Administration. New purchasing guides will be available at the end of March.



### ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The Annual Obesity Management Conference 2022 is scheduled to take place at Hotel Nyborg Strand on the 6<sup>th</sup> – 7<sup>th</sup> of September 2022. The program is currently in development and planning. If you have specific topics you'd like covered, please send an email to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)



The first day will primarily focus on clinical aspects, featuring presentations from various healthcare professionals addressing the treatment of obesity. We can already confirm a session highlighting the unique challenges in child adolescent psychiatry and exploring ways to enhance our understanding and treatment of obesity in this context.



The second day will have a more scientific orientation, delving into fundamental scientific knowledge, insights, recommendations, and exploring new and interesting perspectives and mechanisms relevant to obesity. Notable, there will be a captivating session discussing philosophical aspects, including the existential dimension in relation to obesity, and specifically, insights regarding the Dr Holm-model.

The primary theme of the Annual Obesity Management Conference 2022 is to be evidence-based, providing insights to discern genuine advancements from mere performances. We encourage you to suggest topics for discussion by reaching out to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

As something new, this year's conference will extend access to healthcare professionals who have not undergone the Dr Holm-model's competence development courses. We aim to include healthcare professionals who have yet to acquaint themselves with the Dr Holm-model.

### **MASTERCLASS for Healthcare Professionals**

The next MasterClass is on Friday, April 22, 2022, at 2 pm – 3 pm.

To participate, e-mail Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

At the last masterclass, we collectively delved into an intriguing and complex patient case. It became evident that the Obesity Treatment Tool Pro is a valuable resource for healthcare professionals, providing a comprehensive overview, essential tools, quality assurance and time saving capabilities. This allows professionals to maintain focus and energy on what matter most – ensuring the best possible outcomes for the patient.

The MasterClass is open to healthcare professionals who have attended at least Seminar 1 of the Dr Holm-model's competence development courses.





### WEBINAR to everyone

Jens-Christian will host his next webinar on Tuesday, April 5<sup>th</sup>, at 8 pm in the Facebook-group "Boost din hverdag sundere".

The topics will be become " Calorie restriction is a planned defeat because the body compensatively preserves fat mass ACTIVELY".

### UPCOMING SEMINARS IN THE DR HOLM-MODEL



The next seminar in the Dr Holm-model is Seminar 1, scheduled for April 26<sup>th</sup>- 27<sup>th</sup> 2022, at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

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

Introductory course.

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

Follow-up course; follow-up on treatment.

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

Immersion course; our values in a meta-perspective.

**Seminar for the Dr Holm-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?

**Brush Up:** 29<sup>th</sup> of November 2022.

To make the patient easy.

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



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

### Contact Us

Kalundborgvej 114  
4300 Holbæk  
Denmark

Jens-Christian Holm  
Consultant, Ph.D.  
+45 2620 7533  
[jch@drholm.com](mailto:jch@drholm.com)

Dorte Jensen  
Secretary, Dr Holm  
+ 45 6146 4463  
[klubben@drholm.com](mailto:klubben@drholm.com)

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