

Dear all,

We hope you have all had a good Christmas and a Happy New Year.

It has been a little while since you heard from us. This is because we have become even busier, and the Holbæk Model is expanding to both new countries and new professional groups, which is excellent news.

We had a successful Annual Obesity Management Conference for the Holbæk Model 2023 in October with many participants who provided positive feedback on the presented topics. The 7-year results of the Holbæk Model were premiered, highlighting consistently promising outcomes, with over 75% of patients reducing their degree of overweight in several municipalities using the Obesity Treatment Tool Pro. Additionally, there was unanimous agreement to return to the 2-day conference format with overnight stays and dinners. Attendees could choose to come for one of the two days or attend both days with an overnight stay.

It is also worth mentioning that the MasterClass for healthcare professionals, where cases, tips, and tricks are discussed, has stabilized with a considerable number of participants from municipalities across the country, as well as from the Faroe Islands and Norway.

Unfortunately, there are scammers exploiting and misusing Dr Holm's name, reputation, and brand to deceive ordinary people, particularly on platforms like Facebook.

Finally, it is also worth noting that we have been awarded project support for a Ph.D. student who will further investigate fat accumulation in the liver in connection with overweight, employing new methods.





Medicin skal ikke være førstevalg i behandlingen af børn og unge, der lever med overvægt

## THE DANISH HEALTH AUTHORITY'S ANNOUNCEMENT ON MEDICATION for children and adolescents with overweight

It is truly gratifying that the Danish Health Authority announces that a specialist in Paediatrics should be the one to prescribe Wegovy for children and youth, and that Wegovy should not be the first choice. The Danish Health Authority explicitly states that lifestyle treatment should be the primary option for treating children and youth with severe overweight. The Danish Health Authority writes:

*The assessment is that the use of Wegovy for children and youth should not be the first-choice treatment. "Non-medical treatment in the form of a lifestyle intervention should continue to be the primary choice in the treatment of severe overweight in children and youth," says unit manager Maria Herlev Ahrenfeldt.*

*If it is deemed that the child or young person should be treated with Wegovy, the treatment should be overseen by a paediatrician with specific experience in treating children and youth with severe overweight, and it should never be a standalone treatment.*

*The Danish Health Authority's assessment also indicates that treatment with Wegovy is expensive – costing more than 2,000 DKK per month. However, it cannot be ruled out that the beneficial effects for certain children and youth, when the drug is used as a supplement to other treatments for severe overweight, outweigh the excessive cost.*

*"There is limited clinical experience with using Wegovy and coupled with a lack of long-term effect assessments in this target group, it means that Wegovy treatment should be used with caution and should be overseen by a paediatrician with specific experience in treating children and youth with severe overweight. With this drug review, we hope to provide guidance on how to act as a physician," says Maria Herlev Ahrenfeldt.*



*Just like in adults, the effect ceases as soon as the treatment with Wegovy is discontinued. Additionally, in adults treated with Wegovy, a decrease in fat-free mass has been observed. If this is also observed in children and youth, it could potentially have negative consequences for normal growth and development.*

[See the statement on the Danish Health Authority's website.](#)

### ANNUAL OBESITY MANAGEMENT CONFERENCE 2023



The Annual Obesity Management Conference 2023 was a fantastic day with participants from 4 out of 5 of the country's regions, as well as from the Faroe Islands and Norway.

The program was packed with genuinely interesting presentations, ranging from scientific insights into growth, development, and body composition to the treatment of fatty liver. There was also an overview of medication treatment for children, discussing the pros and cons, with a special emphasis on considering factors like price, side effects, and treatment duration when tailoring treatment plans for children and adolescents with overweight.

Additionally, there was a thorough examination of stigma and discrimination and how external blame and shame unfortunately often evolve into internalized guilt and shame among patients.

The issue of measuring and weighing was revisited. A presentation discussed how dietitians perceive themselves in the rapid development we are experiencing and how they are involved while simultaneously bearing responsibility for many of the narratives circulating. The 7-year results of the Holbæk Model were premiered, highlighting consistently promising outcomes with over 75% of patients reducing their degree of overweight in several municipalities using Obesity Treatment Tool Pro.

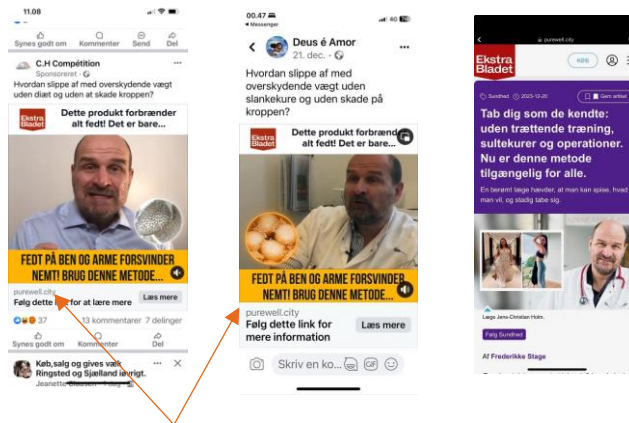
There were also presentations by health nurses from both Gladsaxe near



Copenhagen and Alna in Oslo, highlighting the benefits of using Obesity Treatment Tool Pro to support the Holbæk Model in daily practice. Finally, there was a unanimous agreement to return to the 2-day conference format with overnight stays and dinners, where participants could attend either one of the two days or both days, depending on topics, interests, and budget considerations.

### FRAUD AND HUMBUG

Unfortunately, once again this year, scammers are abusing and exploiting the name and brand of Jens-Christian Holm for online fraud, including on Facebook, where they have inserted images and portions of videos to promote highly questionable weight loss methods. We have received several inquiries from various individuals questioning the legitimacy of these claims, which it truly is NOT. We have both currently and previously reported it to the police and informed our lawyer. Steer clear of anything coming from Purewell.city.





## NEW ARTICLE

### *Altered glucagon and GLP-1 responses to oral glucose in children and adolescents with obesity and insulin resistance.*

The HOLBAEK Study has once again contributed new knowledge regarding obesity in children and adolescents accompanied by reduced insulin sensitivity, but it is uncertain how these impacts disruptions in the metabolism of glucagon (a hormone from the pancreas) and incretins (hormones from the intestine, such as GLP-1 and GIP). An example of an incretin is GLP-1, the active ingredient in Wegovy, used for treating obesity.

We investigated whether fasting and stimulated concentrations of glucagon, GLP-1, and GIP were different in children and adolescents with overweight and reduced or normal insulin sensitivity compared to those without overweight. Eighty-four (34 boys) 7-17-year-olds underwent an oral glucose tolerance test, measuring insulin, glucose, glucagon, GLP-1, and GIP in the blood.

The study found that children and adolescents with overweight and reduced insulin sensitivity had higher fasting concentrations of glucagon and GLP-1, and higher glucagon but lower GLP-1 response during oral glucose loading. These insights pave the way for a better understanding of the complex metabolic changes that occur in obesity, particularly when treated with GLP-1 analogues.

## GRANT FROM THE DANISH INDEPENDENT RESEARCH FUND

We have recently been awarded funding from the Danish Independent Research Fund for a 3-year Ph.D. study that will investigate the prevalence of fatty liver disease among children and adolescents with overweight, as well as the occurrence of liver stiffness, an area that is poorly understood. Both conditions can evolve over time into serious





stages of liver disease. Diagnosis, especially of liver stiffness, currently requires a liver biopsy, posing a clinical challenge, particularly among children, due to the considerable risk of complications. The purpose of this study is to enhance our understanding of fatty liver disease and liver stiffness among children and adolescents with overweight and optimize diagnostic tools.

This research project will examine 350 children, adolescents, and young adults known to have overweight. We will investigate both new and previous participants in The HOLBAEK Study, aged 6 to 30 years. We will combine assessments of the degree of overweight, blood pressure measurements, and blood tests with measurements of liver parameters, cholesterol levels, glucose metabolism, and inflammation using MR scans, which can evaluate the degree of fatty liver and liver stiffness simultaneously.

By comparing previous participants, we aim to:

- 1) define the prevalence of liver stiffness.
- 2) identify and characterize those who develop or worsen their fatty liver disease from childhood to adulthood.
- 3) Investigate whether weight management treatment with the Holbæk Model can also reduce the degree of liver stiffness, as documented in reducing the degree of fat in the liver.

Our ambition is that the project will pave the way for better diagnosis and understanding of more advanced liver disease among children and adolescents with overweight.

[See all supported research projects on the Danish Independent Research Fund's website \(dff.dk\)](https://dff.dk)



### MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, January 23, 2024, from 11:00 AM to 12:00 PM.

If you would like to participate, please send an email to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

The only requirement for participation is that you have attended Seminar 1 or more in the Holbaek Model's educational program.

If you wish to discuss a case, you can inform Dorte about it during registration, and you may receive a template to assist you. In recent MasterClasses, we have had a considerable number of participants, so we have moved away from introductions.

However, you are welcome to ask questions about the Holbaek Model, Obesity Treatment Tool Pro, or other relevant questions that you encounter in your clinical practice.

### WEBINAR for everyone

Jens-Christian is hosting his next webinar on Tuesday, February 6, 2024, at 8:00 PM in the Facebook group "Boost din hverdag sundere".

This time, the topic is "The Health Authority's statement on the treatment of children and adolescents with overweight."

You can access the webinar [here](#).

### UPCOMING SEMINARS IN THE HOLBÆK MODEL

The Holbaek Model is evidence-based, and its seminar education and digital tools have been awarded as the Best National Education Program [in Europa in 2022](#).





### Contact Us

Kalundborgvej 114  
4300 Holbæk  
Denmark

Jens-Christian Holm  
Senior Physician, PhD  
+45 2620 7533  
jch@drholm.com

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

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

Seminars are held in Holbæk.

**Seminar 1:** February 27-28, 2024.

Introduction course.

**Seminar 2:** April 23-24, 2024.

Follow-up course: Monitoring and Handling Variations in Overweight.

**Seminar 3:** June 18-19, 2024.

In-depth Course: Become Excellent – Including with Challenging Patients.

**Seminar on Holbæk Model's pedagogy and communication:** June 4-5, 2024

Live patient consultations. Clips from Generation XL. Recognizing pattern dynamics and mechanisms. Reflecting on one's own role in patient presence. How can we make it easier for the patients?

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

The scientifically supported digital solution for the Holbæk Model; [\*Obesity Treatment Tool Pro\*](#) is part of the seminar content for all seminars.