

Dear all.

Several highly interesting developments are set to have their world premiere at the Annual Obesity Management Conference at the end of October 😊 First and foremost, the long-term results of the Holbaek Model will be presented, spanning up to 7 years after the initiation of treatment, which can be described as impressive. But come and see for yourselves.



Additionally, there will be presentations of treatment outcomes using the digital solution Obesity Treatment Tool Pro, showcasing compelling results from Danish municipalities. These results clearly demonstrate how timely care can be provided for children, adolescents, and adults living with obesity and related complications, where the solution is not solely medication, which, by the way, cannot stand alone. It is also important to realize that the vast majority of patients receive assistance with their overweight and severe obesity without medication using the Holbaek Model.

### **ANNUAL OBESITY MANAGEMENT CONFERENCE 2023**

The Annual Obesity Management Conference 2023 will take place on October 31, 2023, at Hotel Nyborg Strand. This year, we have decided on a one-day conference, as we hope it will attract the greatest participation.

The program includes a wide range of current and exciting features, including the long-term results of the Holbaek Model, outcomes using the digital solution Obesity Treatment Tool Pro in Denmark, as well as presentations from dietitian Mette Theil, chair of the Professional Society of Clinical Dietitians, and health nurses from both Denmark and Norway.

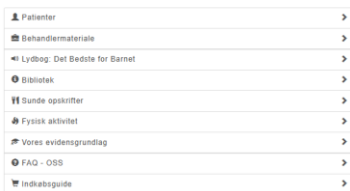


Additionally, there are several interesting developments in the field of medical treatment for obesity and its complications. Dr Holm, as a sponsor, takes on the organizational responsibility for hosting the Annual Obesity Management Conference. The overall budget is expected to balance, indicating that we consider it a non-profit sponsored conference. The preliminary program can be viewed [here](#).

The deadline for registration is September 15, 2023.

## OBESITY TREATMENT TOOL PRO

The Obesity Treatment Tool Pro is continuously updated, and recently, numerous additional features have been added to make the system more user-friendly for both practitioners and patients. The system is in constant development, and we strive to integrate suggestions from users in the best possible way. Desired changes, if adopted, can typically be implemented within 1-2 weeks, sometimes even sooner.



We welcome new users, and at the Annual Obesity Management Conference in 2023, we will demonstrate how the Obesity Treatment Tool Pro can be used as an evaluative tool. This allows individual municipalities easy access to treatment results analysed according to international research standards. It optimizes data utilization, providing compelling arguments for decision-makers in the municipality when evaluating efforts.

## NEW ARTICLE - Genetics of Plasma Bilirubin and Associations between Bilirubin and Cardiometabolic Risk Profiles in Danish Children and Adolescents

Bilirubin is a final product when breaking down hemoglobin in mature red blood cells. Bilirubin possesses anti-inflammatory, antioxidant,



antidiabetic, and antilipidemic properties. Circulating bilirubin is inversely proportional to the risk of cardiovascular diseases, type 2 diabetes, and all-cause mortality in adults. Some genetic variants associated with bilirubin concentrations have been identified through genome-wide association studies in adults.

The purpose of this study was to investigate the relationship between circulating bilirubin, cardiovascular factors, and inflammation in children and adolescents, along with its genetic background. We examined fasting bilirubin concentrations, cardiovascular risk factors, and inflammatory markers among overweight children and adolescents (n = 1530) and in a background group of children and adolescents (n = 1820).

The studies revealed that bilirubin concentrations were inversely associated with several cardiovascular disease risk factors, including body mass index (BMI) standard deviation score (SDS), waist circumference, high-sensitivity C-reactive protein (hs-CRP), homeostatic model assessment for insulin resistance (HOMA-IR), hemoglobin A1c (HbA1c), low-density lipoprotein cholesterol (LDL-C), triglycerides, and the majority of inflammatory markers. Conversely, bilirubin was associated with plasma concentrations of alanine transaminase (ALT), high-density lipoprotein cholesterol (HDL-C), systolic blood pressure SDS, and a range of inflammatory markers. A genome-wide association study showed that two genetic variants were associated with plasma bilirubin concentrations, and 25% of the variation in bilirubin concentrations could be explained by one genetic variant, which was not associated with cardiovascular disease markers. Bilirubin is associated with the development of cardiovascular diseases but not as a triggering cause.

**Genetics of Plasma Bilirubin and Associations between Bilirubin and Cardiometabolic Risk Profiles in Danish Children and Adolescents**

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**Abstract**  
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**Abstract**  
Bilirubin is the end product of heme catabolism, mainly produced by the breakdown of mature red blood cells. Due to its anti-inflammatory, antioxidant, antidiabetic, and antilipemic properties, circulating bilirubin concentrations are inversely associated with the risk of cardiovascular disease, type 2 diabetes, and all-cause mortality in adults. Some genetic loci associated with circulating bilirubin concentrations have been identified by genome-wide association studies in adults. We aimed to examine the relationship between circulating bilirubin, cardiometabolic risk factors, and inflammation in children and adolescents and the genetic architecture of plasma bilirubin.



### MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, September 19, 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 MasterClasses, 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 will host his next webinar on Tuesday, September 26th at 08:00 PM in the Facebook group "Boost din hverdag sundere."

The Topic is "Treatment of obesity in the long run"

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

### UPCOMING COURSES IN THE HOLBAEK 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](#).

Seminars are held in Holbaek.

Seminar 1: November 7th-8th, 2023.

Introduction course.





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

Seminar 2: September 26th-27th, 2023.

Follow-up course; follow-up on the treatment.

Seminar 3: Autumn 2023.

In-depth course; our values in a meta-perspective.

Seminar on The Holbaek Model's pedagogy and communication:

December 5th-6th, 2023.

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 Holbaek Model; [\*Obesity Treatment Tool Pro\*](#) is part of the seminar content for all seminars.