

Dear all.



There is a lot happening in the understanding and treatment of obesity. Currently, more and more types of medication are being approved that can assist various subgroups of patients. However, medication can never stand alone, and there are still significant challenges regarding side effects, cost, treatment duration, communication, and, notably, the overall understanding of obesity. It is crucial that society comprehends the complex aspects of obesity, where body fat is actively defended, and it is not just a matter of simplistic views such as motivation and calorie restriction. This understanding is important so that we can construct the most effective approach for each individual patient in the future.

ANNUAL OBESITY MANAGEMENT CONFERENCE 2023



The Annual Obesity Management Conference 2023 will take place on October 31, 2023, at Hotel Nyborg Strand. We have decided on a one-day conference for the Annual Obesity Management Conference 2023, hoping it will attract the largest attendance. We are in the process of putting together an exciting program where various stakeholders from different arenas will share their perspectives on obesity. Additionally, significant developments are occurring in the field of medical treatment for obesity.

If there is a topic that is important to you, there might still be time to influence the program. Feel free to reach out to Dorte at klinikken@drholm.com, and we will consider it.

The preliminary program can be viewed [here](#).

The deadline for registration is September 15, 2023.

MEDICAL TREATMENT OF OBESITY



It was announced last week that the use of Semaglutide (Wegovy) results in 20% fewer serious cardiovascular events in adults with obesity. This clearly demonstrates that obesity is not just a normal part of life, as some argue, but rather increases the risk significantly for cardiovascular diseases. In fact, the World Health Organization (WHO) has previously reported that 35% of all cardiovascular diseases worldwide are attributed to obesity. However, it is equally important that the treatment beyond medical intervention, known as non-pharmacological treatment (such as the Holbaek model), is properly established in patients. This is crucial to achieve the best treatment response and to support the patient effectively when discontinuing medical treatment.


Studies using medication indicate that patients gain weight again when discontinuing medical treatment. It is this subsequent weight gain that we aim to reduce with the Holbaek model.

There are many new questions and challenges that we address, utilizing medical treatment when deemed clinically relevant and justifiable, for children, adolescents, and adults, in shorter or longer periods (individualized).

[NEW ARTICLE - An adult-based genetic risk score for liver fat associates with liver and plasma lipid traits in children and adolescents](#)

In The HOLBAEK Study, we have recently conducted a new study analysing whether a genetic risk score for liver fat in adults also applies to liver fat in children and adolescents. Previous research has demonstrated that genetic variants associated with liver fat are also linked to the development of cardiovascular diseases in adults.



ORIGINAL ARTICLE | [Open Access](#) | 

An adult-based genetic risk score for liver fat associates with liver and plasma lipid traits in children and adolescents

Yun Huang, Sara E. Skovso, Helene Bekk-Juel, Morten A. V. Lund, Louise Aas Holm, Cillie E. Fomig, Trine Nielsen, Niels Grarup, Oluf Pedersen, Michael Christiansen ... [See all authors](#) <>

First published: 20 May 2023 | <https://doi.org/10.1111/liv.15613>

Jens-Christian Holm and Torben Hansen are co-last authors.

In this study, we investigated eight known genes with significance for liver fat and markers for cardiovascular diseases. We examined whether, in a comprehensive genetic score, they could predict an increased risk of developing liver fat. From the Unit for Children and Adolescents with overweight in Holbæk, we studied 1768 overweight patients and compared them with 1890 individuals from the general population. Measurements for cardiovascular diseases, selected genes, and liver fat using MR scans were collected.

Variants in the genes PNPLA3, TM6SF2, GPAM, and TRIB1 showed associations with higher liver fat as well as cholesterol values. The genetic risk score correlated with liver fat, the liver enzymes ALAT and ASAT, and lower cholesterol values. The new genetic risk score for liver fat can also be applied in children and adolescents and has the potential to assist in clinical diagnosis and risk stratification in the future.

MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, August 22, 2023, from 11:00 AM to 12:00 PM.

If you would like to participate, please send an email to Dorte at 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 will host his next webinar on Tuesday, August 29th at 8:00 PM in the Facebook group "Boost din hverdag sundere."

The topic this time: "Is the solution medication, and what comes next? You can access the webinar [here](#).



UPCOMING SEMINARS 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 at Hotel Scandic Ringsted, Nørretorv 55, 4100 Ringsted.

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

Introduction course.

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 Dr Holm 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.

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/