

Dear all.

It is currently an extremely exciting time, almost a golden age, for the understanding and treatment of obesity. More and more types of medication are being approved that can assist certain patients. It is crucial that non-pharmacological treatment (such as the Holbaek model) can now be better supported by EU-approved medications, serving as a supplement, especially for patients who are otherwise challenging to treat. This is a welcome aid that can help many thousands of patients who are more or less threatened in their well-being and health.

Medication can never stand alone, and there are still significant challenges regarding side effects, cost, treatment duration, communication, and, most importantly, the overall understanding of obesity. It is imperative that the entire society, but especially healthcare professionals, undergo competence development to comprehend the complex aspects of obesity, where body fat is actively defended, and it is not just a matter of simplified notions such as motivation and calorie restriction.

## LUKAS

Lukas was 2 years old and weighed 39 kg when his parents, in desperation, went on national TV regarding their son's severe and debilitating obesity. The parents felt unheard and were met with the usual mindset about motivation, calorie restriction, and so on, which did not really bring any positive results.

We diagnosed him with a leptin receptor mutation, which in many ways garnered respect for the fact that Lukas had severe and debilitating obesity with a constant, immense hunger that tested the family in every waking hour. Later, we arranged for him to receive experimental medication in Germany, which has been turned into a TV documentary.



Altids 18 dage efter Lukas var blevet født, kommede hans forældre, at der var noget helt galt med deres lille søn. Han kunne aldrig blive mæt og græd af sult dagligt rundt, og selv om de forsøgte at holde ham på diæt, blev han større og større. Foto: TV2-akt

**TV-dokumentar om altid sultne Lukas er feel-good TV, men alligevel stærk kost**



The broadcast can be viewed on the Danish channel TV2 Play, and the documentary has been reviewed here (in Danish)

[TV-dokumentar om altid sultne Lukas er feel-good TV, men alligevel stærk kost \(sundhedspolitisktidsskrift.dk\)](#)

### **MEDICAL TREATMENT OF OBESITY**

Currently, there is a significant focus on the medical treatment of obesity, which has become increasingly relevant due to the emergence of new forms, especially GLP-1 analogs, continually being approved by health authorities. In the coming years, more drugs demonstrating effective treatment outcomes will be introduced, but challenges remain, particularly with side effects and, crucially, the cost associated with potential lifelong treatment. We address many questions and challenges at the Dr Holm Clinic, where we tailor treatment plans and, when necessary, incorporate medical treatment for varying durations (individualized).

The Dr Holm Clinic now offers prescription services for approved medications for children and adolescents in a municipal context when medical treatment is deemed clinically relevant. The Dr Holm Clinic consistently utilizes Obesity Treatment Tool Pro, ensuring optimal non-pharmacological treatment for patients and providing sufficient information to patients and their families about crucial aspects related to understanding obesity. This is especially important when medical treatment for obesity is indicated.

Additionally, we discuss medical treatment in the Facebook group "Boost din hverdag sundere" in a webinar on Tuesday, February 21, 2023, as detailed below.



### WEBINAR for everyone

Jens-Christian will host his next webinar on Tuesday, February 21 at 8:00 PM in the Facebook group "Boost din hverdag sundere."

The topic is Medical Treatment of Obesity and all the important aspects to consider. You can access the webinar [here](#).

### MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, March 7, 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](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.

### NEW ARTICLE

[High Plasma Levels of Soluble Lectin-like Oxidized Low-Density Lipoprotein Receptor-1 Are Associated with Inflammation and Cardiometabolic Risk Profiles in Paediatric Overweight and Obesity](#)





The HOLBAEK Study has once again presented a highly relevant article at an internationally top-tier level, where we have investigated specific fats present in the bloodstream. Lectin-like oxidized low-density lipoprotein (ox-LDL) receptor-1 is a receptor for oxidized low-density lipoproteins. In adults, higher sLOX-1 concentrations are associated with cardiovascular diseases, type 2 diabetes, and severe obesity.

However, it is not known how this relationship exists in children and adolescents. We analysed participants in a cross-sectional study within The HOLBAEK Study, involving 4 to 19-year-old children and adolescents from both the Unit for Children and Adolescents with overweight, an accredited European Center for the treatment of obesity, and from a background population with a BMI above the 90th percentile (n=1,815), as well as children and adolescents with normal weight from a background population (n=2,039). Thus, we examined fasting plasma concentrations of sLOX-1 and inflammatory markers in a total of 3,854 children and adolescents. Children and adolescents with overweight, severe obesity, and pubertal development exhibited higher sLOX-1 concentrations compared to those with normal weight. sLOX-1 was associated with a wide range of cardiovascular disease markers. Potentially, sLOX-1 could be used as an early marker for an increased risk of cardiovascular diseases in children and adolescents with overweight or severe obesity. You can view the study here:

[High Plasma Levels of Soluble Lectin-like Oxidized Low-Density Lipoprotein Receptor-1 Are Associated with Inflammation and Cardiometabolic Risk Profiles in paediatric Overweight and Obesity \(ahajournals.org\)](https://ahajournals.org)

The study is a direct consequence of the vision behind The HOLBAEK Study, namely, to enhance the understanding and potentially the treatment of children, adolescents, and adults living with obesity.

ORIGINAL RESEARCH

High Plasma Levels of Soluble Lectin-like Oxidized Low-Density Lipoprotein Receptor-1 Are Associated With Inflammation and Cardiometabolic Risk Profiles in Pediatric Overweight and Obesity

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## 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](#).

The next Seminar 1 are scheduled on April 25th – 26th, 2023. Seminars are held at Hotel Scandic Ringsted, Nørretorv 55, 4100 Ringsted.

**Seminar 1: April 25th – 26th, 2023.**  
Introduction course.

**Seminar 1: May 2nd – 3rd, 2023 – Torshavn, Faroe Island**  
Introduction course.

**Seminar 2: June 13th – 14th, 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: June 6th-7th, 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.



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