

Dear all,

We're still very busy, which is wonderful.

There are several important findings in progress.

Soon, treatment results are expected from several municipalities across the country. The Holbæk model increases muscle mass unlike standard treatment, which involves calorie restriction including medical treatment.

The planning for the Annual Obesity Management Conference 2024 is underway, so please feel free to suggest topics as we plan for 2 days in October.

WHO does not recommend the use of sweeteners for the treatment of obesity, and we have an important new article examining relationships between genetics, puberty development, growth, and future diseases.

Finally, we would like to highlight that we are offering a new seminar on pregnant women with obesity.

NEW SEMINAR – The pregnant woman with obesity

You are hereby invited to the seminar "The Pregnant Woman with obesity".

On this seminar, you will learn to address the needs, challenges, and necessary considerations of the pregnant woman. Programs and strategies will be offered focusing on providing timely care for both mother and child. This includes promoting moderation in meal satiation, rather than implementing calorie restriction - which is crucial during pregnancy with the growing foetus, as well as a wide range of considerations for the best interest of the child in the early relationship with both mother and father.





Obesity during pregnancy is a significant, serious, and unresolved challenge in our society with significant consequences for both mother and child. There is a wide range of potential complications ranging from the impact of obesity on the expectant mother with reduced everyday functionality, gestational diabetes mellitus, to an increased incidence of complications during childbirth, which could potentially be serious for both mother and child.

Furthermore, there are specific challenges such as pica, increased varied appetite, pregnancy vomiting, and breastfeeding after birth, all of which can be adversely affected by obesity.

The child is also at risk of developing obesity at an early age, with a negative impact on normal growth and development, including physical, mental, and social well-being in childhood, as well as the potential development of a wide range of obesity-related complications.

The course will cover normal pregnancy, prevention, consequences of obesity development for both mother and child, and how this should be treated without adversely affecting either pregnancy or the child's well-being.

It is crucial to understand the development of body composition in both mother and child, fat mass regulation – and of course, not to use calorie restriction in either the pregnant woman or the newborn. Moreover, this treatment leads to significant insights into the early mother-child relationship and thus the mother's own reflections on her body and function - including good self-esteem, quality of life, and coping, and thus attachment to her child.

The seminar takes place over 2 days, on April 4th and September 19th. Refreshments are included.



Location: Gladsaxe Pædagogiske Videnscenter, Værebrovej 156C, 2880 Bagsværd

Price: 3,700 DKK excluding VAT for both days.

If you are interested, please send an email to

contact@drholmcourses.com

ANNUAL OBESITY MANAGEMENT CONFERENCE 2024

The planning of the Annual Obesity Management Conference 2024 is underway. The conference will be held on October 21-22, 2024, so mark your calendars now.

Following feedback from the 2023 Annual Obesity Management Conference, there is a desire to return to hosting the conference over 2 days, with the option to register for either one day or both days. There will also be the option to register for dinner and accommodation.

The program is currently being developed and planned. If there is a particular topic that you would like to see addressed, please do not hesitate to contact Dorte at klubben@drholm.com

WHO DOES NOT RECOMMEND SWEETENERS

It is groundbreaking that WHO has issued a new recommendation advising against the use of sweeteners for obesity treatment.

See link here: [Nonsugar Sweeteners—Time for Transparency and Caution | Nutrition | JAMA Pediatrics | JAMA Network](#)

Non-sugar-based sweeteners are low-calorie, or zero-calorie products used as substitutes for sugar and are widely used in the food industry. Given the wide range of adverse health





consequences associated with added sugar, food manufacturers have developed products like these sweeteners. In this way, artificial sweeteners have to some extent replaced added sugar in many products. However, there are also indications that artificial sweeteners also have negative health consequences. For example, it has been reported how the artificial sweetener erythritol, found in stevia, has been linked to blood clots, strokes, heart attacks, and death.

See link: [Erythritol, an ingredient in stevia, linked to heart attack and stroke, study finds | CNN](#)

For the past 15 years, the Holbæk Model has set limits on the use of sweeteners in accordance with WHO's statement.

NEW ARTICLE

Trans-ancestral genome-wide association study of longitudinal pubertal height growth and shared heritability with adult health outcomes

Once again, The HOLBAEK Study has been involved in a large international consortium study. We investigated growth patterns throughout puberty development and compared it with the future development of diseases. The genes that mediate growth are generally unknown. In this study, we modelled height growth over time in 56,000 individuals from the age of 5 to adulthood. These analyses were combined with genetic analyses involving 5 phenotypic traits characterizing the extent, timing, and intensity of the growth spurt during puberty development. To examine the influence of lifelong genetic variants, we compared them with association studies conducted in the

Abstract

Go to: »

Background

Pubertal growth patterns correlate with future health outcomes. However, the genetic mechanisms mediating growth trajectories remain largely unknown. Here, we modeled longitudinal height growth with Super-imposition by Translation And Rotation (STAR) growth curve analysis on ~ 56,000 trans-ancestry samples with repeated height measurements from age 5 years to adulthood. We performed genetic analysis on six phenotypes representing the magnitude, timing, and intensity of the pubertal growth spurt. To investigate the lifelong impact of genetic variants associated with pubertal growth trajectories, we performed genetic correlation analyses and genome-wide association studies in the Penn Medicine BioBank and the UK Biobank.



Penn Medicine BioBank and the UK Biobank. We identified 26 genome-wide significant genetic loci (mutations) that showed genetic relationships with height growth and adult-onset diseases. For example, a faster growth spurt was associated with higher bone mass density, HOMA-IR, fasting insulin, type 2 diabetes, and lung cancer, while being taller in early puberty, taller throughout puberty, and having a faster pubertal development were associated with an increased risk of atrial fibrillation. We concluded that the new genetic loci we identified were associated with the pace of growth during puberty and that genes controlling growth were associated with reproductive, glycaemic, respiratory, and heart-related diseases. An optimal puberty development was not identified, as there are many complex factors interacting. Therefore, the study contributes to shedding light on the complex relationships between genes, pubertal growth, and future health and morbidity.

Read the article [here](#).

MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, March 19, 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

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, March 19, 2024, at 8:00 PM** in the Facebook group "Boost din hverdag sundere".

This time, the topic is "Fat-free body mass in the treatment of obesity". 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](#).

Seminars are held in Holbaek.

Seminar 1: September 24-25, 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 "The pregnant woman with obesity": April 4th + September 19th, 2024





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www.jenschristianholm.dk/uk/

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.