

Profil Lipid, Peroksidasi Lipid, dan Status Inflamatif Wanita Penderita Sindrom Metabolik

Title	Profil Lipid, Peroksidasi Lipid, dan Status Inflamatif Wanita Penderita Sindrom Metabolik
Author Order	1 of 3
Accreditation	
Abstract	<p>Prevalensi sindrom metabolik (SM) di Indonesia (13,13%) tergolong tinggi, dengan kecenderungan terus meningkat. Salah satu akibat SM adalah disfungsi endotel, sebagai awal penyakit kardiovaskuler yang diinduksi oleh stres oksidatif dan inflamatif. Penelitian ini bertujuan untuk mengeksplorasi profil lipid, peroksidasi lipid, dan marker inflamasi pada wanita penderita SM di Purwokerto. Sebanyak 30 wanita dengan kadar gula darah di atas normal, obesitas body mass index (BMI) > 25 kg/m², dan berusia 40-65 tahun, dilibatkan sebagai responden yang dipilih melalui survei di Poliklinik Penyakit Dalam Rumah Sakit Margono Soekarjo. Kadar kolesterol total, trigliserida, high density lipoprotein, low density lipoprotein, malondialdehid, dan plasma C-reactive protein ditentukan dalam darah responden yang mempunyai kadar gula sewaktu > 200 mg/dL. Ditemukan bahwa wanita dengan SM rata-rata berumur 50,4 tahun; BMI 31,89 kg/m²; kadar gula darah 219,4 mg/dL; kolesterol total 216,73 mg/dL; trigliserida 218,13 mg/dL; HDL 46,59 mg/dL; LDL 146,27 mg/dL; MDA 2943,4 pmol/mL; C-RP 7,62 mg/L; dan tekanan darah 153/103 mmHg. Hasil ini menunjukkan bahwa penderita SM mengalami dislipidemia disertai dengan status antioksidan rendah dan inflamasi. Kata kunci: Wanita sindrom metabolik, profil lipid, lipid peroksida, malondialdehid, C-reactive protein</p> <p>Abstract Prevalence of metabolic syndrome (MS) in Indonesia (13,13%) is high and tends to increase. One of the consequences of MS is endothelial dysfunction leading to cardiovascular disease which is inducted by oxidative stress and inflammation. The aim of the present research is to explore lipid profile, lipid peroxidation, and inflammatory marker level on metabolic syndrome women in Purwokerto. Thirty women with blood glucose level greater than normal, body mass index (BMI) > 25 kg/m², 40-65 years of age were recruited as respondent through selection by a survey in Internal Medicine Polyclinic of Margono Soekarjo Hospital in Purwokerto. In respondents with blood glucose level > 200 mg/dL, total blood cholesterol level, high density lipoprotein, low density lipoprotein, malondialdehid, and plasma C-reactive protein were determined. It was found that the MS women were 50,4 years of age; BMI 31,89 kg/m²; blood glucose 219,4 mg/dL; total cholesterol 216,73 mg/dL; triglyceride 218,13 mg/dL; HDL 46,59 mg/dL; LDL 146,27 mg/dL; MDA 2943,4 pmol/mL; C-RP 7,62 mg/L; and blood pressure 153/103 mmHg. It indicates that SM women experience dyslipidemia with low antioxidant and inflammation. Key words: Metabolic syndrome women, lipid profile, peroxide lipid, malondialdehid, C-reactive protein</p>
Publisher Name	Faculty of Public Health Universitas Indonesia
Publish Date	2011-04-01
Publish Year	2011
Doi	DOI: 10.21109/kesmas.v5i5.129
Citation	
Source	Jurnal Kesehatan Masyarakat Nasional
Source Issue	Vol. 5 No. 5 April 2011
Source Page	212-217
Url	https://journal.fkm.ui.ac.id/kesmas/article/view/129/130
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