

## Gambaran sindrom metabdlik pada penderita penyakit jantung koroner di polikuni kardiologi RSCM

Irman Firmansyah, author

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### Abstrak

Latar Belakang: Penyakit Jantung Koroner (PJK) sebagai masalah kesehatan di Indonesia. Terdapat peningkatan kejadian PJK dihubungkan dengan peningkatan sindrom metabolik. Sampai saat ini belum ada data prevalensi sindrom metabolik pada subyek dengan PIK di RSCM.

Tujuan: Untuk melihat proporsi sindrom metabolik pads populasi penderita PAC, serta profil komponen sindrom metabolik.

Metode Penelitian bersifat deskriptif, dilakukan pada bulan Maret-Nopember 2005 di Poli Kardiologi, Divisi Kardiologi Departemen Penyakit Dalam RSCM.. Subyek adalah penderita PIK di RSCM dengan jumlah responden 92 subyek.

Hasil: Dari 92 responden didapatkan hasil yang mengalami sindrom metabolik pada PJK sebesar 45 (48,9%) lebih besar dibandingkan populasi umum (16,5%-31,1%), dengan komposisi laki-laki 30 (66,7%) clan perempuan 15 (33,3%). Rerata usia 59 tahun (IK 95% 55-63), rerata tekanan darah sistolik 133,9 mmHg (IK 95% 129,7-138,1), rerata tekanan darah diastolik 83,2 mmHg (IK 95% 80,8-85,6), rerata indeks massa tubuh 25 kg/m<sup>2</sup> (IK 95% 24,3-25,7), rerata lingkar perut 86,5 cm (IK 84,6-88,4), rerata HDL 42,9 mg/dL (IK 95% 41,04,8), rerata LDL 133,7 mg/dL (IK 95% 126,3-141,1), rerata trigliserida 149,9 mg/dL (IK 95% 131,6-168,2), rerata glukosa darah puasa 110,4 mg/dL (IK 95% 101,9-118,9).

Simpulan Sindrom metabolik ditemukan pada sebagian besar populasi penderita PJK.

Kata Kunci : PJK, sindrom metabolik, proporsi.

<hr><i>Background: Coronary heart disease (CHD) has become one of health problems in Indonesia. The increment in CHD incidence is associated with increment in metabolic syndrome. Currently, there is no data about metabolic syndrome in patient with CHD at Dr. Cipto Mangunkusumo hospital.

Purpose\_ (1) To find out the proportion of metabolic syndrome among CHD patients. (2) To find out the profiles of the components of metabolic syndrome.

Methods: We conducted a descriptive study during March - November 2005 in Cardiology outpatient unit, Dr. Cipto Mangunkusumo hospital. The subjects for this study were CHD patients who came to the outpatient unit. The numbers of subjects included were 92 people.

Results: From 92 subjects who participated in this study, we found 45 subjects (48.9%) had metabolic

syndrome more than general population 16.5%-31.1%). Thirty six subjects (66.7%) were male. Mean age was 59 years old (95% CI = 55 - 63 years old)\_ Mean systolic pressure was 133.9 mmHg (95% CI = 129.3 - 138.1 mmHg). Mean diastolic pressure was 83,2 mmHg (95% CI = 80.8 --- 85.6 mmHg). Mean Body Mass Index was 25 kglm<sup>2</sup> (95% CI = 24.3 - 25.7 kglm<sup>2</sup>). Mean waist circumference was 86.5 cm (95% CI = 84.6 - 88.4 cm). Mean HDL level was 42.9 mg/dL (95% CI = 41,0 - 44.8 mg/dL). Mean LDL level was 133.7 mg/dL (95% CI = 126.3 - 141.1). Mean triglyceride level 149.9 mg/dL (95% CI = 131.6 - 168.2 mg/dL). Mean fasting blood glucose level was 110.4 mg/dL (95% CI = 101.9 -118.9).

Conclusion. Metabolic syndrome was found in the majority of CHD patients.

Keywords : coronary heart disease, metabolic syndrome.</i>