

Gambaran kadar HDL pada pasien Diabetes Mellitus tipe 2 di Poliklinik IPD RSCM tahun 2010 = HDL profile in Diabetes Mellitus type 2 patients in RSCM Internal Medicine Polyclinic in 2010

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Abstrak

Diabetes Mellitus merupakan penyakit kronik. Penyakit diabetes mellitus ini diduga akan meningkat jumlahnya di masa datang. Berdasarkan penelitian, dikatakan bahwa diabetes mellitus tipe 2 dapat menyebabkan dislipidemia, yaitu hipertriglisieridemia, kadar HDL yang rendah serta peningkatan kadar sLDL. Meskipun mekanisme pastinya belum dipahami sepenuhnya, diduga bahwa resistensi insulin menyebabkan peningkatan asam lemak bebas dari adiposit sehingga terjadi peningkatan sintesis VLDL dan triglisierida yang akhirnya dapat menyebabkan dislipidemia. Penelitian ini dirancang untuk meneliti gambaran kadar HDL pada pasien diabetes mellitus tipe 2 di poliklinik IPD RSCM tahun 2010. Data dari 108 orang yang diambil secara simple random sampling dan random diperoleh dari data sekunder di Poliklinik IPD RSCM. Hasilnya adalah nilai rerata kadar gula darah puasa adalah 186,5 (114-559) mg/dL, sedangkan rerata kadar gula darah 2PP adalah 291(178-582) mg/dL. Dengan uji Mann-Whitney, didapatkan berturut-turut nilai $p=0,383$ dan $p=0,208$. Dengan demikian, dapat disimpulkan tidak terdapat perbedaan bermakna kadar gula darah puasa dan kadar gula darah 2PP dengan kadar HDL.

Diabetes mellitus is a chronic disease. This diabetes mellitus disease is expected to increase in the future. According to studies, diabetes mellitus type 2 can cause dyslipidemia, which include hypertriglyceridemia, low HDL level, and high sLDL level. Although the exact mechanism has not yet fully understood, it is suspected that insulin resistance can cause an increase in free fatty acid level from adipocytes which end up in increased synthesis of VLDL and triglyceride and eventually dyslipidemia develops. This study is designed to study HDL profile in patients with diabetes mellitus type 2 in RSCM Internal Medicine polyclinic in 2010. Results from 108 patients taken with simple random sampling were obtained from secondary data in RSCM Internal Medicine Polyclinic. The average value of fasting blood glucose was 186,5 (114-559) mg/dL, while the average value of 2PP blood glucose was 291 (178-582) mg/dL. With Mann Whitney test, p value of fasting blood glucose and HDL level was 0,383 and p value of 2PP blood glucose and HDL level was 0,208. Therefore, it can be concluded that there is no significant difference between fasting blood glucose and 2PP blood glucose with HDL level.