

Hubungan kadar seng serum dengan derajat keparahan akne vulgaris berdasarkan klasifikasi Lehmann dan dengan jumlah lesi inflamasi = Relationship between serum zinc level and severity of acne vulgaris based on Lehmann's classification and the number of inflammatory lesions

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Abstrak

Akne vulgaris (AV) merupakan kelainan kulit menahun folikel pilosebacea yang banyak dijumpai remaja dan dewasa muda. Beberapa penelitian melaporkan adanya hubungan antara seng dan AV. Penelitian dengan desain kasus kontrol ini bertujuan mencari hubungan kadar seng serum dengan derajat keparahan AV berdasarkan klasifikasi Lehmann dan dengan jumlah lesi inflamasi. Tujuh puluh subyek dengan AV, terdiri atas 35 AV ringan (AVR) [kelompok A] dan 35 AV sedang (AVS) dan AV berat (AVB) [kelompok B] berdasarkan klasifikasi Lehmann diperiksa kadar seng serum yang diukur menggunakan Atomic absorption spectrophotometry. Hasil kadar seng serum kelompok A median (min-maks) 11,15 (10,23-14,21) $\mu\text{mol/L}$ dan kelompok B median (min-maks) 9,93 (6,72-10,69) $\mu\text{mol/L}$. Kadar seng serum kelompok A lebih tinggi dibandingkan kelompok B ($p < 0,001$). Terdapat korelasi negatif yang bermakna antara kadar seng serum dengan jumlah lesi inflamasi pada AV ($r = -0,488$). Sebagai tambahan didapatkan korelasi negatif kadar seng serum dengan jumlah lesi non inflamasi ($r = -0,582$) ataupun total lesi AV ($r = -0,662$). Hasil penelitian ini membuktikan bahwa kadar seng serum berhubungan dengan derajat keparahan AV menurut klasifikasi Lehmann, yakni kadar seng serum lebih rendah pada AV derajat berat dan sedang dibandingkan derajat ringan, dan sejalan dengan hubungannya terhadap jumlah lesi, baik inflamasi, non inflamasi, dan total lesi.

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Acne vulgaris (AV) is a chronic cutaneous disorder in pilosebaceous follicles affecting many of the adolescents and young adults. Several studies have reported an association between serum zinc level and acne vulgaris. This case-control study aimed to find the relationship between serum zinc level with severity of AV according on Lehmann's classification and the number of inflammatory lesions. Seventy AV subjects, consisting of 35 subjects with mild AV (Group A) and 35 subjects with moderate and severe AV (Group B) based on Lehmann's classification are measured their serum zinc levels with Atomic absorption spectrophotometry. In group A serum zinc level median (min-max) was 11,15 (10,23-14,21) $\mu\text{mol/L}$ and in group B, median (min-max) was 9,93 (6,72-10,69) $\mu\text{mol/L}$. Serum zinc levels in group A were statistically significant higher than group B ($p < 0,001$). There was a negative correlation between serum zinc levels with the number of inflammatory lesions ($r = -0,488$). Additional result obtained were negative correlation between serum zinc levels with number of non-inflammatory lesions ($r = -0,582$) and total lesion of AV ($r = -0,662$). The results of this study proved that serum zinc levels was associated with the severity of AV according to Lehmann's classification, i.e. serum zinc levels were lower in severe and moderate acne compared with mild acne, and in line with its correlation to number of lesions, either inflammatory, non-inflammatory, and total lesions.