

Korelasi kadar retinol serum dengan derajat keparahan akne vulgaris di RSUPN Dr. Cipto Mangunkusumo. kajian pola asupan vitamin A = Correlation between serum retinol levels and degree of severity of acne vulgaris at Dr Cipto Mangunkusumo National General Hospital study of vitamin a intake

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Abstrak

Latar Belakang: Akne vulgaris AV adalah peradangan kronis pilosebacea yang terutama dijumpai pada remaja dan dewasa muda. Peranan diet pada patogenesis AV terus menjadi perdebatan. Salah satu mikronutrien yang diduga berperan dalam patogenesis AV adalah vitamin A atau retinol.

Tujuan: Mengetahui kadar retinol serum dan korelasinya dengan derajat keparahan AV, serta asupan vitamin A pasien AV.

Metode: Studi potong lintang dengan 20 subjek penelitian SP yang direkrut secara consecutive sampling. Kadar retinol serum diukur menggunakan high performance liquid chromatography HPLC, sedangkan asupan vitamin A dinilai dengan metode food frequency questionnaire FFQ semikuantitatif.

Hasil: Rerata kadar retinol serum kelompok AVR, AVS, dan AVB yaitu 0,962 SB 0,145 mol/L, 0,695 SB 0,054 mol/L, dan 0,613 SB 0,125 mol/L. Terdapat korelasi bermakna antara kadar retinol serum dengan derajat keparahan AV $r = -0,798$, $p = 0,000$. Rerata asupan vitamin A per hari pada kelompok AVR, AVS, dan AVB sebesar 476,21 SB 221,32 g, 823,71 SB 221,32 g, dan 780,99 SB 530,45 g.

Simpulan: Kadar retinol serum ditemukan rendah pada kelompok AVS dan AVB. Hasil penelitian ini membuktikan semakin rendah kadar retinol serum, semakin berat derajat keparahan AV. Tidak terdapat perbedaan asupan vitamin A di antara ketiga kelompok.

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Background: Acne vulgaris AV is a chronic inflammation of pilosebaceous that is primarily found in adolescents and young adults. The role of diet in the pathogenesis of AV continues to be a debate. One of micronutrients alleged in the pathogenesis of AV is vitamin A or retinol.

Objective: This study aims to know the levels of serum retinol and its correlation with the degree of severity of the AV, as well as the patient's intake of vitamin A.

Method: This cross sectional study included 20 subjects divided into mild, moderate, and severe groups based on Lehman's classification. Serum retinol levels measured using high performance liquid chromatography, whereas the intake of vitamin A was assessed by semiquantitative food frequency questionnaire method.

Results: The mean serum retinol levels of mild, moderate, and severe groups were respectively 0.962 SD 0.145 mol L, 0.695 SD 0.054 mol L, and 0.613 SD 0.125 mol L. There was significant correlation between serum retinol levels with the degree of severity of the AV $r = 0.798$, $p = 0.000$. The mean intake of vitamin A per day of mild, moderate, and severe groups were respectively 476.21 SD 221.32 g, 823.71 SD 221.32 g, and 780.99 SD 530.45 g.

Conclusion: Levels of serum retinol found lower on the moderate and severe groups. The results has proven that the lower the levels of serum retinol, the more severe the degree of severity of the AV. There was no

difference in vitamin A intake among the three groups.