

Korelasi kadar profil lipid darah dan kadar sebum kulit dengan derajat keparahan akne vulgaris pada pasien non-obesitas = Correlation between blood lipids, sebum excretion levels and severity of acne vulgaris in non-obese patients

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Abstrak

Latar belakang: Akne vulgaris AV adalah penyakit kulit yang ditandai dengan terjadinya sumbatan dan peradangan kronik pada unit pilosebasea. Penelitian sebelumnya tentang kadar lipid darah pada pasien AV menunjukkan hasil yang bervariasi. Lipid darah diduga memengaruhi aktivitas kelenjar sebasea.

Tujuan: Mengetahui korelasi antara kadar lipid darah dan kadar sebum dengan derajat keparahan AV, serta mengetahui korelasi kadar lipid darah dengan kadar sebum kulit wajah.

Metode: Studi potong lintang ini dilakukan terhadap 30 pasien AV non-obesitas, yang terbagi berdasarkan tiga derajat keparahan AV. Dilakukan pemeriksaan kolesterol total, triglycerida, LDL, HDL darah dan kadar sebum kulit wajah pada SP.

Hasil: Terdapat korelasi yang bermakna antara kadar sebum dengan derajat keparahan AV $r = 0,6689$, $p = 0,0001$. Tidak terdapat korelasi antara kadar kolesterol total, triglycerida, LDL, HDL darah dengan derajat keparahan AV. Tidak terdapat korelasi antara sebum kulit wajah dengan kadar kolesterol total, triglycerida, LDL, HDL darah.

Kesimpulan: Hasil penelitian ini menunjukkan bahwa kadar lipid darah tidak memengaruhi keparahan AV dan kadar sebum, sedangkan peningkatan kadar sebum kulit wajah dapat meningkatkan keparahan AV. Kata kunci: akne vulgaris; kadar sebum; lipid darah.

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Acne vulgaris is a common chronic skin disease involving blockage and inflammation of pilosebaceous units. Previous studies about blood lipids in acne patients revealed variable results. Blood lipids were considered affecting sebum production.

Objective: To identify the correlation between blood lipids, sebum excretion rate and acne severity. This study also determines the correlation between blood lipids and sebum excretion rate.

Methods: This study was conducted at Dr. Cipto Mangunkusumo Hospital in Jakarta. This was a cross sectional study with total of 30 non obese AV patients. The patients were divided into 3 groups based on the severity of AV. Total cholesterol, triglycerides, LDL, HDL serum and sebum excretion rate were measured.

Results: The results revealed significant correlation between sebum excretion rate and severity of acne vulgaris $r = 0,6689$, $p = 0,0001$. There were no correlation between total cholesterol, LDL, triglycerides, HDL and acne severity. Blood lipids had no correlation with sebum excretion rate.

Conclusion: The results of this study has proven that blood lipids does not affect the severity of acne and sebum excretion rate. While increased sebum secretion would increase acne severity. Keywords acne vulgaris blood lipids sebum excretion.