

# Peran Perubahan Gaya Hidup melalui Perubahan Pola Diet terhadap Reseptivitas Endometrium Perempuan Infertil dan Obesitas dengan Sindrom Ovarium Polikistik = Role of Lifestyle Modification through Dietary Changes to Endometrial Receptivity on Infertility Women and Obesity with Polycystic Ovarian Syndrome.

Andhika Ardi Perdana, author

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## Abstrak

Latar Belakang: Sindrom ovarium polikistik dan obesitas memperlihatkan dampak pada kemampuan endometrium untuk menerima hasil konsepsi. Penggunaan Ultrasonografi Doppler memiliki peran penting dalam pemeriksaan reseptivitas endometrium karena efisiensi dan prosedur non-traumatis. Tujuan dari penelitian ini adalah untuk menyelidiki efek modifikasi gaya hidup pada penerimaan endometrium wanita obesitas dengan sindrom ovarium polikistik menggunakan ultrasonografi.

Metode: Penelitian observasional ini dilakukan di Rumah Sakit Umum Cipto Mangunkusumo Jakarta, Indonesia dari Agustus 2019 hingga Mei 2020. Total 32 subjek yang berpartisipasi dalam penelitian ini pada awalnya. Karena kasus loss to follow up, subjek akhir dikurangi menjadi 14 orang. Subyek pertama dievaluasi dengan USG trans-vaginal untuk melihat gambar endometrium, kemudian disarankan untuk mendapatkan konseling gizi oleh ahli gizi klinis dan kemudian ditindaklanjuti selama 6 bulan menggunakan ultrasonografi trans-vaginal.

Hasil: Sebanyak 19 subjek menerima konseling gizi oleh spesialis Gizi Klinis. Tapi kemudian, hanya 14 subjek yang dievaluasi dengan Ultrasonografi. Ada beberapa hasil yang signifikan antara sebelum dan sesudah perawatan beberapa subjek seperti kalori, berat badan, indeks massa tubuh, lingkar pinggang ( $p < 0,05$ ) dan jenis zona vaskular, volume endometrium, indeks aliran vaskular dalam endometrium ( $p < 0,05$ ).

Kesimpulan: Belum didapatkan korelasi yang signifikan antara perubahan antropometri dan asupan kalori harian dengan perubahan Zona Vaskular endometrium disebabkan tingginya angka loss to follow-up dan belum tekontrolnya asupan kalori harian dari setiap subjek.

<hr>Background: Polycystic Ovarian Syndrome and obesity have shown an impact on endometrium ability to accept the results conception. The use of a Doppler Ultrasonography has an important role in the examination of endometrial receptivity due to efficiency and non traumatic procedure. The aim of this study is to investigate the effect of lifestyle modification on endometrial receptivity of obese women with polycystic Ovarian Syndrome using ultrasonography.

Methods: This observational study was conducted at Cipto Mangunkusumo General Hospital Jakarta, Indonesia from August 2019 to May 2020. From a total of 32 subjects were participated in this study. Due to loss of follow up case, the final subject was decrease into 14 person. The subjects were firstly evaluated with the trans-vaginal ultrasound to see the picture of the endometrium, then advised to get nutrition counseling by Clinical nutritionist and then followed up for 6 months using trans- vaginal ultrasonography.

Results: A total 19 subjects were received nutrition counseling by Clinical Nutritionist. But then, only 14 subjects were evaluated by Ultrasonography. There were several significant results between before and after treatment of some subjects such as calories, body weight, body mass index, waist circumference ( $p < 0,05$ )

and type of the vascular zone, endometrium volume, vascular flow index in endometrium ( $p < 0,05$ ). In this study, no significant results have been found on the correlation between dietary changes and changes of endometrial receptivity.

Conclusion: No significant correlation has been found between changes in antropometrics and daily calorie intake with changes in endometrial vascular zones due to high loss to follow-up rates and uncontrolled daily caloric intake for each subject.