Hubungan Profil Lipid dengan Derajat Inflamasi pada Ibu Hamil = The Relationship between Lipid Profile and Degree of Inflammation in Pregnant Women

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Abstrak

Latar Belakang dan Tujuan: Proses inflamasi tidak dapat dihindari pada kehamilan, namun inflamasi yang berlebihan pada trimester pertama dapat menyebabkan morbiditas ibu dan bayi baru lahir. Penelitian ini bertujuan untuk mengevaluasi hubungan profil lipid dengan derajat inflamasi pada ibu hamil. Metode dan Desain Studi: Studi cross-sectional ini dilakukan dari bulan April hingga Oktober 2022 di Puskesmas Kramat Jati di Jakarta. 98 wanita hamil trimester pertama berusia 20-40 tahun dengan kehamilan intrauterin dimasukkan, sedangkan peserta dengan kondisi medis tertentu dikeluarkan. Pengumpulan data dilakukan melalui anamnesis, pemeriksaan fisik, pemeriksaan USG, dan sampel darah. Analisis data akan melibatkan analisis univariat, bivariat dan multivariat untuk menentukan variabel independen yang paling signifikan. Hasil: Usia rata-rata partisipan adalah 28,39 tahun dan median kehamilan minggu ke-10 ditemukan 29,6% memiliki kadar kolesterol tinggi, 15,3% memiliki kadar trigliserida tinggi, 49% memiliki kadar LDL tinggi, dan 1% memiliki kadar LDL tinggi. rasio /HDL. Sebagian besar (85,7%) responden memiliki hs-CRP yang tinggi, sedangkan kadar CRP yang tinggi hanya ditemukan pada 37,8%. Analisis bivariat menunjukkan hubungan yang signifikan antara CRP dan trigliserida (p=0,026), sedangkan parameter lainnya tidak signifikan. Analisis multivariat menunjukkan hubungan paling signifikan antara CRP dan trigliserida (p=0,017). Studi ini menunjukkan bahwa risiko relatif CRP tertinggi adalah terhadap trigliserida (2,04), diikuti oleh kolesterol total (1,45) dan LDL (1,31). Kesimpulan: Peningkatan kadar trigliserida pada wanita hamil berhubungan dengan kemungkinan peningkatan CRP selama trimester pertama.
.....Inflammatory processes are inevitable in pregnancy, however excessive inflammation in the first trimester can cause maternal and neonatal morbidity. This study aims to evaluate the relationship between lipid profile and degree of inflammation in pregnant women. Methods and Study Design: This cross-sectional study was conducted from April to October 2022 at Kramat Jati Community Health Center in Jakarta. 98 first trimester pregnant women aged 20-40 years old with an intrauterine pregnancy was included, while participants with certain medical conditions were excluded. Data was collected through history-taking, physical examination, ultrasound examination, and blood samples. Data analysis will involve univariate, bivariate and multivariate analysis to determine the most significant independent variables. Results: The average age of participants was 28.39 years old and a median of the 10th week of pregnancy found that 29.6% had high cholesterol levels, 15.3% had high triglyceride levels, 49% had high LDL levels, and 1% had a high LDL/HDL ratio. A majority (85.7%) of the respondents had high hs-CRP, while high CRP levels were found only in 37.8%. The bivariate analysis showed a significant relationship between CRP and triglycerides (p=0.026), while the other parameters were not significant. The multivariate analysis was showed the most significant relationship between CRP and triglycerides (p=0.017). This study showed that the highest relative risk of CRP was against triglyceride (2.04), followed by total cholesterol (1.45) and LDL (1.31). Conclusions: Elevated triglyceride level in pregnant women are associated with an increased likelihood of CRP elevation during the first trimester.