

Lipid peroxides level in the Indonesian elderly

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Abstrak

Suatu penelitian “cross-sectional” dilakukan untuk mempelajari hubungan antara kadar peroksida lipid plasma dengan usia serta factor-faktor lain yang ada pada kelompok lanjut usia. Empat ratus empat puluh pria dan wanita berusia 55-85 tahun dipilih secara random dari para lanjut usia binaan puskesmas di Jakarta. Pemeriksaan fisik setelah anamnesa dan juga pengambilan sampel darah dilakukan pagi hari dalam keadaan puasa. Lipid plasma dan peroksida lipid plasma diukur jumlahnya menggunakan metode standard. Didapatkan perbedaan kadar peroksida lipid yang berhubungan dengan umur; yaitu kadarnya terus meningkat sampai kelompok umur 70 tahun. Para lanjut usia yang berusia 70 tahun atau lebih mempunyai kadar peroksida lipid plasma yang lebih rendah. Kadar peroksida lipid ini tidak dipengaruhi oleh kadar lipid plasma. Kadar peroksid lipid meningkat pada mereka yang menderita penyakit kronis degeneratif, makin banyak jenis penyakitnya makin tinggi kadar peroksida lipid. (Med J Indones 2004; 14: 71-7)

A cross-sectional study was done to see the possible association of plasma lipid peroxides in the elderly with age and other factors. Plasma lipid peroxides is a product of free radical reactions which according to the latest theory of aging is the cause of aging process. Lipid peroxides were also found high in coronary heart disease. Four hundred forty relatively healthy elderly, age 55-85 years, were randomly chosen from free living elderly under guidance of health care centers (PUSKESMAS) in Jakarta. Anamnesis and physical examination were done in the morning in the health centers. Blood samples were taken in fasting conditions, plasma lipids and lipid peroxides were measured according to standard methods. There was an age difference of lipid peroxides level in the elderly, which increased with age up to 70 years old. Elderly 70 years old and over had low plasma lipid peroxides. The level was not related to high plasma lipids. Higher level was found when more chronic degenerative diseases were found. (Med J Indones 2004; 14: 71-7)