

Life style factors influencing serum pepsinogen levels in healthy Japanese: a prospective study

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Abstrak

Background: Gastric cancer mass screening using serum pepsinogen has been recognized and several advantages of this methods over photofluography have been shown by previous study.

Aims: To determine the factors influence the serum pepsinogen levels in healthy subjects.

Subjects & Methods: One thousand and one hundred fourteen subjects who were screened for gastric cancer as part of a periodic health check. Blood samples were taken after fasting and stored below -20°C, until pepsinogen levels were assayed.

Results: The subjects consist of 338 males (mean age 52.6±14.0) and 776 females (mean age 49.0±11.9). Age ranges from 19 to 81 years. The overall prevalence of chronic atrophic gastritis using a Criterion PG I \geq 70 hg/ml and PG I/II ratio $<$ 3.0 was 21.99 % in 1996 and 23.97 % in 2000. Bivariate analysis revealed a significant association between age, more salt consumption, fish favorable over meat and less than three time meal intake covariates with the lowering of PG I/II ratio. Smoking, drinking, BMI, weight and gender did not affect the changes of PG I/II ratio.

Conclusion: Age and more salt consumption covariates have a strongest association with the decreased of PG I/II by multivariate analysis