

## Hubungan asupan Kalsium terhadap derajat Resorpsi Residual Ridge pada perempuan pascamenopause = Relationship between Calcium intake and degree of Residual Ridge Resorption in postmenopausal women

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### Abstrak

Latar Belakang : Perempuan pascamenopause memiliki risiko tinggi mengalami penurunan massa tulang akibat bekurangnya hormon estrogen dan asupan kalsium. Penting bagi perempuan pascamenopause untuk menjaga residual ridge dari resorpsi yang berlebihan.

Tujuan : Mengetahui hubungan asupan kalsium terhadap derajat resorpsi residual ridge pada perempuan pascamenopause.

Material dan Metode : Penelitian dengan metode potong lintang dilakukan di Pos Binaan Terpadu Lanjut Usia Perhimpunan Gerontologi Indonesia, Depok RW 02 yang melibatkan 99 perempuan pascamenopause. Subjek diwawancarai menggunakan kuesioner asupan kalsium beserta model makanan dan porsi dengan metode semiquantitative food frequency questionnaire selanjutnya dilakukan pemeriksaan derajat resorpsi residual ridge dengan mengukur tinggi residual ridge. Data dihitung dan dianalisis menggunakan piranti lunak statistik.

Hasil : Hasil analisis chi square menunjukkan bahwa terdapat hubungan yang bermakna secara statistik antara jumlah asupan kalsium terhadap derajat resorpsi residual ridge ( $p=0,035$ ) pada perempuan pascamenopause.

Kesimpulan : Perempuan pascamenopause berasupan kalsium tercukupi memiliki derajat resorpsi residual ridge rendah.

.....Background : Postmenopausal women have a high risk to decreasing bone mass because of estrogen and calcium intake deficiency. It is important for postmenopausal women to keep the residual ridge from excessive resorption.

Objective : Determine the relationship calcium intake and degree of residual ridge resorption in postmenopausal women.

Material and Method : the cross sectional study was performed at Pos Binaan Terpadu Lanjut Usia Perhimpunan Gerontologi Indonesia, Depok RW 02 involving 99 postmenopausal women. Subjects were submitted to interview using calcium intake questionnaire (semiquantitative food frequency questionnaire method ) with food model and the size and then examining the degree of residual ridge resorption through measuring residual ridge height. Data obtained was tabulated and analyzed using statistical software.

Result : The results of chi square analysis showed a statistically significant relationship between the amount of calcium intake and the degree of residual ridge resorption ( $p = 0.035$ ) in postmenopausal women.

Conclusion : Postmenopausal women that have adequate calcium intake show the low degree of residual ridge resorption.