

Korelasi antara asupan vitamin D dengan kadar 25 (OH) D serum pada pasien sistemik lupus eritematosus sistemik perempuan dewasa =
Correlation between vitamin d intake and serum 25(OH) D concentration of adult woman patients with systemic lupus erythematosus sle

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Abstrak

Tujuan: Tujuan penelitian ini adalah mengetahui korelasi antara asupan vitamin D dengan kadar 25(OH)D serum pada pasien lupus eritematosus sistemik perempuan usia dewasa.

Metode: Penelitian ini merupakan penelitian potong lintang pada 36 pasien SLE perempuan dewasa dari Poliklinik Reumatologi di RS Dr. Cipto Mangunkusumo. Pengambilan data subyek meliputi usia, klasifikasi penyakit SLE, obat-obatan yang digunakan, tipe kulit, penggunaan tabir surya, bagian tubuh yang tertutup pakaian, lama terpajan sinar matahari, indeks massa tubuh (IMT), asupan vitamin D, dan kadar 25(OH)D serum.

Hasil: Sebagian besar (41,7%) subyek berusia antara 36–45 tahun, tergolong klasifikasi SLE ringan (52,8%), selalu menggunakan tabir surya (63,9%), tipe kulit IV (69,4%), dan memakai pakaian yang menutupi seluruh/sebagian besar tubuh (69,4%), serta tidak terpajan dan terpajan sinar matahari <30 menit (77,8%). Semua subyek menggunakan kortikosteroid. Separuh subyek memiliki berat badan normal berdasarkan IMT, sebagian besar (55,6%) subyek mempunyai asupan vitamin D cukup berdasarkan AKG 2012, dan 28 subyek (77,8%) menderita defisiensi vitamin D (kadar 25(OH)D serum <50 nmol/L). Didapatkan korelasi positif yang sedang antara asupan vitamin D dengan kadar 25(OH)D serum pada subyek penelitian ($r = 0,52$; $P < 0,01$).

Kesimpulan: Terdapat korelasi positif yang sedang antara asupan vitamin D dengan kadar 25(OH)D serum pada pasien SLE perempuan dewasa ($r = 0,52$; $P < 0,01$).

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Objective: the aim of the study is to investigate the correlation between vitamin D intake and serum 25(OH)D concentration of adult woman SLE patients.

Methods: A cross-sectional study was conducted in 36 adult woman patients with SLE from Rheumatology Clinic of the Departemen of Internal Medicine Dr. Cipto Mangunkusumo hospital. Data collection included age, SLE classification, drugs, skin type, use of sunscreen, part of the body covered by clothes, length of sun exposure, body mass index (BMI), vitamin D intake, and serum 25(OH)D concentration.

Results: Most of the subjects (41.7%) aged 36–45 years old, classified as mild SLE (52.8%), always used sunscreen (63.9%), skin type IV (69.4%), wearing clothes that covered all or almost of the body (69.4%), and not exposed or had sun exposure less than 30 minute (77.8%). All subjects used corticosteroid. Based on BMI half of the subjects had normal body weight, Based on AKG 2012 most (55.6%) had adequate vitamin D intakes, and 28 subjects (77.8%) were in vitamin D-deficient (serum 25(OH)D concentration <50 nmol/L). There were moderate positive correlation between vitamin D intake and serum 25(OH)D concentration in subjects ($r = 0.52$; $P < 0.01$).

Conclusion: There were moderate positive correlation between vitamin D intake and serum 25(OH)D

concentration of adult woman SLE patients ($r = 0.52$, $P < 0.01$).