

# Pengaruh leptin serum terhadap gejala panas pada wanita perimenopause dan menopause di Rumah Sakit Umum Pusat Nasional Ciptomangunkusumo Jakarta = Effect of leptin serum level to hotflashes symptom in perimenopausal and menopausal women in Ciptomangunkusumo General Hospital

Murthy Mutmainah, author

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## Abstrak

[<b>ABSTRAK</b><br>

Wanita Indonesia yang memasuki masa menopause cenderung mengalami obesitas, Gejala panas sebagai salah satu gejala menopause yang paling sering dikeluhkan oleh wanita yang memasuki masa menopause, berkaitan dengan obesitas. Obesitas diketahui berhubungan dengan leptin, suatu hormon polipeptida yang mempunyai peran dalam reproduksi dan pusat pengatur suhu.

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Penelitian ini bertujuan mengetahui apakah terdapat peningkatan kadar leptin pada wanita perimenopause-menopause dengan gejala panas di RSCM. Penelitian deskriptif dengan desain kasus-kontrol. Subjek penelitian 50 wanita perimenopause-menopause, berusia 40-55 tahun. Kelompok kasus dan kontrol ditegakkan berdasarkan Kuesioner Menqol Menopause. Kelompok gejala panas adalah wanita yang menjawab YA pada pertanyaan Kuesianer Menqol Menopause 1-3, dengan kelompok kontrol adalah wanita yang tidak ada keluhan gejala panas, dan menjawab tidak atau satu saja jawaban ya pada poin 1-3.

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Hasil: Tidak terdapat perbedaan yang bermakna antara kadar leptin pada kelompok yang mengalami gejala panas dan kelompok tanpa gejala panas dengan median leptin kasus vs control 21.86 (7.41-46.66) vs 16.53 (4.32-37.81) ng/ml , p=0.154. Meski demikian, terdapat hubungan yang signifikan antara obesitas dengan gejala panas (p=0.047). Karakteristik gejala panas yang didapatkan dikategorikan masih ringan karena frekuensi terjadinya gejala panas yang jarang, dengan durasinya sangat cepat dan tidak mengganggu aktifitas. Gejala panas cenderung dirasakan pada wanita berpendidikan menengah dibandingkan pendidikan tinggi (p=0.01), pada kelompok menengah ke atas (p 0.037), dan pada kelompok yang terbiasa tidur dengan air conditioner (p=0.057) dan berolahraga secara teratur (p 0.248). Kebiasaan mengkonsumsi tahu, tempe dan tidur cukup 6 jam sehari tidak memiliki hubungan terhadap terjadinya gejala panas. Skor MENQOL Menopause kelompok dengan gejala panas lebih tinggi dibandingkan dengan kelompok tanpa gejala panas (p<0.001), serta gangguan kualitas hidup cenderung dirasakan lebih berat pada kelompok wanita dengan obesitas (p=0.061).

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Obesitas berhubungan bermakna dengan gejala panas, tetapi leptin tidak berperan terhadap terjadinya gejala panas. Gangguan kualitas hidup akibat gejala panas cenderung dirasakan oleh kelompok yang obesitas;

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Hot flashes as one of menopausal symptoms that manifested to quality of life. Obesity has been linked to

increased risk of hot flashes in menopausal women. Leptin as anti obesity hormone, has play a role in thermoregulatory dysfunction in menopause women with hot flashes. This research want to explore effect of leptin serum level to hot flashes in perimenopausal and menopausal women in Ciptomangunkusumo General Hospital

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A descriptive study with case control design. The subject is 50 perimenopause women aged 45-55 years. The case and control groups are based MENQOL Questionnaire. Hot flashes are a group of women who answered YES to the question number 1-3, and control group of women who are no complaints of hot flashes.

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We performed bivariate analysis, using statistic by SPSS 17. There is no significant differences between Leptin serum level in hot flashes group and non hot flashes with median level of leptin serum 21.86 (7.41-46.66) ng/ml, vs16.53 (4.32-37.81) ng/ml with  $p = 0.154$ . Obesity is correlated with hotflashes ( $p=0.047$ ). Characteristics of hot flashes categorized as mild. The frequency of occurrence is rare, with very fast duration, and not disturb activity. To strata education obtained a meaningful correlation, hot flashes tending perceived in women with middle educated compared higher education ( $p=0.01$ ), on group upper middle class than middle class ( $p 0.037$ ) and women sleep with the air conditioner ( $p0.057$ ) and exercise regularly ( $p=0.248$ ). The habit of eating soy product such as tofu and tempe and slept 6 hours a day, not correlated statistically with the the occurrence of hot flashes.

There is a significant difference in score of MENQOL Menopause, whereas in the group with hot flashes compared to without hot flashes. ( $p<0.001$ ), impaired quality of life tend to be felt more severely in the group of women with obesity ( $p0.061$ ).

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Obesity is statistically correlated with hotflashes, and leptin. But elevated leptin serum didn't statistically correlated with hotflashes. Quality of life disturbance is severe in obesity group. Obesity can causes hot flashes with other mechanism such as fat as heat insulator;Hot flashes as one of menopausal symptoms that manifested to quality of life. Obesity has been linked to increased risk of hot flashes in menopausal women. Leptin as anti obesity hormone, has play a role in thermoregulatory dysfunction in menopause women with hot flashes. This research want to explore effect of

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