

Korelasi kadar magnesium dalam serum dengan albuminuria pada pasien diabetes melitus tipe 2 = Correlation of serum magnesium concentration with albuminuria in type 2 diabetes mellitus

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Abstrak

[ABSTRAK

Latar belakang: Hipomagnesemia berhubungan dengan kejadian pre-diabetes, konversi ke diabetes tipe 2 dan juga komplikasi kronik diabetes, termasuk albuminuria. Hasil studi hubungan antara kadar magnesium dengan kejadian albuminuria pada diabetes melitus tipe 2 masih kontroversial. Untuk itu perlu dilakukan penelitian hubungan tersebut.

Metode: Potong lintang dengan consecutive sampling pada pasien DM tipe 2 yang sudah terdiagnosis nefropati diabetes. Dilakukan anamnesis faktor risiko, pemeriksaan fisik, kadar magnesium, albumine creatinine ratio dan A1C.

Hasil: Tiga puluh delapan subjek ikut dalam penelitian yang sebagian besar berusia lebih 50 tahun dan memiliki kontrol glikemik yang buruk (81,6%). Pada subjek penelitian yang memiliki kadar Mg <1,7 mg/dl 80% mengalami albuminuria, sementara subjek yang memiliki kadar Mg 1,7 mg/dl didapat 63,6% subjek penelitian yang mengalami albuminuria. Pada penelitian ini didapatkan koefisien korelasi sebesar 0,006 yang menunjukkan hubungan yang lemah antara kadar magnesium dalam darah dengan albuminuria.

Kesimpulan: Secara statistik tidak ditemukan korelasi antara kadar magnesium dengan albuminuria.;

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ABSTRACT

Background: Hypomagnesemia associated with occurrence of prediabetes, conversion to type 2 diabetes and also chronic complication of diabetes, including albuminuria. Studies that look for correlation magnesium concentration with albuminuria in type 2 diabetes still controversial that's why we need to do this research.

Method: Cross sectional study done in type 2 diabetes who have been diagnosed with nephropathy.

Correlation Pearson test used to prove correlation between magnesium level with albuminuria.

Result: Thirty eight subjects follow this study, majority of them age more than 50 years old, mostly having bad glycemic control (81,6%). There are 80 % subject with hypomagnesemia (Mg <1,7 mg/dl) suffered from albuminuria while subject with normomagnesia (Mg 1.7 mg/dl) only 63.6% suffered from albuminuria.

This study result in no correlation between magnesium level in type 2 diabetes.

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