

Hubungan antara asupan kalsium dengan derajat keparahan stenosis pada pasien penyakit jantung koroner laki-laki dewasa = Association between calcium intake with severity of stenosis in adult male coronary artery disease patients / Wahyu Ika Wardhani

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Abstrak

ABSTRAK

Penyakit jantung koroner (PJK) adalah penyebab kematian utama dengan prevalensi di Indonesia 7,2%. Penelitian observasional memperlihatkan asupan kalsium yang rendah berkorelasi dengan peningkatan beberapa faktor risiko dan kejadian PJK, namun di lain pihak, didapatkan hubungan suplemen kalsium dengan peningkatan morbiditas dan mortalitas akibat PJK. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan kalsium dengan derajat stenosis berdasarkan skor Gensini. Metode penelitian adalah studi potong lintang pada 49 pasien PJK laki-laki berusia 19 sampai 65 tahun yang pertama kali angiografi koroner di Pelayanan Jantung Terpadu (PJT) RSCM pada Juli sampai dengan November 2014. Asupan kalsium berdasarkan kuesioner FFQ dan kalsium dan albumin serum diperiksa sesaat sebelum dilakukan tindakan. Derajat stenosis dinyatakan dengan skor Gensini. Pada penelitian didapatkan median asupan kalsium 301,6 (93–1404) mg/hari dan tidak berkorelasi ($r=0,13$, $p=0,37$) dengan kadar kalsium terkoreksi (rerata=8,8+0,4 mg/dL). Rerata skor Gensini didapatkan sebesar 95,18 + 57,78. Asupan kalsium tidak berkorelasi dengan skor Gensini ($r=-0,04$, $p=0,77$). Penelitian ini menyimpulkan tidak terdapat korelasi yang bermakna antara asupan kalsium dengan derajat stenosis pada pasien PJK laki-laki dewasa, dengan kecenderungan korelasi negatif.

ABSTRACT

Coronary artery disease (CAD) is the leading cause of death, with its prevalence in Indonesia 7.2%. Observational evidence suggested that calcium intake was inversely associated with either some risks or event of CAD, but some others found association between calcium supplements with increasing trend in cardiovascular morbidity and mortality. This study proposed to investigate the association between calcium intake and severity of coronary artery disease (CAD) assessed by Gensini score. This cross sectional study enrolled 49 male patients from 19 to 65 years old who underwent their first angiography at Holistic Cardiac Care Centre Unit of Ciptomangunkusumo Hospital Indonesia from July to November 2014. Subjects were assessed using food frequency questionnaires to explore their historical intake of main food sources of calcium. Calcium and albumin level were performed immediately before angiography. Severity of CAD was assessed by Gensini Score. Association between calcium intake and Gensini Score were analyzed. From the study we found median calcium intake was 301,6 (93 – 1404) mg/day and did not have correlation ($r=0,13$, $p=0,37$) with corrected serum calcium (means=8,8+0,4 mg/dL). We found means of Gensini score was 95,18 + 57,78. We didn't find any correlation between calcium intake with Gensini score ($r=-0,04$, $p=0,77$). We conclude that there was no correlation between calcium intake and severity of CAD, especially in male patients with CAD with negative tendency.