

## Hubungan asupan asam lemak omega-3 dengan kadar hs-CRP pada pasien psoriasis vulgaris = The relationship between dietary intake of omega-3 fatty acids and hs-CRP level in patient with psoriasis vulgaris

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### Abstrak

Tujuan penelitian cross sectional ini adalah untuk mengetahui hubungan asupan asam lemak omega-3 dengan kadar hs-CRP pada pasien Psoriasis vulgaris. Penelitian dilakukan di Yayasan Peduli Psoriasis Indonesia, mulai November 2014 sampai April 2015. Sejumlah 52 pasien yang memenuhi kriteria penelitian dipilih menjadi subjek penelitian. Subjek diwawancara, menjalani pemeriksaan antropometri dan kadar hs-CRP. Data asupan asam lemak omega-3, EPA dan DHA diperoleh dengan metode food frequency questionnaire, dan food recall 3 x 24 jam.

Nilai rerata usia subjek adalah  $41,9 \pm 9,21$  tahun. Jumlah subjek laki-laki 57,7% dan wanita, 42,3%.

Sebanyak 38,5% subjek status gizinya normal dan 61,5% berat badan lebih. Asupan energi cukup terdapat pada 82,7% subjek, sedangkan 17,3% subjek asupan energinya kurang. Subjek dengan asupan asam lemak omega-3 cukup ada 65,4%, sedangkan 34,6% subjek asupannya kurang. Sebanyak 86,5% subjek asupan EPA dan DHAny cukup dan 13,5% kurang.

Hasil kadar hs-CRP serum yaitu 9,6% subjek kadarnya  $>10$  mg/L, 57,7% subjek kadarnya 1-10 mg/L dan 32,7% subjek kadarnya  $<1$  mg/L. Hasil uji korelasi rank Spearman antara asupan asam lemak omega-3 dengan kadar hs-CRP memperlihatkan korelasi negatif lemah bermakna ( $r = -0,394$  dan  $p = 0,004$ ).

Korelasi asupan EPA dan DHA dengan kadar hs-CRP adalah negatif sedang bermakna ( $r = -0,499$  dan  $p = 0,000$ ). Asupan asam lemak omega-3 terutama dalam bentuk EPA dan DHA dapat menurunkan kadar hs-CRP pada pasien Psoriasis.

.....The aim of this cross sectional study is to find out the relationship between dietary intake of omega-3 fatty acids and hs-CRP level in patient with Psoriasis vulgaris. This study was conducted from November 2014 to April 2015, at Yayasan Peduli Psoriasis Indonesia. As all the criterias were succeeded, 52 patients were recruited. Data were collected by interview, anthropometric's measurement, and laboratory examination. Dietary intake data of omega-3 fatty acids, EPA and DHA were determined by using food frequencies questionnaire, and food recall 3 x 24 hours method.

Mean value of subjects' age was  $41.9 \pm 9.21$  years. The subjects consisted of 57.7% men and of 42.3% women. Nutritional status of 38.5% subjects was normal and of 61.5% was overweight. An adequate amount of energy intake was found in 82.7% subjects whereas 17.3% was inadequate. Dietary intake of omega-3 fatty acids was adequate in 65.4% subjects whereas in 34.6% was inadequate. Dietary intake of EPA and DHA in 86.5% subjects was adequate, while in 13.5% subjects, inadequate.

The result of hs-CRP  $>10$  mg/L was found in 9.6% subjects, 1-10 mg/L in 57.7% and  $<1$  mg/L in 32.7% subjects. Rank Spearman correlation test of dietary intake of omega-3 fatty acids and hs-CRP level showed weak negative significant result ( $r = -0.394$  and  $p = 0.004$ ). The result of EPA and DHA with hs-CRP level was fair negative significant ( $r = -0.499$  and  $p = 0.000$ ). Thus, it can be concluded that dietary omega-3 fatty acids in the form of EPA and DHA might lessen hs-CRP level in Psoriasis patient.