

# Perubahan ketebalan jaringan fibroglandular pada pemeriksaan ultrasonografi payudara perempuan menopause yang mendapat terapi hormon tibolone = Fibroglandular tissue thickness change on breast ultrasound examination of menopausal women who received tibolone hormone therapy

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## Abstrak

Latar Belakang : Penggunaan terapi hormon memiliki efek samping pada payudara yang dapat terdeteksi pada ultrasonografi (USG) berupa peningkatan ketebalan jaringan fibroglandular yang berhubungan dengan peningkatan risiko kanker payudara. Hingga saat ini masih terdapat kontroversi mengenai efek samping terapi hormon tibolone terhadap payudara.

Tujuan Penelitian : Mengetahui perubahan ketebalan jaringan fibroglandular payudara setelah terapi hormon tibolone.

Metode : Penelitian ini berlangsung dari bulan Desember 2013 hingga Agustus 2015 di Departemen Radiologi RSUPN dr. Cipto Mangunkusumo dengan desain penelitian berupa studi kuasi eksperimental dengan amandemen berupa pengambilan data USG payudara sebelum dan sesudah terapi hormone tibolon. Pengukuran dengan USG payudara dilakukan di empat regio (superior, inferior, medial dan lateral) yang kemudian dilakukan analisis terhadap rerata perubahan ketebalan jaringan fibroglandular sebelum dan sesudah terapi hormon tibolone.

Hasil : Dari 40 subjek yang dianalisis, terdapat 36 subjek yang mengalami peningkatan ketebalan jaringan fibroglandular. Terdapat perbedaan bermakna ( $p < 0,001$ ) pada ketebalan jaringan fibroglandular payudara sebelum dan sesudah 3 bulan pemberian tibolon. Indeks massa tubuh ( $p = 0,020$ ) dan riwayat kontrasepsi hormonal ( $p = 0,015$ ) merupakan faktor yang memengaruhi peningkatan ketebalan jaringan fibroglandular payudara sesudah terapi hormon tibolon. Sedangkan paritas, usia melahirkan anak pertama, riwayat menyusui, usia menarke, usia menopause dan riwayat kontrasepsi hormonal tidak berhubungan.

Kesimpulan : Terdapat peningkatan ketebalan jaringan fibroglandular berdasarkan pemeriksaan USG payudara perempuan menopause yang mendapat terapi hormon tibolone.

.....Background : The use of hormone therapy has side effects in the breast which detected on ultrasound by increasing the thickness of breast fibroglandular tissue associated with increased risk of breast cancer. Until now there is still controversy regarding the side effects of tibolone on the breast tissue.

Purpose : This study aims to determine the thickness changes of the fibroglandular tissue due to tibolone hormone therapy.

Methods : This research was done between December 2013 until August 2015 in Department of Radiology, dr. Cipto Mangunkusumo Hospital. Design of this research is a quasi-experimental study with the amendment in the form of data retrieval breast ultrasound before and after tibolon hormone therapy.

Measurements with breast ultrasound was done in four regions (superior, inferior, medial and lateral) then the average change in fibroglandular thickness was analyzed.

Results : Of the 40 subjects were analyzed, there were 36 subjects showed significant increase ( $p < 0.001$ ) of breast fibroglandular tissue thickness after 3 months of tibolone hormone therapy. The body mass index ( $p =$

0.02) and a history of hormonal contraception ( $p = 0,01$ ) were factors that influence the increase of fibroglandular thickness post tibolone hormone therapy. While parity, age of first child, history of breastfeeding, age of menarche, age of menopause and history of hormonal contraception were not related. Conclusions : There is an increase of fibroglandular tissue thickness by breast ultrasound examination of menopausal woman who received tibolone hormone therapy.