

Korelasi antara kadar vitamin E serum dan kekerapan eksaserbasi pada penderita penyakit paru obstruksi kronis = Correlation between serum vitamin E concentration and exacerbation frequency among chronic obstructive pulmonary disease patients

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Abstrak

Penyakit paru obstruksi kronis PPOK merupakan penyebab kematian ketiga di dunia dengan prevalensi 5,6 di Indonesia. Penderita PPOK berisiko mengalami eksaserbasi yang dicetuskan oleh inflamasi dan/atau stres oksidatif. Stres oksidatif akan mempengaruhi status antioksidan di dalam tubuh termasuk vitamin E.

Penelitian ini bertujuan mengetahui korelasi antara kadar vitamin E serum dan kekerapan eksaserbasi pada penderita PPOK. Penelitian potong lintang ini dilakukan di Rumah Sakit Umum Pusat Persahabatan pada bulan April-Agustus 2016, melibatkan 47 penderita PPOK. Asupan vitamin E dinilai dengan food frequency questionnaire FFQ semikuantitatif, kekerapan eksaserbasi didapatkan dari wawancara dan/atau rekam medis, kadar vitamin E serum ditentukan menggunakan high performance liquid chromatography HPLC . Rerata asupan vitamin E subjek adalah 5,8 2,9 mg/hari, di bawah Angka Kecukupan Gizi. Nilai median kadar vitamin E serum 10,8 3,0 ? 14,8 ?mol/L, dan kekerapan eksaserbasi 2 0 ? 9 kali/tahun. Tidak didapatkan korelasi bermakna antara kadar vitamin E serum dan kekerapan eksaserbasi.

.....Chronic obstructive pulmonary disease COPD is the third leading cause of death in the world with a prevalence of 5.6 in Indonesia. COPD patients were at risk of exacerbations which may be triggered by inflammation and or oxidative stress. Oxidative stress will affect the antioxidant status, including vitamin E. The aim of this study was to investigate a correlation between serum vitamin E concentration and exacerbation frequency of COPD. This cross sectional study was conducted at Persahabatan General Hospital from April to August 2016, involving 47 COPD patients. Vitamin E intake was assessed using semi quantitative food frequency questionnaire FFQ , exacerbation frequency was obtained by interview and or medical records, serum vitamin E concentration was determined using high performance liquid chromatography HPLC . Subjects rsquo mean vitamin E intake was 5.8 2.9 mg day, which did not meet Recommended Dietary Allowance. Median serum vitamin E concentration was 10.8 3.0 14.8 mol L, and exacerbation frequency was 2 0 9 times year. There was no significant correlation between serum vitamin E concentration and exacerbation frequency.