

Kadar kolesterol total dan tekanan darah orang dewasa indonesia

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Abstrak

Penelitian dengan desain potong lintang ini bertujuan untuk menguji hubungan antara kadar kolesterol total dengan tekanan darah. Data dikumpulkan pada 14 _ 21 Juni 2011, terhadap 51 subjek penelitian berusia > 30 tahun yang tidak mengonsumsi obat antihipertensi ataupun antikolesterol, dipilih secara consecutive antara pengunjung Puskesmas Kelurahan Joglo-II, Jakarta. Tekanan darah diukur dengan sfigmomanometer sesuai pedoman baku. Kadar kolesterol total darah sewaktu diukur dari sampel darah tepi dengan alat tes kolesterol. Analisis data menggunakan regresi linier, korelasi Pearson dan General Linear Model dengan koreksi Bonferroni. Pada 51 responden (nilai tengah usia 50 tahun, 70,6% perempuan), rerata kadar kolesterol total adalah 200 mg/dL dan rerata tekanan darah adalah 135/84 mmHg. Pada faktor perancu yang disetarakan, kadar kolesterol total yang tinggi berhubungan dengan tingginya tekanan darah sistolik ($r = 0,39$; nilai $p = 0,005$) ataupun diastolik ($r = 0,43$; nilai $p = 0,002$). Responden pada kelompok kuartil ketiga total kolesterol memiliki tekanan darah 26/11 mmHg lebih tinggi secara bermakna dibandingkan mereka pada kelompok kuartil kedua (nilai $p = 0,001$ dan nilai $p = 0,002$ berturut-turut untuk tekanan darah sistolik dan diastolik). Menjaga kadar kolesterol total dalam batas normal merupakan salah satu upaya untuk mencegah hipertensi.

<hr>This cross-sectional study was aimed to examine the association between total cholesterol levels and blood pressures. Data was collected on June 14 _ 21, 2011, among 51 subjects, aged > 30 years, who were taking neither antihypertensive nor anticholesterol drug, consecutively selected among peoples attending Joglo-II Sub-district Primary Health Center, Jakarta. Blood pressures were measured using a manual sphygmomanometer according to the standard protocols. Peripheral blood samples were collected and non-fasting total cholesterol were assessed using a cholesterol-test kit. Analyses were performed using linear regression, Pearson correlation, and General Linear Model (with Bonferroni correction). In 51 respondents (median age 50 years, 70.6% female), mean total cholesterol level was 200 mg/dL and blood pressure were 135/84 mmHg. After adjustment for confounding factors, higher total cholesterol levels were associated with higher systolic ($r = 0.39$; p value = 0.005) or diastolic ($r = 0.43$; p value = 0.002) blood pressures. Participant in the third quartile category had blood pressures 26/11 mmHg significantly higher than that of those in the second quartile category (p value = 0,001 and p value = 0,002 for systolic and diastolic blood pressures, respectively). Maintaining total cholesterol levels within the normal limits may be one way to prevent hypertension.