

Prevalensi dan profil fibrosis pasien non-alcoholic fatty liver disease pada diabetes mellitus dan faktor-faktor yang berhubungan = Prevalence and fibrosis profile of non-alcoholic fatty liver disease in diabetes mellitus and factors associated with it

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Abstrak

Latar Belakang: Risiko Non-Alcoholic Fatty Liver Disease NAFLD meningkat pada pasien dengan diabetes melitus DM tipe 2. Prevalensi dan faktor-faktor yang berhubungan dengan peningkatan risiko NAFLD pada populasi DM di Indonesia belum pernah diteliti. Profil derajat fibrosis pada populasi ini juga masih belum diketahui.

Tujuan: Mengetahui perbedaan profil pasien DM dengan atau tanpa NAFLD serta derajat fibrosisnya.

Metode: Penelitian dikerjakan secara potong lintang terhadap pasien DM tipe 2 dewasa yang berobat di poliklinik endokrin metabolik RSCM. Pengambilan sampel dilakukan secara konsekutif. Data yang dikumpulkan mencakup usia, lama diabetes, indeks masa tubuh IMT, lingkar pinggang, kadar HDL, trigliserida, dan HbA1C. Ultrasonografi abdomen dikerjakan pada semua pasien untuk menentukan adanya NAFLD. Pasien dengan NAFLD lalu menjalani pemeriksaan elastografi transien untuk menilai derajat fibrosis. Uji Chi Square atau Fischer's-Exact digunakan untuk analisis bivariat dan regresi logistik digunakan untuk analisis multivariat.

Hasil Penelitian: Sebanyak 186 pasien dianalisis dalam studi ini, dengan 84 pasien 45,2 terbukti mengalami NAFLD. Elastografi transien berhasil dikerjakan pada 68 pasien NAFLD, dengan 17 pasien 25,0 terbukti mengalami fibrosis berat. Analisis univariat menunjukkan perbedaan signifikan IMT PR=1,878; 95 CI= 1,296-2,721.

.....Background: Risk of Non Alcoholic Fatty Liver Disease NAFLD is increased in patients with type 2 diabetes. Prevalence and factors related to the increased risk of NAFLD in diabetic patients in Indonesia are currently unknown. Data regarding fibrosis profile in this population is also unknown.

Aim: To understand the prevalence and fibrosis profile of Non Alcoholic Fatty Liver Disease in diabetes mellitus and factors associated with it.

Methods: This study was a cross sectional study on diabetic patients treated in the endocrinology and metabolic clinic of Cipto Mangunkusumo Hospital. Sampling was done consecutively. Data collected comprised of age, duration of diabetes, body mass index BMI, waist circumference, HDL, triglyceride, and HbA1C. Abdominal ultrasonography was conducted to every patient to determine the presence of NAFLD. Patients with NAFLD underwent transient elastography to assess their degree of liver fibrosis. Collected data were analyzed in univariate and multivariate manner.

Study Results: We analyzed 186 patients with diabetic. NAFLD were diagnosed in 84 patients 45,2.

Transient elastography were carried out in 68 patients, with advanced fibrosis were found in 17 patients 25,0. Univariate analysis showed significant differences between BMI PR 1,878 95 CI 1,296 2,721 p