

Kadar kotinin urin dan CO udara ekspirasi setelah menggunakan shisha = The level of urinary cotinine and exhaled air CO level after shisha smoking

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Abstrak

ABSTRAK
Latar Belakang : Penggunaan shisha saat ini telah banyak di Indonesia dikarenakan anggapan bahwa shisha aman dan tidak berbahaya dibanding rokok. Kotinin urin dan CO udara ekspiaasi merupakan indikator pajanan asap rokok. Penelitian ini untuk mengetahui kadar kotinin urin dan CO udara ekspirasi setelah menggunakan shisha..Metode : Penelitian potong lintang pada pengguna shisha setelah menggunakan shisha. Responden dikelompokkan menjadi kelompok pengguna shisha dan bukan perokok berdasarkan status merokok dan status penggunaan shisha. Data yang diperoleh dari kuesioner, sampel urin dan CO udara ekspirasi sebelum dan 30 menit setelah menggunakan shisha yang diukur dengan metode ELISA dan alat smokelyzer.Hasil : Total responden 96 yang terdiri dari 48 pengguna shisha dan 48 bukan perokok. Kadar kotinin urin dan kadar CO udara ekspirasi setelah menggunakan shisha pada pengguna shisha lebih tinggi dibandingkan bukan perokok median 162,7 vs 6,5 ng/ml; p

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ABSTRACT

Background and aim Shisha smoking has been prevalent in Indonesia due to the assumption that shisha is safe and harmless compared to cigarettes. Urinary cotinine and exhaled air CO are an indicator of cigarette smoke exposure. The aim of this study were to measure the level of urinary cotinine and exhaled air CO levels after shisha smoking.Methods We performed cross sectional study on shisha smokers after using shisha. Respondents were grouped into groups of shisha smokers and non smokers based on smoking status and shisha use status. Data obtained from questionnaires, urine samples and exhaled air CO before and 30 minute after using shisha, urinary cotinine levels were measured by ELISA and exhaled air CO levels were measured by smokelyzer test.Results Ninety six respondents were enrolled in sthis study, consist of 48 shisha smokers and 48 non smokers. The level of urinary cotinine and exhaled air CO level after shisha smoking in shisha smokers were higher than nonsmokers median 162.7 vs 6.5 ng ml p