

## Efek terapi akupunktur manual terhadap enzim superoksida dismutase sod dan skor kualitas hidup pada penderita kanker kepala dan leher pasca terapi radiasi = The effects of manual acupuncture therapy on superoxide dismutase sod enzyme and quality of life score on post radiation in head and neck cancer patients

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### Abstrak

Pada kanker kepala dan leher ditemukan adanya peningkatan kadar radikal bebas dan penurunan aktivitas antioksidan, yaitu Superoksida Dismutase SOD. Salah satu terapi utama pada pasien kanker kepala dan leher adalah terapi radiasi. Efek tidak langsung terapi radiasi adalah meningkatkan kadar radikal bebas. Selain itu efek samping terapi radiasi menyebabkan penurunan kualitas hidup.

Penelitian ini dibagi secara acak menjadi dua kelompok, yaitu kelompok akupunktur manual n=15 dan kelompok akupunktur manual sham n=15. Penelitian ini menggunakan titik GV20 Baihui, LI4 Hegu, ST36 Zusanli, SP6 Sanyinjao, dan LR3 Taichong. Terapi dilakukan tiga kali seminggu selama 30 menit sebanyak 12 kali.

Hasil penelitian ini menunjukkan bahwa selisih skor SOD tidak ada perbedaan bermakna secara statistik antara kedua kelompok p=0.695 tetapi adanya perbedaan bermakna secara statistik pada selisih skor Organization for Research and Treatment of Cancer EORTC QLQ-C-30 sebelum dan setelah dua belas kali terapi antara kedua kelompok.

In head and neck cancer found an increase in free radical levels and decreased antioxidant activity, namely Superoxide Dismutase SOD . One of the main therapies in head and neck cancer patients is radiation therapy. The indirect effect of radiation therapy is to increase the levels of free radicals. In addition, side effects of radiation therapy lead to a decrease in the quality of life.

The study was randomly divided into two groups, the manual acupuncture group n = 15 and the manual acupuncture group sham n = 15. This study uses GV20 Baihui point, LI4 Hegu, ST36 Zusanli, SP6 Sanyinjao, and LR3 Taichong. Therapy is done three times a week for 30 minutes as much as 12 times. The results of this study showed that there was no statistically significant difference in the difference between the two groups p = 0.695 but there was a statistically significant difference in the difference between the QLQ-C-30 Organization for Research and Treatment of Cancer EORTC score before and after twelve times of therapy between the two groups p<