

Perbedaan kadar seng serum pada pasien melasma dan nonmelasma: studi pendahuluan tentang disfungsi tiroid = Comparison in Serum Zinc Levels in Melasma and Nonmelasma Patients: Preliminary Study on Thyroid Dysfunction

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Abstrak

Latar belakang: Melasma merupakan kelainan hiperpigmentasi didapat yang disebabkan disfungsi melanogenesis, berupa makula coklat kehitaman simetris, terutama mengenai area wajah. Patogenesis melasma belum diketahui dengan jelas, beberapa faktor yang diduga berperan, di antaranya disfungsi tiroid dan defisiensi seng.

Tujuan: Mengetahui kadar seng serum pada pasien melasma dan nonmelasma dengan dan tanpa disfungsi tiroid.

Metode: Sebuah penelitian dengan desain potong lintang dilakukan di Jakarta pada September-Desember 2019. Terdapat 60 pasien melasma dan 60 pasien nonmelasma. Kedua kelompok dilakukan matching usia dan jenis kelamin. Atomic absorption spectrophotometry digunakan untuk mengukur kadar seng serum. Laboratorium darah untuk memeriksa fungsi tiroid (TSH dan FT4). Analisis statistik menggunakan software SPSS.

Hasil: Rerata kadar seng serum pada kelompok melasma $10,25 \pm 1,89$ mol/L dan nonmelasma adalah $10,29 \pm 1,46$ mol/L ($p < 0,901$). Rerata kadar seng serum pada pasien melasma dengan disfungsi tiroid $8,77 \pm 0,69$, melasma tanpa disfungsi tiroid $10,33 \pm 1,89$, nonmelasma dengan disfungsi tiroid $10,48 \pm 2,4$, dan nonmelasma tanpa disfungsi tiroid $10,27 \pm 1,4$ ($p < 0,184$).

Kesimpulan: Tidak didapatkan perbedaan bermakna antara kadar seng serum pada kelompok melasma dan nonmelasma dengan dan tanpa disfungsi tiroid.

.....Background: Melasma is an acquired hyperpigmentation disorder, clinically as asymmetrical blackish brown macules, especially on the facial area. Several factors are thought to play a role, including thyroid dysfunction and zinc deficiency.

Objective: To determine serum zinc levels in melasma and non-melasma patients with and without thyroid dysfunction.

Methods: A cross-sectional study was conducted in Jakarta in September-December 2019. There were 60 melasma patients and 60 non-melasma patients. The two groups were matched for age and sex. Atomic absorption spectrophotometry was used to measure serum zinc levels. Blood laboratory was used to check thyroid function (TSH and FT4). Statistical analysis was done by SPSS software.

Results: The mean serum zinc level in the melasma group was 10.25 ± 1.89 mol / L and non-melasma was 10.29 ± 1.46 mol / L ($p < 0.901$). The mean serum zinc level in melasma patients with thyroid dysfunction was 8.77 ± 0.69 , melasma without thyroid dysfunction 10.33 ± 1.89 , non-melasma with thyroid dysfunction 10.48 ± 2.4 , and nonmelasma

without thyroid dysfunction 10.27 ± 1.4 ($p < 0.184$).

Conclusions: There was no significant difference between serum zinc levels in the melasma and non-melasma groups with and without thyroid dysfunction.