

Hubungan antara asupan asam lemak tak jenuh tunggal dengan kadar kolesterol high density lipoprotein plasma penderita penyakit jantung koroner = Relationship between mono-unsaturated fatty acid intake and plasma high density lipoprotein cholesterol level on coronary heart disease patients

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Abstrak

Tujuan: Mengetahui hubungan antara asupan asam lemak tak jenuh tunggal (ALTJT) serta faktor-faktor lainnya dengan kadar kolesterol high density lipoprotein (HDL) plasma penderita penyakit jantung koroner (PJK).

Tempat: Rumah Sakit Jantung Harapan Kita.

Metodologi: Penelitian ini merupakan penelitian kasus-kontrol tanpa berpasangan, yang telah disetujui oleh panitia tetap penilai etik penelitian Fakultas Kedokteran Universitas Indonesia. Sebanyak 134 orang penderita PJK diikuti sertakan dalam penelitian ini, terdiri dari 67 orang kelompok kasus (kadar kolesterol HDL plasma <35 mg/dL) dan 67 orang kelompok kontrol (kadar, kolesterol HDL plasma (35 mg/dL).

Pengambilan subyek penelitian dilakukan dengan metode consecutive sampling. Data yang dikumpulkan meliputi: karakteristik demografi, asupan zat gizi makro dengan metode tanya ulang 1x24 jam dan food frequency questionnaire (FFQ) semikuantitatif 3 bulan terakhir, kebiasaan olahraga, merokok, minum alkohol, indeks massa tubuh (IMT) dan rasio lingkar pinggang/lingkar panggul (rasio Lpi/Lpa).

Hasil: Berdasarkan karakteristik demografi, kelompok kasus dan kontrol setara. Asupan ALTJT kelompok kontrol lebih tinggi dibandingkan kelompok kasus namun tidak berbeda bermakna. IMT kedua kelompok berada pada kategori obes I dan tidak berbeda bermakna. Terdapat hubungan yang bermakna antara rasio Lpi/Lpa dengan kadar kolesterol HDL plasma ($p=0,034$; $OR=2,55$; $95\%CI=1,06-6,15$). Didapatkan korelasi positif yang bermakna antara asupan ALTJT dengan kadar kolesterol HDL pada kelompok kontrol Terdapat korelasi negatif yang bermakna antara rasio Lpi/Lpa dengan kadar kolesterol HDL plasma pada kelompok kontrol ($p=0,03$; $r=0.23$). Tidak didapatkan hubungan yang bermakna antara variabel-variabel lain yang diteliti dengan kadar kolesterol HDL plasma.

Kesimpulan:

1. Terdapat korelasi positif yang bermakna antara asupan ALTJT dengan kadar kolesterol HDL plasma pada kelompok kontrol.
2. Terdapat korelasi negatif yang bermakna dari rasio Lpi/Lpa dengan kadar kolesterol HDL plasma pada kelompok kontrol.
3. Terdapat hubungan yang bermakna antara rasio Lpi/Lpa dengan kadar kolesterol HDL plasma.
4. Hubungan antara asupan ALTJT (15% dari kalori total dengan kadar kolesterol HDL plasma, pada penelitian ini belum dapat dibuktikan.)

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Objective: The aim of this study was to determine the relationship between of mono unsaturated fatty acid (MUFA) intake and other factors with plasma high density lipoprotein (HDL) cholesterol level on coronary heart diseases (CHD) patients.

Place: Rumah Sakit Jantung Harapan Kita.

Method: The design was unmatched case- control study, which has been approved by ethical committee Faculty of Medicine University of Indonesia. One hundred and thirty four patients with CHD as subjects of the study, consist two groups. 67 subjects as case (plasma HDL cholesterol < 35 mg/dL) and 67 subjects as control group (plasma HDL cholesterol ≥ 35 mg/dL) respectively. Consecutive sampling method was used to obtain the subjects. Data collected were demographic characteristics, macronutrient intake using 24 hours recall and semiquantitative food frequency questionnaire (FR)) method in the last three month, smoking habit, alcohol consumption, exercise, body mass index (BMI), and waist hip ratio (WHR) measurements.

Results: Demographic characteristic of both groups were similar. MUFA intake in the control group was higher than case, but no significant difference was found between groups. No significant difference was found in term of the BMI between case and control group. There was significant relationship between WHR and plasma HDL cholesterol ($p=0.034$; OR=2,55; 95%CI= 1,06-6,15). Significant positive correlation between MUFA intake and plasma HDL cholesterol in the control group was found ($p=0,01$; $r=0,29$). There was significant negative correlation between WHR and plasma HDL cholesterol in the control group ($p=0,03$; $r=-0,23$). Other variables did not show any relationship with plasma HDL cholesterol.

Conclusion:

1. There was significant positive correlation between MUFA intake and plasma HDL cholesterol and negative correlation between WHR and plasma HDL cholesterol in the control group.
2. There was significant relationship between WHR and plasma HDL cholesterol. Relationship between of MUFA intake (15% total calorie and plasma HDL cholesterol has not been proved yet.