

Korelasi Profil Photoaging Berdasarkan Skala Glogau dan Dermoscopy Photoaging Scale pada Populasi Daerah Pesisir = Correlation of Photoaging Profiles Based on Glogau Scale and Dermoscopy Photoaging Scale in the Coastal Population

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Abstrak

Latar Belakang: Photoaging ditandai dengan perubahan struktur dan fungsi kulit yang terutama disebabkan oleh paparan sinar ultraviolet (UV). Individu yang tinggal di daerah yang sering terpapar sinar matahari lebih rentan mengalami photoaging, contohnya daerah pesisir. Hingga saat ini, belum ada baku emas yang ditetapkan untuk mengidentifikasi photoaging. Skala penilaian subjektif yang paling banyak digunakan adalah skala Glogau. Dermoscopy Photoaging Scale (DPAS) adalah skala pemeriksaan objektif dan noninvasif untuk mendiagnosis photoaging. Tujuan: Menganalisis korelasi profil photoaging yang dinilai berdasarkan skala Glogau dan DPAS pada populasi daerah pesisir. Metode: Penelitian deskriptif analitik dengan desain potong lintang ini dilakukan di wilayah kerja Puskesmas Kecamatan Cilincing, DKI Jakarta pada bulan Oktober 2022. Kriteria inklusi adalah individu yang tinggal di daerah pesisir, berusia 20 tahun, memiliki kulit tipe Fitzpatrick III – V, memiliki pekerjaan berisiko tinggi photoaging dengan rerata paparan sinar matahari 3 jam per hari. Subjek dengan penyakit kulit lain, menggunakan obat yang memengaruhi penuaan kulit dan diskromia dalam 1 bulan terakhir, dan menjalani prosedur estetik medis dalam 6 bulan terakhir dieksklusi. Anamnesis dan pemeriksaan fisis dilakukan untuk menilai profil photoaging berdasarkan skala Glogau. Pemeriksaan dermoskopi dilakukan dengan acuan kriteria DPAS. Uji korelasi Spearman digunakan untuk menilai korelasi antara skala Glogau dan DPAS. Nilai $p < 0,05$ dianggap signifikan secara statistik. Hasil: Sejumlah 30 individu dengan rerata usia $41,5 \pm 11,45$ tahun direkrut menjadi subjek penelitian. Median skor Glogau adalah 3 (2 – 4). Rerata DPAS adalah $28,5 \pm 5,59$. Pada seluruh SP didapatkan tampilan klinis lentigo, hypo-hyperpigmented macule, telangiectasis, deep wrinkles, dan superficial wrinkles. Terdapat korelasi positif sedang bermakna antara skala Glogau dan DPAS ($r = 0,536$; $p = 0,002$). Terdapat korelasi positif sedang bermakna antara skala Glogau dan DPAS untuk komponen kerutan ($r = 0,512$; $p = 0,004$) dan pigmentasi ($r = 0,486$; $p = 0,007$). Kesimpulan: Semakin tinggi skor DPAS, semakin tinggi skala Glogau. Korelasi positif sedang bermakna antara skor Glogau dan DPAS ditemukan baik pada komponen kerutan maupun pigmentasi. DPAS dapat menjadi alat bantu diagnosis yang reliabel, mudah, praktis, dan cepat untuk mengidentifikasi proses photoaging.

.....Background: Photoaging is characterized by the changes of structures and functions of the skin, which is predominantly caused by ultraviolet (UV) radiation. Individuals who live in the area with high sun exposure are more susceptible to photoaging, for example those living in coastal area. To date, there has been no gold standard for the identification of photoaging. The most commonly used subjective assessment is Glogau scale. Dermoscopy Photoaging Scale (DPAS) is an objective and non-invasive diagnostic tool for photoaging identification. Objective: To analyze the correlation of photoaging profiles based on Glogau scale and DPAS in a coastal population. Methods: This analytic descriptive study with cross-sectional design was conducted at work area of Cilincing Municipal Health Center, DKI Jakarta in October 2022. The inclusion criteria were individuals living in coastal area, aged 20 years old, having Fitzpatrick skin type III

– V, having an occupation with high risk of photoaging and mean duration of sun exposure of 3 hours per day. Subjects with other skin disorders, using drugs affecting skin aging and dyschromia in the past one month, and undergoing medical esthetic procedure in the last six months were excluded. History taking and physical examination were performed to assess the photoaging scale based on Glogau scale. Dermoscopic examination was performed according to DPAS criteria. Spearman correlation test was used to assess the correlation between Glogau scale and DPAS with p-value < 0.05 considered statistically significant. Results: A total of 30 individuals with mean age of 41.5 ± 11.45 years old were recruited. Median Glogau scale was 3 (2 – 4). Mean DPAS score was 28.5 ± 5.59 . Lentigo, hypo-hyperpigmented macule, telangiectasis, deep wrinkles, and superficial wrinkles were identified in all subjects. There was moderate positive correlation between Glogau scale and DPAS ($r = 0.536$; $p = 0.002$). There were moderate positive correlations between Glogau scale and DPAS for wrinkle ($r = 0.512$; $p = 0.004$) and pigmentation ($r = 0.486$; $p = 0.007$) components. Conclusion: The higher DPAS score, the higher Glogau scale. Moderate positive correlations were significant between Glogau scale and DPAS score for both wrinkle and pigmentation components. DPAS can be a reliable, easy, practical, and fast diagnostic tool for photoaging identification.