

## Perubahan Derajat Steatosis Hati dan Profil Lipid Pasien Hepatitis C pada Sustained Virological Response 12 = Changes in Hepatic Steatosis Degrees and Lipid Profiles in Hepatitis C Patients at Sustained Virological Response 12

Putra Nur Hidayat, author

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### Abstrak

Latar Belakang: Saat ini hubungan antara kejadian SVR12 pasien hepatitis C, profil lipid, dan steatosis hati masih belum jelas. Hasil publikasi yang ada saat ini masih tidak konsisten mengenai perubahan nilai parameter tersebut pasca SVR12. Di Indonesia sendiri, belum ada penelitian yang mengevaluasi kejadian steatosis hati pasca SVR12, padahal karakteristik populasi di Indonesia berbeda dengan populasi negara lain. Penelitian ini bertujuan untuk meneliti perubahan derajat steatosis hati dan profil lipid pada pasien hepatitis C saat SVR12 dan mencari hubungannya.

Metode: Penelitian dengan desain longitudinal, before and after study yang dilakukan di Rumah Sakit Cipto Mangunkusumo (RSCM). Penelitian dilakukan selama 1 tahun di Poliklinik Hepatobilier, Ruang Prosedur Terpadu (RPT) Divisi Hepatobilier. Pasien yang memenuhi kriteria inklusi akan diikutsertakan dan diperiksa profil lipid dan nilai controlled attenuated parameter sebelum dan sesudah terapi.

Hasil: Rerata SD sampel penelitian adalah  $45 \pm 8.78$  tahun. Subjek sebagian besar (62%) berjenis kelamin laki-laki. Nilai rerata SD CAP meningkat, sebelum terapi  $196 \pm 49.36$  dB/m dan setelah terapi  $227 \pm 47.11$  dB/m. Nilai rerata SD kolesterol total meningkat, sebelum terapi  $166 \pm 40.30$  mg/dL dan setelah terapi  $190 \pm 42.58$  mg/dL. Nilai rerata SD trigliserida, sebelum terapi  $94 \pm 45.39$  mg/dL dan setelah terapi  $109 \pm 49.83$  mg/dL. Nilai rerata SD HDL meningkat, sebelum terapi  $44.4 \pm 15.02$  mg/dL dan setelah terapi  $47.0 \pm 17.20$  mg/dL. Nilai rerata SD LDL meningkat, sebelum terapi  $109.48 \pm 39.57$  mg/dL dan setelah terapi  $130.88 \pm 34.32$  mg/dL. Tidak ditemukan korelasi korelasi delta berbagai jenis kolesterol dengan delta CAP. Ditemukan adanya korelasi negatif antara nilai CAP pada pasien hepatitis C sebelum terapi dan perubahan nilai CAP sesudah terapi DAA. Terdapat penurunan nilai rerata SD kekakuan hati, sebelum terapi  $6.90 \pm 2.34$  kPa dan setelah terapi  $5.35 \pm 1.79$  kPa. Terdapat penurunan nilai median APRI, sebelum terapi 0.50 (0.3 – 0.7) dan setelah terapi 0.20 (0.20 – 0.30).

Simpulan: 1) Terdapat perbedaan derajat steatosis hati sebelum terapi dan saat SVR12 pada pasien hepatitis C yang mendapat terapi DAA. 2) Terdapat perbedaan kadar kolesterol total, kolesterol HDL, kolesterol LDL, dan trigliserida sebelum terapi dan saat SVR12 pada pasien hepatitis C yang mendapat terapi DAA. 3) Tidak terdapat korelasi perubahan kadar kolesterol total, kolesterol HDL, kolesterol LDL, dan trigliserida terhadap derajat steatosis hati saat SVR12.

.....Background: Currently, the relationship between hepatitis C patients' SVR12 events, lipid profiles and liver steatosis remains unclear. Current publications are inconsistent regarding the changes in these parameters after SVR12. In Indonesia alone, there are no studies evaluating the incidence of liver steatosis after SVR12, even though the characteristics of the population in Indonesia are different from those in other

countries. This study aims to examine changes in the degree of hepatic steatosis and lipid profile in hepatitis C patients during SVR12 and find out the relationship.

Method: Longitudinal design, before and after study conducted at Cipto Mangunkusumo Hospital (RSCM). The study was conducted for 1 year at the Hepatobiliary Polyclinic, Integrated Procedure Room of the Hepatobiliary Division. Patients who met the inclusion criteria were included and examined for lipid profile and controlled attenuated parameter values before and after therapy.

Results: The mean age SD is  $45 \pm 8.78$  years. Subjects were mostly (62%) male. The mean SD value of CAP increased, before therapy  $196 \pm 49.36$  dB/m and after therapy  $227 \pm 47.11$  dB/m. The mean SD value of total cholesterol increased, before therapy  $166 \pm 40.30$  mg/dL and after therapy  $190 \pm 42.58$  mg/dL. The SD mean value of triglycerides, before therapy  $94 \pm 45.39$  mg/dL and after therapy  $109 \pm 49.83$  mg/dL. The mean SD value of HDL increased, before therapy  $44.4 \pm 15.02$  mg/dL and after therapy  $47.0 \pm 17.20$  mg/dL. The mean SD value of LDL increased, before therapy  $109.48 \pm 39.57$  mg/dL and after therapy  $130.88 \pm 34.32$  mg/dL. There was no correlation between the delta of various types of cholesterol and the delta of CAP. There was a negative correlation between CAP values in hepatitis C patients before therapy and changes in CAP values after DAA therapy. There was a decrease in the mean SD value of liver stiffness, before therapy  $6.90 \pm 2.34$  kPa and after therapy  $5.35 \pm 1.79$  kPa. There was a decrease in the median APRI value, before therapy 0.50 (0.3 - 0.7) and after therapy 0.20 (0.20 - 0.30).

Conclusion: 1) There is a difference in the degree of liver steatosis before therapy and after SVR12 in hepatitis C patients who received DAA therapy. 2) There are differences in total cholesterol, HDL cholesterol, LDL cholesterol, and triglyceride levels before therapy and after SVR12 in hepatitis C patients who received DAA therapy. 3) There is no effect of changes in total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides before therapy and after SVR12 on the degree of liver steatosis after SVR12.