

Penyusunan Leaflet Edukasi Terkait Penyakit yang disebabkan oleh Kolesterol dan Penanganannya di Apotek Kimia Farma 0352 Margonda = Preparation of Educational Leaflets on Cholesterol-related Diseases and Cholesterol Management at Kimia Farma Pharmacy 0352 Margonda

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Abstrak

Kolesterol merupakan komponen lemak yang berperan penting dalam berbagai fungsi tubuh, tetapi kadar yang tinggi dapat meningkatkan risiko penyakit kardiovaskular seperti jantung koroner dan stroke. Berdasarkan data Kemenkes 2022, 28% masyarakat Indonesia mengalami hiperkolesterolemia, dengan 7,9% di antaranya berujung pada kematian. Oleh karena itu, diperlukan edukasi yang efektif untuk meningkatkan kesadaran masyarakat, salah satunya melalui media leaflet. Leaflet dipilih karena mudah diakses, dapat disimpan, dan dibaca ulang. Pada tugas ini, disusun leaflet edukasi mengenai kolesterol yang mencakup definisi, jenis, faktor risiko, batas kadar normal, gejala, terapi obat, serta pencegahan. Pembuatan leaflet dilakukan berdasarkan literatur dan sumber terpercaya, dengan desain yang menarik dan bahasa yang sederhana agar lebih mudah dipahami. Edukasi diberikan kepada pasien yang menebus obat kolesterol di Apotek Kimia Farma 0352 Margonda, dengan harapan dapat meningkatkan pemahaman dan kesadaran masyarakat dalam pencegahan serta pengelolaan kolesterol tinggi.

.....Cholesterol is a lipid component that plays a crucial role in building cell walls, supporting brain and nerve functions, and forming bile salts essential for fat-soluble vitamin absorption. However, excessive cholesterol levels in the blood can lead to severe health risks, including heart disease, stroke, and arterial narrowing. According to Indonesia's Ministry of Health data in 2022, 28% of the population has high cholesterol, with 7.9% of deaths attributed to it. Given these alarming statistics, preventive measures such as education and information dissemination are essential. Pharmacies, with pharmacists as healthcare providers, serve as accessible sources of such information. One effective method for delivering cholesterol-related education is through leaflets, which provide concise and visually engaging health information that can be stored, reread, and shared. This study focuses on developing an educational leaflet about cholesterol, covering general disease information, cholesterol types, risk factors, normal cholesterol levels, symptoms of high cholesterol, medication therapy, and preventive measures. The aim is to enhance public awareness and encourage early cholesterol screening, ultimately reducing the risk of cholesterol-related diseases.