

Volume Tiroid Normal Populasi Dewasa Indonesia Asimtomatis Berdasarkan Pemeriksaan Ultrasonografi Dan Hubungannya Dengan Jenis Kelamin = Normal Thyroid Volume in Asymptomatic Indonesian Adult Population Based On Ultrasound Examination and Its Relationship with Gender

Athari, author

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Abstrak

Latar belakang: Volume tiroid normal bermanfaat dalam menentukan diagnosis dan manajemen penyakit tiroid. Indonesia belum memiliki data mengenai volume tiroid normal pada populasi dewasa. Ultrasonografi adalah metode non invasif, praktis serta akurat untuk mengukur volume tiroid. Berbagai studi di negara lain mendapatkan volume tiroid yang berbeda dan terdapat hubungan dengan jenis kelamin.

Tujuan: menentukan volume tiroid normal populasi dewasa Indonesia asimtomatis berdasarkan pemeriksaan ultrasonografi dan hubungannya dengan jenis kelamin untuk membantu memberikan data referensi volume tiroid normal.

Metode: 104 pasien memenuhi kriteria penelitian dilakukan pengukuran volume tiroid selama bulan Maret 2023 hingga April 2023. Analisis deskriptif dilakukan pada volume tiroid dengan data dalam bentuk rerata dan standar deviasi. Variabel jenis kelamin menggunakan analisis uji T-test independen.

Hasil: Rerata usia adalah dewasa muda (usia 30.3 ± 3.2 tahun) dengan distribusi usia relatif sama, yaitu kelompok laki-laki usia 29.8 ± 3.2 tahun dan kelompok perempuan usia 30.8 ± 3.2 tahun. Rerata volume tiroid lobus kanan 4.0 ± 1.38 ml, volume tiroid lobus kiri 3.7 ± 1.05 ml dan volume total tiroid 7.6 ± 2.26 ml. Rerata volume total tiroid kelompok laki-laki 8.03 ± 2.18 ml dan kelompok perempuan 7.30 ± 2.30 ml.

Simpulan: Terdapat perbedaan signifikan pada volume lobus kanan tiroid yang disebabkan ukuran diameter AP (anteroposterior) yang menunjukkan parameter kedalaman lobus tiroid. Terdapat hubungan volume tiroid normal populasi dewasa Indonesia asimtomatis dengan jenis kelamin yang memperlihatkan perbedaan signifikan pada volume lobus kanan tiroid kelompok laki-laki yang menunjukkan volume lebih besar dibandingkan kelompok perempuan.

.....Background: Normal thyroid volume is useful in determining the diagnosis and management of thyroid disease. Indonesia does not have data regarding normal thyroid volume in the adult population. Ultrasound is a non-invasive, practical and accurate method of measuring thyroid volume. Various studies in other countries have found different thyroid volumes and there is a relationship with gender.

Objectives: to determine the normal thyroid volume of the asymptomatic Indonesian adult population based on ultrasound examination and its relationship to gender to help provide reference data for normal thyroid volume.

Methods: 104 patients fulfill the study criteria for thyroid volume measurement from March 2023 to April 2023. Descriptive analysis was performed on thyroid volume with data in the form of mean and standard deviation. Gender variable using independent t-test analysis.

Results: The mean age was young adults (age 30.3 ± 3.2 years) with relatively the same age distribution, namely the male group aged 29.8 ± 3.2 years and the female group aged 30.8 ± 3.2 years. The mean right lobe thyroid volume was 4.0 ± 1.38 ml, left lobe thyroid volume was 3.7 ± 1.05 ml and the total thyroid volume was 7.6 ± 2.26 ml. The mean total thyroid volume for the male group was 8.03 ± 2.18 ml and the female group was 7.30 ± 2.30 ml.

Conclusion: There is a significant difference in the volume of the right thyroid lobe due to the size of the AP (anteroposterior) diameter which indicates the depth of the thyroid lobe. There is a relationship between normal thyroid volume in the asymptomatic Indonesian adult population and gender which shows a significant difference in the volume of the right thyroid lobe in the male group which shows a larger volume than the female group.