

INTISARI

KADAR APOLIPOPROTEIN B PADA PENDERITA RETINOPATI DIABETIKA DENGAN EDEMA MAKULA

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Tujuan:

Mengetahui perbedaan kadar apolipoprotein B (Apo B) pada penderita retinopati diabetika (RD) dengan edema makula (EM) dan penderita RD tanpa EM

Metode:

Penelitian ini menggunakan desain potong lintang dengan subjek penderita RD yang melakukan pemeriksaan di RSUP dr. Sardjito Yogyakarta selama bulan April – Oktober 2018. Semua penderita dilakukan foto fundus dan OCT makula.

Hasil:

Penelitian ini memperoleh 52 subjek penderita RD dengan rerata usia $56,07 \pm 8,44$ tahun ($n=27$) pada kelompok RD dengan EM dan $56,88 \pm 9,14$ tahun pada kelompok tanpa EM ($n=25$). Tidak didapatkan perbedaan yang bermakna ($p>0,05$) dalam hal usia, jenis kelamin, durasi DM, tekanan darah sistolik dan diastolik, indeks masa tubuh, kadar HbA1c dan tingkat aktifitas fisik antar dua kelompok. Rerata kadar Apo B total adalah $1,26 \pm 0,33$ g/l dengan kadar Apo B yang lebih tinggi secara bermakna ($p<0,014$) pada kelompok EM. Kadar Apolipoprotein B $\geq 1,46$ g/l turut berperan dalam terjadinya edema makula dengan rasio prevalensi 12,37, 95%IK 1,82 – 83,76.

Kesimpulan:

Apo B ditemukan lebih tinggi secara bermakna pada kelompok RD yang disertai edema makula. Tingginya kadar Apo B turut berperan dalam kejadian EM pada RD. Diperlukan penelitian lebih lanjut untuk mengetahui kausalitas antara Apo B dan EM pada RD.

Kata kunci: Apo B, Edema makula, Retinopati Diabetika

ABSTRACT

APOLIPOPROTEIN B IN DIABETIC RETINOPATHY WITH MACULAR EDEMA

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Purpose: The objective of this study was to compare apoB level in diabetic retinopathy (DR) with macular edema (ME) and those without ME.

Design: Cross-sectional study

Methods: Out-clinic diabetics who were willing to participate in this study were recruited during April to October 2018 in Dr. Sardjito General Hospital, Yogyakarta. Fundus photograph and central retinal thickness were recorded using OCT in all subjects. Only worse eye was included in analysis.

Result: A total of 52 subjects with DR were enrolled into the study. Mean age was $56,07 \pm 8,49$ yo in group with ME (n=27) vs $56,88 \pm 9,14$ yo in group without ME. There were no difference in regard to age, sex, diabetes duration, systolic and diastolic blood pressure, body mass index, A1C, and physical activity between groups. Mean apoB in all subjects was $1,26 \pm 0,33$ g/l. Significantly higher level of apoB was found in group with ME ($p < 0,014$). ApoB level of 1,46 g/l associated with the occurrence of ME with prevalence rate 12,37 (95% CI 1,82 to 83,76)

Conclusion In this study, apoB was found significantly higher in DR with ME. Furthermore, high level of apoB associated with ME. Further study is needed to investigate causality between apoB and ME in DR.

Keywords: Apo B; Macular edema; Diabetic retinopathy