

DAFTAR PUSTAKA

- Alexander, R.W., 1995, Oxidative stress and the mediation of arterial inflammatory response: A new perspective, *Hypertension*, 25, 2, 155-161
- Andi Inggi Maesatana, 2017, Hubungan Faktor Risiko dengan Tingkat Keparahan Lesi Koroner pada Penyakit Jantung Koroner Usia Dewasa Muda, Fakultas Kedokteran Universitas Hasanuddin/Illmu Penyakit Jantung dan Pembuluh Darah Universitas Hasanuddin
- Antonakoudis, G., Poulimenos, L., Kifnidis, K., Zouras, C., Antonakoudis, H., 2007, Blood pressure control and cardiovascular risk reduction, *Hippokratia*, 11, 3, 114-119.
- Badan Pusat Statistik, 2020, Persentase Penduduk Daerah Perkotaan menurut Provinsi 2010-2035, <https://www.bps.go.id/statictable/2014/02/18/1276/persentase-penduduk-daerah-perkotaan-hasil-proyeksi-penduduk-menurut-provinsi-2015---2045.html>
- Banack, H., Stokes, A. The ‘obesity paradox’ may not be a paradox at all. *Int J Obes* 41, 1162–1163 (2017). <https://doi.org/10.1038/ijo.2017.99>
- Bergheanu, S.C., Bodde, M.C., Jukema, J.W., 2017, Pathophysiology and treatment of atherosclerosis: Current view and future perspective on lipoprotein modification treatment, *Net Heart J*, 25, 4, 231-242.
- Biscaglia, S., Campo, G., Sorbets, E., Ford, I., Fox, K.M., Greenlaw, N., Parkhomenko, A., Tardif, J.C., Tavazzi, L., Tendera, M., Wetherall, K., Ferrari, R., Steg, P.G., 2020, Relationship between physical activity and long-term outcomes in patients with stable coronary artery disease, *Eur J Prev Cardiol*, 27, 4, 426-436.
- Bornfeldt, K.E., Tabas, I., 2011, Insulin resistance, hyperglycemia, and atherosclerosis, *Cell Metab.*, 14, 5, 575-585.
- Braunersreuther, V., Mach, F., 2006, Leukocyte recruitment in atherosclerosis: potential targets for therapeutic approaches?, *Cell Mol Life Sci.*, 63, 18, 2079-2088
- Brown, M.D., 2003, Exercise and coronary vascular remodelling in the healthy heart, *Exp Physiol*, 88,5, 645-658.
- Brown, M.S., Ho, Y.K., Goldstein, J.L., 1980, The Cholesteryl ester cycle in macrophage foam cells. Continual hydrolysis and re-esterification of cytoplasmic cholesteryl esters, *J Biol Chem*, 255, 19, 9344-9352.

- Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Rep.* 1985;100(2):126-131.
- Chappell, D.C., Varner, S.E., Nerem, R.M, Medform, R.M., Alexander, R.W., 1998, Oscillatory shear stress stimulates adhesion molecule expression in cultured human endothelium. *Circ Res.*, 82, 5, 532-539.
- Chiha J, Mitchell P, Gopinath B, Plant AJH, Kovoov P, Thiagalingam A. Gender differences in the severity and extent of coronary artery disease. *Int J Cardiol Heart Vasc.* 2015;8:161-166. Published 2015 Jul 30. doi:10.1016/j.ijcha.2015.07.009
- Clays, E., De Bacquer, D., Janssens, H., De Clercq, B., Casini, A., Braeckman, L., Kittel, F., De Backer, G., Holtermann, A., 2013, The association between leisure time physical activity and coronary heart disease among men with different physical work demands: a prospective cohort study, *Eur J Epidemiol*, 28, 241-247
- Conti, C.R., 1977, Coronary arteriography, *Circulation*, 55, 2, 227-37.
- Crowther, M.A., 2005, Pathogenesis of atherosclerosis, *Hematology Am Soc Hematol Educ Program*, 436-441
- Cummins, P.M., von Offenbergy Sweeney, N., Killeen, M.T., Birneym Y.A., Redmond, E.M., Cahill, P.A., 2007, Cyclic strain-mediated matrix metalloproteinase regulation within the vascular endothelium: a force to be reckoned with, *Am J Physiol Heart Circ Physiol*, 292, 1, H28-42.
- Cunningham, K.S., Gotlieb, A.I., 2005, The role of shear stress in the pathogenesis of atherosclerosis [published correction appears in *Lab Invest.*, 85, 7, 942.
- Danivan Fajari Ramandityo, 2016, Hubungan Hipertensi dengan Keparahan Penyakit Jantung Koroner Berdasarkan Sullivan Vessel Score, Skripsi, Fakultas Kedokteran dan Ilmu Kesehatan/Kedokteran dan Profesi Dokter Universitas Syarif Hidayatullah
- Di Francescomarino, S., Sciartilli, A., Di Valerio, V., Di Baldassarre, A., Gallina, S., 2009, The effect of physical exercise on endothelial function, *Sport Med*, 39, 10, 797-812.
- Dimmeler, S., Assmus, B., Hermann, C., Haendeler, J., Zeiher, A.M., 1998, Fluid shear stress stimulates phosphorylation of Akt in human endothelial cells: involvement in suppression of apoptosis, *Circ Res.*, 83, 3, 334-41.

Drechsler, M., Duchene, J., Soehnlein, O., 2015, Chemokines control mobilization, recruitment, and fate of monocytes in atherosclerosis, *Arterioscler Thromb Vasc bio*, 35, 5, 1050-5.

Dubey L, Guruprasad S, Subramanyam G. Relationship between type 2 diabetes mellitus and coronary artery lesion characteristics: a single center study. Nepalese Heart Journal 2013;10(1):20-22.

Farahdika, A., & AZAM M.Kes., dr. M. (2015). Faktor Risiko yang Berhubungan dengan Penyakit Jantung Koroner pada usia Dewasa Madya (41-60 tahun) (Studi Kasus di RS Umum Daerah Kota Semarang). *Unnes Journal of Public Health*, 4(2). <https://doi.org/10.15294/ujph.v4i2.5188>

Feuchtner G, Langer C, Barbieri F, Beyer C, Dichtl W, Bonaros N, Cartes-Zumelzu F, Klauser A, Schachner T, Friedrich G, Plank F, Senoner T. Relationship of exercise to coronary artery disease extent, severity and plaque type: A coronary computed tomography angiography study. *J Cardiovasc Comput Tomogr*. 2019 May-Jun;13(3):34-40. doi: 10.1016/j.jcct.2019.02.001. Epub 2019 Feb 27. PMID: 30837117.

Finger JD, Gisle L, Mimilidis H, et al. How well do physical activity questions perform? A European cognitive testing study. *Arch Public Health*. 2015;73:57. Published 2015 Dec 1. doi:10.1186/s13690-015-0109-5

Galley, H.F., Webster, N.R., 2004, Physiology of the endothelium, *Br J Anaesth*, 93, 1, 105-113.

Gensini, G.G., 1983, A more meaningful scoring system for determining the severity of coronary heart disease, *Am J Cardiol*, 51, 3, 606.

Goldstein, J.L., Ho, Y.K., Basu, S.K., Brown, M.S., 1979, Binding site on macrophages that mediates uptake and degradation of acetylated low density lipoprotein, producing massive cholesterol deposition. *Proc Natl Acad Sci U S A*, 76, 1, 333-337.

Hadi, H.A., Carr, C.S., Al Suwaidi, J., 2005, Endothelial dysfunction: cardiovascular risk factors, therapy, and outcome, *Vasc Health Risk Manag*, 1, 3, 183-198.

Hambrecht R, Niebauer J, Marburger C, Grunze M, Kälberer B, Hauer K, Schlierf G, Kübler W, Schuler G. Various intensities of leisure time physical activity in patients with coronary artery disease: effects on cardiorespiratory fitness and

- progression of coronary atherosclerotic lesions. *J Am Coll Cardiol.* 1993 Aug;22(2):468-77. doi: 10.1016/0735-1097(93)90051-2. PMID: 8335816.
- Holman, R.R., Paul, S.K., Bethel, M.A., Matthews, D.R., Neil, H.A., 2008, 10-year follow-up of intensive glucose control in type 2 diabetes, *N Engl J Med*, 359, 15, 1577-1589.
- Institute for Health Metrics and Evaluation (IHME). *Findings from the Global Burden of Disease Study 2017*. Seattle, WA: IHME, 2018.
- Jin, Z.G., Ueba, H., Tanimoto, T., Lungu, A.O., Frame, M.D., Berk, B.C., 2003, Ligand-independent activation of vascular endothelial growth factor receptor 2 by fluid shear stress regulates activation of endothelial nitric oxide synthase, *Circ Res.*, 93, 354-363.
- Jin, Z.G., Wong, C., Wu, J., Berk, B.C., 2005, Flow shear stress stimulates Gab1 tyrosine phosphorylation to mediate protein kinase B and endothelial nitric-oxide synthase activation in endothelial cells, *J Biol Chem*, 280, 13, 12305-9.
- Johnson, B.D., Mather, K.J., Wallace, J.P., 2011, Mechanotransduction of shear in the endothelium: basic studies and clinical implications. *Vasc Med*, 16, 5, 365-377.
- Kemenkes RI, 2013, Riset Kesehatan Dasar (Riskesdas), Jakarta: Balitbang Kemenkes RI
- Khan, H.S., Javed A., Aziz S., Ali, J., Relationship between BMI and Severity of Coronary Artery Disease in Female Population of Pakistani Origin. *Pak Heart J*, 44,
- Khashayar P, Mohagheghi A. The correlation between dyslipidemia and coronary artery disease based on angiographic findings in an Iranian population. *Acta Med Indones.* 2010 Apr;42(2):82-5. PMID: 20513932.
- Knuuti, J, Wijns, W, Saraste, A., Capodanno, D., Barbato, E., Brentano, C.F., Prescott, E., Storey, R.F., Deaton, C., Cuisset, T., Agewall, S., Dickstein, K., Edvardsen, T., Escaned, J., Gersh, B.J., Svitil, P., Gilard, M., Hasdai, D., Hatala, R., Mahfoud, F., Masip, J., Muneretto, C., Valgimigli, M., Achenbach, S., Bax, J.J., ESC Scientific Document Group, 2019, ESC Guidelines for the diagnosis and management of chronic coronary syndromes: The Task Force for the diagnosis and management of chronic coronary syndromes of the European Society of Cardiology (ESC), *European Heart Journal*, 41, 3, 14, 407-477

- Kodja, G., Hambrecht, R., 2005, Molecular mechanisms of vascular adaptations to exercise. Physical activity as an effective antioxidant therapy?, *Cardiovasc Res*, 67, 2, 187-97.
- LaPorte, R.E., Montoye, H.J., Caspersen, C.J., 1985, Assessment of physical activity in epidemiologic research: problems and prospects, *Public Health Rep*, 100, 2, 131-146.
- Larifla L, Armand C, Velayoudom-Cephise FL, Weladji G, Michel CT, Blanchet-Deverly A, Deloumeaux J, Foucan L. Distribution of coronary artery disease severity and risk factors in Afro-Caribbeans. *Arch Cardiovasc Dis*. 2014 Apr;107(4):212-8. doi: 10.1016/j.acvd.2014.03.003. Epub 2014 Apr 29. PMID: 24786377.
- Linke, A., Erbs, S., Hambrecht, R., 2008, Effects of Exercise Training Upon Endothelial Function in Patients with Cardiovascular Disease, *Front Biosci*, 13:424-432.
- Mahadeva Swamy BC, Sydney C D'Souza, Kamath P (2014) Comparison of Severity of Coronary Artery Disease in Diabetic and Non-Diabetic Subjects using Gensini Score in Indian Subjects. *J Diabetes Metab* 5: 469 doi:10.4172/2155-6156.1000469
- Mamat Supriyono, 2008, Faktor-Faktor Risiko yang Berpengaruh terhadap Kejadian Penyakit Jantung Koroner pada Kelompok Usia ≤ 45 tahun, Tesis, Pasca Sarjana Magister Epidemiologi Universitas Diponegoro
- Marui, N., Offermann, M.K., Swerlick, R., Kunsch, C., Rosen, C.A., Ahmad, M., Alexander, R.W., Medford, R.M., 1993, Vascular cell adhesion molecule-1 (VCAM-1) gene transcription and expression are regulated through an antioxidant-sensitive mechanism in human vascular endothelial cells, *J Clin Invest.*, 92, 4, 1866-1874
- Ma, T.K., Kam, K.K., Yan, B.P., Lam, Y.Y., 2010, Renin-angiotensin-aldosterone systems blockade for cardiovascular diseases: current status, *Br J Pharmacol*, 160, 6, 1273-92.
- Messner, B., Bernhard, D., 2014, Smoking and cardiovascular disease: mechanisms of endothelial dysfunction and early atherosclerosis, *Arterioscler Thromb Vasc Biol*, 34, 3, 509-15.
- Mira Rosmiatin, 2012, Analisis Faktor-Faktor Risiko Terhadap Kejadian Penyakit Jantung Koroner pada Wanita Lanjutasia di RSUPN Dr. Cipto Mangunkusumo

Jakarta, Tesis, Fakultas Ilmu Keperawatan/Program Studi Magister Ilmu Keperawatan Universitas Indonesia

Moniruzzaman, DM, Koli, A, Ferdous, DJ, Bagchi, DSK, Malik, DFN, Sakib, DAM, Nesa Malik, DF. (2020). Association between Body Mass Index (BMI) and Severity of Coronary Artery Disease in Young Onset Acute Coronary Syndrome (ACS). *International Journal of Medical Science and Clinical Invention*, 7(10), 5048-5052. <https://doi.org/10.18535/ijmsci/v7i10.01>

Morris, J.N., Chave, S.P., Adam, C., Sirey, C., Epstein, L., Sheehan, D.J., 1973, Vigorous exercise in leisure time-and the incidence of coronary heart-disease, *Lancet*, 1, 7799, 333-9.

Nabati, M., Moosazadeh, M., Soroosh, E. et al. Correlation between overweightness and the extent of coronary atherosclerosis among the South Caspian population. *BMC Cardiovasc Disord* 20, 257 (2020). <https://doi.org/10.1186/s12872-020-01534-w>

Neeland IJ, Patel RS, Eshtehardi P, et al. Coronary angiographic scoring systems: an evaluation of their equivalence and validity. *Am Heart J*. 2012;164(4):547-552.e1. doi:10.1016/j.ahj.2012.07.007

Nishitani-Yokoyama M, Miyauchi K, Shimada K, et al. Preliminary Pilot Study of Combined Effects of Physical Activity and Achievement of LDL-Cholesterol Target on Coronary Plaque Volume Changes in Patients with Acute Coronary Syndrome. *J Clin Med*. 2020;9(5):1578. Published 2020 May 22. doi:10.3390/jcm9051578

Otaki Y, Gransar H, Cheng VY, Dey D, Labounty T, Lin FY, Achenbach S, Al-Mallah M, Budoff MJ, Cademartiri F, Callister TQ, Chang HJ, Chinnaiyan K, Chow BJ, Delago A, Hadamitzky M, Hausleiter J, Kaufmann P, Maffei E, Raff G, Shaw LJ, Villines TC, Dunning A, Cury RC, Feuchtner G, Kim YJ, Leipsic J, Berman DS, Min JK. Gender differences in the prevalence, severity, and composition of coronary artery disease in the young: a study of 1635 individuals undergoing coronary CT angiography from the prospective, multinational confirm registry. *Eur Heart J Cardiovasc Imaging*. 2015 May;16(5):490-9. doi: 10.1093/ehjci/jeu281. Epub 2014 Dec 23. PMID: 25539786; PMCID: PMC4447773.

Rabbani, G., Rahman, A., Khan, A., Hossain, N., Alam, M. B., Khan, A., & Asaduzzaman, K. (2017). Role of Diabetic Dyslipidemia on Coronary Atherosclerotic Severity in Acute Coronary Syndrome. *Bangladesh Heart Journal*, 31(2), 65-69. <https://doi.org/10.3329/bhj.v31i2.32376>

- Ramandika, Erasta A., et al. "Hubungan Faktor Risiko Mayor Penyakit Jantung Koroner Dengan Skor Pembuluh Darah Koroner Dari Hasil Angiografi Koroner Di RSUP Dr. Kariadi Semarang." *Jurnal Kedokteran Diponegoro*, vol. 1, no. 1, 2012.
- Ross R, Glomset J, Harker L. Response to injury and atherogenesis. *The American Journal of Pathology*. 1977 Mar;86(3):675-684.
- Rubinshtein R, Halon DA, Jaffe R, Shahla J, Lewis BS. Relation between obesity and severity of coronary artery disease in patients undergoing coronary angiography. *Am J Cardiol*. 2006 May 1;97(9):1277-80. doi: 10.1016/j.amjcard.2005.11.061. Epub 2006 Mar 13. PMID: 16635595.
- Schuler G, Hambrecht R, Schlierf G, Grunze M, Methfessel S, Hauer K, Kübler W. Myocardial perfusion and regression of coronary artery disease in patients on a regimen of intensive physical exercise and low fat diet. *J Am Coll Cardiol*. 1992 Jan;19(1):34-42. doi: 10.1016/0735-1097(92)90048-r. PMID: 1729343.
- Sena, C.M., Leandro, A., Azul, L., Seica, R., Perry, G., 2018, Vascular oxidative stress: impact and therapeutic approaches, *Front Physiol*, 9, 1668.
- Setyaji, D., Prabandari, Y., & Gunawan, I. (2018). Aktivitas fisik dengan penyakit jantung koroner di Indonesia. *Jurnal Gizi Klinik Indonesia*, 14(3), 115-121. /*doi:<http://dx.doi.org/10.22146/ijcn.26502>*/ doi:<https://doi.org/10.22146/ijcn.26502>
- Silva, B.R., Pernomian, L., Bendhack, L.M., 2012, Contribution of oxidative stress to endothelial dysfunction in hypertension, *Front Physiol*, 3, 441
- Singh, R.B., Mengi, S.A., Xu, Y.J., Arneja, A.S., Dhalla, N.S., 2002, Pathogenesis of atherosclerosis: A multifactorial process, *Exp Clin Cardiol*, 7, 1, 40-53.
- Sponder, M., Fritzer-Szekeres, M., Marculescu, R., Litschauer, B., Strametz-Juranek, J., 2014, . A new coronary artery disease grading system correlates with numerous routine parameters that were associated with atherosclerosis: a grading system for coronary artery disease severity, *Vasc Health Risk Manag.*, 10, 641-647.
- Srinivasan MP, Kamath PK, Bhat NM, et al. Severity of coronary artery disease in type 2 diabetes mellitus: Does the timing matter?. *Indian Heart J*. 2016;68(2):158-163. doi:10.1016/j.ihj.2015.08.004
- Strom, J.B., Libby, P., 2011, Atherosclerosis, Lilly, L.S., Pathophysiology of Heart Disease, Wolters Kluwer

Sylvia, L.G., Bernstein, E.E., Hubbard, J.L., Keating, L., Anderson, E.J., 2014, Practical guide to measuring physical activity, *J Acad Nutr Diet*, 114, 2, 199-208.

Syntax score system akses syntaxscore.com

Tavakol, M., Ashraf, S., Brener, S.J., 2012, Risks and complications of coronary angiography: a comprehensive review, *Glob J Health Sci.*, 4, 1, 65-93.

US Preventive Services Task Force, Bibbins-Domingo K, Grossman DC, et al. Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: US Preventive Services Task Force Recommendation Statement [published correction appears in *JAMA*. 2020 Feb 18;323(7):669] [published correction appears in *JAMA*. 2020 Feb 18;323(7):669-670]. *JAMA*. 2016;316(19):1997-2007. doi:10.1001/jama.2016.15450

Van der Vorst, E.P., Döring, Y., Weber, 2015, Chemokines and their receptors in Atherosclerosis, *J Mol Med (Berl)*, 93, 9, 963-971.

Volobueva, A., Zhang, D., Grechko, A.V., Orekhov, A.N., 2018, Foam cell formation and cholesterol trafficking and metabolism disturbances in atherosclerosis, *Cor et Vasa*, 61, 1, 48-55.

Walther, C., Gielen, S., Hambrecht, R., 2004, The effect of exercise training on endothelial function in cardiovascular disease in humans, *Exerc Sport Sci Rev*, 32, 4, 129-34.

Wang, Z., Nakayama, T., 2010, Inflammation, a link between obesity and cardiovascular disease, *Mediators Inflamm*, 2010, 535918.

Winzer, E.B., Woitek, F., Linke, A., 2018, Physical activity in the prevention and treatment of coronary artery disease, *J Am Heart Assoc*, 7, 4, e007725.

World Health Organization (WHO), 2003, The WHO STEPwise Approach to Noncommunicable Disease Risk Factor Surveillance (STEPS). Switzerland:WHO.

World Health Organization (WHO), 2011, Global Recommendations on Physical Activity for Health. Switzerland: WHO.

Wu, K.K., Thiagarajan, P., 1996, Role of endothelium in thrombosis and hemostasis, *Annu Rev Med*, 47, 315-331.

Yadi, A., Hernawan, A.D., Ridha, A., 2013, Faktor Gaya Hidup yang Berisiko Terhadap Kejadian Penyakit Jantung Koroner pada Pasien Rawat Jalan, *JuManTik*, 1, 1

Yoo, H.J., Choi, K.M., 2014, Adipokines as a novel link between obesity and atherosclerosis, *World J Diabetes*, 5, 3, 357-363.

Zhang, J. X., Dong, H. Z., Chen, B. W., Cong, H. L., & Xu, J. (2016). Characteristics of coronary arterial lesions in patients with coronary heart disease and hypertension. SpringerPlus, 5(1), 1208. <https://doi.org/10.1186/s40064-016-2828-7>

Zodda, D., Giammona R., Schifilliti, S., 2018, Treatment strategy for dyslipidemia in cardiovascular prevention: focus on old and new drugs, *Pharmacy (Basel)*, 6, 1, 10