

INTISARI

Latar Belakang: *Age-related Macular Degeneration (AMD)* adalah penyakit degeneratif yang menyerang makula dan ditandai dengan adanya temuan klinis berupa drusen dan abnormalitas *retinal pigment epithelial (RPE)*. *AMD* menempati posisi ketiga penyebab kebutaan setelah katarak dan glaukoma secara global. *AMD* diperkirakan memiliki prevalensi pada rentang usia 45-85 tahun di Asia sebesar 7,4%. Data RISKESDAS menunjukkan bahwa insidensi dislipidemia semakin meningkat dari tahun ke tahun. Banyak penelitian hubungan *AMD* dan dislipidemia telah dilakukan, namun hasilnya masih kontradiktif. Sehingga, penelitian ini bertujuan untuk mengetahui asosiasi dislipidemia terhadap *AMD* pada populasi di Yogyakarta.

Tujuan: Penelitian ini bertujuan untuk mengetahui asosiasi dislipidemia dengan *Age-related Macular Degeneration (AMD)* di RSUP Dr. Sardjito, RS Mata Dr. Yap, dan RSPAU Hardjolukito, Yogyakarta.

Metode: Penelitian ini menggunakan metode analitik dengan desain penelitian *case control*. Sebanyak 168 data kasus dan 168 data kontrol diikuti dalam penelitian. Data dan hasil pemeriksaan pasien dari rekam medis dicatat dalam *case report form*. Analisis data untuk melihat asosiasi dislipidemia dengan *Age-related Macular Degeneration (AMD)* menggunakan uji *chi-square* dan dikonfirmasi dengan regresi logistik.

Hasil: Subjek penelitian terdiri dari 40.77% subjek pria dan 59.23% subjek wanita. Variabel yang terbukti menjadi faktor risiko dari *AMD* adalah kelompok usia 60-69 tahun (*p-value* <0.001; OR 3.541; 95% CI, 2.162-5.799), kelompok usia ≥ 70 tahun (*p-value* 0.011; OR 2.391; 95% CI, 1.218-4.693), indeks Massa tubuh (IMT) <18,5 kg/m² atau *underweight* (*p-value* 0.032; OR 3.20; 95% CI, 1.107-9.249), dan dislipidemia (*p-value* 0.012; OR 0.322; 95% CI, 0.132-0.783). Hasil statistik pada penelitian ini menunjukkan asosiasi signifikan antara dislipidemia terhadap *AMD* dengan $p < 0,05$.

Kesimpulan: Dislipidemia secara statistik berasosiasi terbalik dengan *Age-related Macular Degeneration (AMD)* pada pasien di klinik mata RSUP Dr. Sardjito, RS Mata Dr. Yap, dan RSPAU Hardjolukito, Yogyakarta.

Kata Kunci: *Age-related Macular Degeneration*, *AMD*, dislipidemia

ABSTRACT

Background: Age-related Macular Degeneration (AMD) is a degenerative disease that attacks macula and is characterized by clinical findings in the form of drusen and epithelial retinal pigment (RPE) abnormalities. AMD is the third leading cause of blindness after cataracts and glaucoma globally. The estimated prevalence of AMD in the 45-85 year age range in Asia is 7.4%. The RISKESDAS data show that the incidence of dyslipidemia is increasing from year to year. Many studies on the relationship between AMD and dyslipidemia have been conducted, but the results are still contradictory. Thus, this study aims to determine the association of dyslipidemia with AMD in the population in Yogyakarta.

Objective: This study aims to determine the association of dyslipidemia with Age-related Macular Degeneration (AMD) in RSUP Dr. Sardjito, RS Mata Dr. Yap, and RSPAU Hardjolukito, Yogyakarta.

Method: This study used an analytical method with a case control design. A total of 168 case data and 168 control data were included in this study. Data and patient examination results from medical records were recorded in the case report form (CRF). Data analysis was performed to determine the association of dyslipidemia with Age-related Macular Degeneration (AMD) using chi-square test and confirmed by logistic regression.

Results: The research subject consisted of 40.77% male subjects and 59.23% female subjects. The variables that proved to be a risk factor of AMD were the 60-69 years age group (p-value<0.001; OR 3.541; 95% CI, 2.162-5.799), the ≥ 70 years age group (p-value 0.011; OR 2.391; 95% CI, 1.218-4.693), body mass index (BMI)<18.5 kg/m² or underweight group (p-value 0.032; OR 3.20; 95% CI, 1.107-9.249), and dyslipidemia (p-value 0.012; OR 0.322; 95% CI, 0.132-0.783). The statistical results in this study showed a significant association between dyslipidemia and AMD with p<0.05.

Conclusion: Dyslipidemia is statistically inversely associated with Age-related Macular Degeneration (AMD) in patients in the RSUP Dr. Sardjito, RS Mata Dr. Yap, and RSPAU Hardjolukito, Yogyakarta.

Keywords: Age-related Macular Degeneration, AMD, dyslipidemia.