

DAFTAR ISI

	Halaman
HALAMAN JUDUL	i
HALAMAN PENGESAHAN	ii
HALAMAN PERNYATAAN	iii
PRAKATA	iv
DAFTAR ISI	vi
DAFTAR GAMBAR	viii
DAFTAR TABEL	ix
DAFTAR SINGKATAN	x
INTISARI	xii
ABSTRACT	xiv
BAB I PENDAHULUAN	
I.1. Latar Belakang	1
I.2. Rumusan Masalah	5
I.3. Tujuan Penelitian	6
I.4. Keaslian Penelitian	7
I.5. Manfaat Penelitian	8
BAB II TINJAUAN PUSTAKA	
II.1. Tinjauan Pustaka	9
II.1.1. Menopause	9
II.1.2. Diet Tinggi Lemak	12
II.1.3. Profil Lipid	14
II.1.4. Dislipidemia	20
II.1.5. <i>endothelial Nitric Oxide Synthase</i> (eNOS) dan <i>Endothelin-1</i> (ET-1)	21
II.1.6. Disfungsi Endotel	25
II.2. Kerangka Teori	27
II.3. Kerangka Konsep	29
II.4. Hipotesis	30
BAB III METODE PENELITIAN	
III.1. Jenis dan Rancangan Penelitian	31
III.2. Variabel Penelitian	31
III.3. Definisi Operasional	32
III.4. Bahan dan Alat Penelitian	34
III.5. Jalannya Penelitian	36
III.6. Analisis Hasil	45
BAB IV. HASIL DAN PEMBAHASAN	
IV.1 Hasil Penelitian	46
IV.1.1. Pengukuran Profil Lipid	46
IV.1.2. Pengukuran aktivitas	

<i>endothelial Nitric Oxide Synthase (eNOS)</i>	
dan <i>Endothelin-1 (ET-1)</i>	52
IV.2 Pembahasan	54
BAB V. KESIMPULAN, SARAN DAN RINGKASAN	
V.1 Kesimpulan	61
V.2 Saran	61
V.3 Ringkasan	62
DAFTAR PUSTAKA	
LAMPIRAN	

DAFTAR GAMBAR

	Halaman
Gambar 1. Kerangka Teori	27
Gambar 2. Kerangka Konsep Penelitian	29
Gambar 3. Skema Jalannya Penelitian	37
Gambar 4. Diagram Batang Kadar Profil Lipid (Kolesterol Total, Trigliserida, HDL dan LDL)	46
Gambar 5. Diagram Batang Selisih <i>pre-test</i> dan <i>post-test</i> Profil Lipid (Kolesterol Total, Trigliserida, HDL dan LDL)	50
Gambar 6. Diagram Batang <i>endothelial Nitric Oxide Synthase</i> (eNOS) dan <i>Endothelin-1</i> (ET-1)	52

DAFTAR TABEL

	Halaman
Tabel 1. Klasifikasi kadar Kolesterol Total	19
Tabel 2. Klasifikasi kadar Trigliserida	19
Tabel 3. Klasifikasi kadar <i>High Density Lipoprotein</i> (HDL)	20
Tabel 4. Klasifikasi kadar <i>Low Density Lipoprotein</i> (LDL)	20
Tabel 5. Komposisi pakan berdasarkan <i>American Institute of Nutrition</i> (AIN)-93M	35

DAFTAR SINGKATAN

PJK	: Penyakit Jantung Koroner
DM	: Diabetes Mellitus
WHO	: World Health Organization
VLDL	: Very Low Density Lipoprotein
IDL	: Intermediate Density Lipoprotein
LDL-oks	: Low Density Lipoprotein teroksidasi
LDL	: Low Density Lipoprotein
HDL	: High Density Lipoprotein
mLDL	: modified Low Density Lipoprotein
Tg	: Triglyceride
ET-1	: Endothelin-1
NO	: Nitric Oxide
eNOS	: endothelial Nitric Oxide Synthase
ER α	: Estrogen Receptor alpha
ER β	: Estrogen Receptor beta
ERs	: Estrogen Receptor
ARC	: Arcuate Nucleus
VMH	: Ventromedial Hypothalamus
DMH	: Dorsomedial Hypothalamus
PVN	: Paraventricular Nucleus
LH	: Luteinizing Hormone
FSH	: Follicle Stimulating Hormone
NCEP	: National Cholesterol Education Program
ATP III	: Adult Treatment Panel III
Ang-II	: angiotensin-II
cGMP	: cyclic guanosine monophosphate
EDHF	: Endothelial Derived Hyperpolarizing Factor
EDRF	: Endothelial Derived Relaxing Factor
EDHP	: Endothelial Derived Hyperpolarizing
im	: intramuscular
OVX	: Ovariectomy
SD	: Standard Diet
HFD	: High Fat Diet
AIN	: American Institute of Nutrition
AIN-93M	: American Institute of Nutrition 93 Maintenance
ELISA	: Enzyme Linked Immunosorbent Assay
rpm	: rotation per minute
pg	: pictogram (10^{-12} gram)
μ l	: microliter (10^{-6} liter)
μ mol	: micromole (10^{-6} mole)
cc	: cubic centimeter
dl	: deciliter
l	: liter
ml	: milliliter

kcal	: <i>kilocalorie</i>
kg	: <i>kilogram</i>
g	: <i>gram</i>
mg	: <i>milligram</i>
µm	: <i>micrometer</i>
cm	: <i>centimeter</i>
mm	: <i>millimeter</i>
BB	: <i>Berat Badan</i>
°C	: <i>derajat Celcius</i>