

**HUBUNGAN ANTARA KADAR SERUM LIPID DENGAN VOLUME
PROSTAT PADA PENDERITA BENIGN PROSTATE HYPERPLASIA DI RSUP
H ADAM MALIK MEDAN**

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Abstrak

Tujuan: Mengetahui hubungan antara kadar profil lipid dengan volume prostat pada pasien *Benign Prostate Hyperplasia* (BPH) di RSUP H. Adam Malik.

Metode: Penelitian ini merupakan penelitian deskriptif-analitik dengan rancangan cross sectional. Sampel berjumlah 36 orang yaitu penderita *Benign Prostate Hyperplasia* (BPH) yang datang ke poliklinik bedah urologi RSUP H. Adam Malik Medan serta memenuhi kriteria inklusi dan eksklusi selama periode September 2014 sampai November 2014. Data volume prostat dan kadar profil lipid diolah dengan uji korelasi Pearson menggunakan SPSS 16.0.

Hasil: Dari total 36 pasien diperoleh kasus BPH paling banyak dijumpai pada kelompok umur 61 – 70 tahun yaitu sebesar (50%) dengan rerata umur $66,86 \pm 6,76$ tahun. Rerata volume prostat $52,56 \pm 12,20$ gram, rerata kolesterol total $183,69 \pm 42,95$ mg/dl, rerata trigliserida $118,86 \pm 43,22$ mg/dl, rerata HDL $44,56 \pm 15,39$ mg/dl, rerata LDL $115,58 \pm 34,71$ mg/dl, rerata PSA $2,57 \pm 1,50$ ng/ml, serta rerata skor IPSS $15,69 \pm 3,92$. Ditemukan korelasi lemah antara kolesterol total, trigliserida, kolesterol HDL dan kolesterol LDL dengan volume prostat ($R=0.222$; $R=0.169$; $R= -0.208$, $R= 0.133$) secara berurutan yang secara statistik tidak signifikan.

Kesimpulan: Terdapat korelasi yang lemah antara kolesterol total, trigliserida, kolesterol HDL dan kolesterol LDL dengan volume prostat pada pasien dengan BPH, namun secara statistic tidak signifikan.

Kata kunci :Profil lipid, BPH, kolesterol total, trigliserida, HDL, LDL

**CORRELATION BETWEEN SERUM LIPID LEVEL AND PROSTATE
VOLUME IN BENIGN PROSTATE HYPERPLASIA PATIENT AT H. ADAM
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Abstract

Aim: To know the correlation between lipid profile level with prostate volume in Benign Prostate Hyperplasia patient at Haji Adam Malik hospital.

Method: This study was a cross-sectional descriptive-analytic study. Sample were 36 patients who treated as BPH at urology division of H. Adam Malik Hospital during September until November 2014. Data of prostate volume and profile lipid level were collected and analyzed with Pearson correlation test with SPSS 16.0.

Result: There were 36 patients included in this study. Most of the BPH cases was found in 61-70 years old group (50%) with mean $66,86 \pm 6,76$ years. The mean of prostate volume was $52,56 \pm 12,20$ gram, the mean of total cholesterol was $183,69 \pm 42,95$ mg/dl, triglyceride was $118,86 \pm 43,22$ mg/dl, HDL was $44,56 \pm 15,39$ mg/dl, LDL was $115,58 \pm 34,71$ mg/dl, PSA level was $2,57 \pm 1,50$ ng/ml, and IPSS score was $15,69 \pm 3,92$. This study found weak correlation between total cholesterol, triglyceride, HDL and LDL with prostate volume ($R=0.222$; $R=0.169$; $R=-0.208$, $R=0.133$) respectively, but not significant on the statistical analysis.

Conclusion: There were weak correlation value between total cholesterol, triglyceride, HDL, and LDL level with prostate volume in BPH patients but not statistically significant.

Key words: Lipid profile, BPH, Total Cholesterol, Triglyceride, HDL, LDL