

PEMERIKSAAN KADAR GLUKOSA DARAH PADA LANJUT USIA DENGAN OBESITAS SENTRAL

(EXAMINATION OF BLOOD GLUCOSE LEVELS IN ELDERLY WITH CENTRAL OBESITY)

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Intisari

Lanjut usia merupakan permasalahan kesehatan akibat proses penuaan. Penuaan dapat ditandai dengan kemunduran fisik, misalnya terjadi penimbunan lemak di perut dan pinggul. Penimbunan lemak yang berdistribusi disekitar perut disebut obesitas sentral. Laki-laki dikatakan mengalami obesitas sentral apabila memiliki lingkar pinggang (LP) ≥ 90 cm dan perempuan memiliki lingkar pinggang (LP) ≥ 80 cm. Obesitas sentral berkaitan dengan kombinasi kelainan metabolik yang membahayakan, salah satunya resistensi insulin. Resistensi insulin akan menghambat kerja insulin di jaringan tubuh dan otot yang menyebabkan glukosa tidak dapat diangkat ke dalam sel sehingga menimbun di dalam pembuluh darah. Penimbunan glukosa ini akan meningkatkan glukosa dalam darah. Penelitian ini bertujuan untuk mengetahui kadar glukosa darah pada lansia dengan obesitas sentral.

Karya Tulis Ilmiah ini disusun berdasarkan hasil pemeriksaan terhadap 20 sampel serum lanjut usia dengan obesitas sentral di UPTD Panti Wredha Dharma Bhakti Kota Surakarta. Pemeriksaan dilakukan di Laboratorium Kimia Klinik Universitas Setia Budi. Kadar glukosa darah diperiksa dengan metode "GOD-PAP" : *enzymatic photometric test*.

Hasil pemeriksaan kadar glukosa darah pada 20 sampel disimpulkan bahwa terdapat 1 sampel (5%) mengalami peningkatan kadar glukosa darah dan 19 sampel (95%) tidak mengalami peningkatan kadar glukosa darah.

Kata kunci : Lanjut usia, obesitas sentral, glukosa darah

Abstract

Elderly (old age) is a health issue due to aging process. Aging is signalized with physical drawbacks, for example, fat accumulation in the stomach and hip. Fat accumulation around stomach is called central obesity. Men are considered to suffer from central obesity if the hip ≥ 90 cm while women are considered to suffer from central obesity if the hip ≥ 80 cm. Central obesity is related to the combination of harmful metabolic abnormalities, one of which is insulin retention. Insulin retention will inhibit the work of insulin in the body and muscle tissues and hence glucose cannot be lifted into cells and it finally accumulates in the blood vessels. This glucose buildup will increase the blood glucose levels. This study aims at investigating the blood glucose levels of people at the old ages with central obesity.

This scientific writing paper was organized based on the results of examination on 20 serum samples of patients at the old ages with central obesity in Regional Technical Implementing Unit of Nursing Home of Dharma Bhakti in Surakarta. The examination was carried out in the Clinical chemical laboratory of Universitas Setia Budi. The blood glucose levels were measured using "GOD-PAP" method: *enzymatic photometric test*.

The results of examination of blood glucose levels of 20 samples conclude that the blood glucose level of 1 sample (5%) appear to increase and the blood glucose levels of 19 samples (95%) do not increase.

Keywords : Elderly, central obesity, blood glucose