

PEMERIKSAAN KADAR KOLESTEROL TOTAL PADA PENDERITA DIABETES MELLITUS

(EXAMINATION OF TOTAL CHOLESTEROL LEVEL IN PATIENTS WITH DIABETES MELLITUS)

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INTISARI

Diabetes mellitus sering disebut sebagai *the great imitator*, karena penyakit ini dapat mengenai semua organ tubuh dan menimbulkan berbagai macam keluhan. Pada diabetes mellitus, kadar kolesterol biasanya meningkat dan hal ini berperan dalam mempercepat timbulnya penyakit vaskular aterosklerotik yang merupakan penyulit jangka panjang utama diabetes mellitus pada manusia. Maka perlu dilakukan pemeriksaan kadar kolesterol total pada penderita diabetes mellitus.

Karya Tulis Ilmiah ini disusun berdasarkan hasil pemeriksaan kadar kolesterol total yang dilakukan di laboratorium Rumah Sakit Jiwa Daerah Surakarta terhadap 28 sampel serum penderita diabetes mellitus dan ditunjang oleh pustaka yang telah dipublikasikan. Sampel diperiksa dengan metode CHOD PAP dan menggunakan reagen kolesterol total, standart kolesterol total kemudian dibaca kadarnya dengan alat fotometer Stardust MC 15.

Hasil penelitian pemeriksaan kadar kolesterol total dari 28 sampel serum penderita diabetes mellitus diperoleh: 71,43% sampel mengalami peningkatan kadar kolesterol total disebabkan karena penderita mengalami kekurangan insulin dan juga kadar gula darah yang tidak terkontrol. Sedangkan 28,57% sampel tidak mengalami peningkatan atau dikatakan kadar kolesterol totalnya normal disebabkan karena penderita giat mengontrol kadar gula darah dan kolesterol total, melakukan diet, melakukan olahraga secara teratur serta rajin mengobati penyakitnya.

Kata Kunci : Kadar Kolesterol Total, Diabetes Mellitus.

ABSTRACT

Diabetes mellitus often referred to as *the great imitator*, because this disease can affect all organs of the body and cause a variety of complaints. In diabetes mellitus, cholesterol levels are usually increased, and it plays a role in accelerating the onset of atherosclerotic vascular disease, which is the main long-term complication of diabetes mellitus in humans.

This paper was compiled based on the examination result of total cholesterol level conducted in the laboratory of Regional Mental Hospital Surakarta to 28 serum samples of patients with diabetes mellitus and supported by publicized literature. The samples were examined by CHOD-PAP method using total cholesterol reagent, total cholesterol standard, and then read with Stardust MC 15 photometer.

The result of total cholesterol level examination of 28 serum samples in patients with diabetes mellitus found the: 71.43% of samples had elevated levels of total cholesterol because the patients were lack of insulin and uncontrolled blood glucose level.; or it is said the total cholesterol level was normal because the patients actively controlling blood sugar and total cholesterol levels, dieting, doing exercise regularly, and diligently treat the disease.

Keywords: Total cholesterol level, Diabetes mellitus.

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