

POLITEKNIK KESEHATAN TANJUNGPINANG  
PRODI DIPLOMA TIGA TEKNOLOGI LABORATORIUM MEDIS  
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Profil Lipid Penderita Diabetes Melitus Tipe 2 (Studi Pustaka)

xvi + 24 halaman, 4 tabel, 1 gambar, 7 lampiran

### **ABSTRAK**

Diabetes Melitus merupakan penyakit kelainan metabolisme yang disebabkan oleh resistensi insulin. Apabila tubuh kekurangan insulin, maka enzim sensitif lipase pada jaringan adiposa aktif dan menyebabkan lipolisis trigliserida meningkat, sehingga asam lemak bebas berlebihan dalam darah, kemudian dibawa ke hati untuk diubah menjadi trigliserida dan menjadi bagian dari VLDL. Lalu VLDL dipertukarkan dengan kolesterol ester dari LDL sehingga menghasilkan LDL kecil dan padat yang bersifat aterogenik dan mudah teroksidasi yang menjadi penyebab utama dari *Atherosclerosis*. Tujuan penelitian ini untuk mengkaji profil lipid pada penderita DM Tipe 2. Jenis penelitian ini adalah studi Pustaka. Hasil kajian studi pustaka didapatkan keseluruhan penderita dengan profil lipid diatas/dibawah normal yaitu kadar kolesterol total rata-rata berkisar antara 180,97-280,5 mg/dl, dimana kadar tertinggi berkisar antara 241-546 mg/dl, dengan persentase kadar diatas normal 9,7-100%. Kadar trigliserida rata-rata berkisar antara 163,10-249,7 mg/dl, dimana kadar tertinggi berkisar antara 305-661,00 mg/dl, dengan persentase kadar diatas normal berkisar antara 29,0-71,4%. Kadar LDL rata-rata berkisar antara 115,00-192,49 mg/dl dimana kadar tertinggi berkisar antara 233-787 mg/dl, dengan persentase kadar diatas normal berkisar antara 15-85,7% dan kadar HDL rata-rata berkisar antara 29,65-43,58 mg/dl, dimana kadar terendah berkisar antara 10-17 mg/dl, dengan persentase kadar diatas normal berkisar antara 41-100%.

Kata kunci : Profil Lipid, Diabetes Melitus Tipe 2

Daftar bacaan : 33 (2005-2020)

TANJUNGPUR HEALTH POLYTECHNIC  
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Lipid Profile of Patients with Type 2 Diabetes Mellitus (Library Research)

xvi + 24 pages, 4 tables, 1 image, 7 attachments

ABSTRACT

Diabetes Mellitus is a metabolic disorder caused by insulin resistance. If the body lacks insulin, the lipase sensitive enzyme in adipose tissue is active and causes lipolysis of triglycerides to increase, so that excess free fatty acids in the blood are then carried to the liver to be converted into triglycerides and become part of VLDL. Then VLDL is exchanged with cholesterol esters of LDL to produce small and dense LDL which is atherogenic and easily oxidized which is the main cause of atherosclerosis. The purpose of this study was to examine the lipid profile of patients with type 2 diabetes. This type of research is a literature study. The results of the literature review showed that all patients with lipid profiles above/below normal, namely total cholesterol levels on average ranged from 180.97-280.5 mg/dl, where the highest levels ranged from 241-546 mg/dl, with percentage levels above normal 9.7-100%. The average triglyceride levels ranged from 163.10-249.7 mg/dl, where the highest levels ranged from 305-661.00 mg/dl, with the percentage of levels above normal ranging from 29.0-71.4%. Average LDL levels ranged from 115.00-192.49 mg/dl where the highest levels ranged from 233-787 mg/dl, with the percentage of levels above normal ranging from 15-85.7% and average HDL levels ranging from 29.65-43.58 mg/dl, where the lowest levels ranged from 10-17 mg/dl, with the percentage of levels above normal ranging from 41-100%.

Keywords: Lipid Profile, Type 2 Diabetes Mellitus

Reading list : 33 (2005-2020)