

POLITEKNIK KESEHATAN TANJUNGPUR
PROGRAM STUDI TEKNOLOGI LABORATORIUM MEDIS
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Gambaran Kadar Asam Urat Pada Wanita Menopause
xiv+24 halaman, 4 tabel, 2 gambar, 13 lampiran

ABSTRAK

Asam urat adalah produk akhir metabolisme purin. Purin (adenine dan guanin) merupakan konstituen asam nukleat. Pada wanita memiliki banyak sekali faktor-faktor yang dapat mempengaruhi kadar asam urat, salah satunya yaitu hormon esterogen. Pada wanita menopause hormon esterogen tersebut akan menurun sehingga memperbesar risiko asam urat pada wanita menopause. Peningkatan asam urat dapat menyebabkan *gout arthritis*. Penelitian ini bertujuan untuk mengkaji gambaran kadar asam urat pada wanita menopause. Desain Penelitian ini adalah studi kepustakaan dengan mengumpulkan artikel penelitian yang di publikasikan. Berdasarkan 10 artikel yang digunakan rata-rata kadar asam urat antara 4,72 mg/dl-8,22 mg/dl. Nilai kadar asam urat terendah 2,4 mg/dl dan nilai kadar asam urat tertinggi 14,6 mg/dl. Berdasarkan artikel yang ada, wanita menopause yang memiliki kadar asam urat tinggi rentang 37,1%-88%, sedangkan yang normal hanya 12%-55%. Disarankan pada wanita menopause agar tetap memperhatikan pola makan agar kadar asam urat tetap berada dalam nilai normal.

Kata Kunci: Asam Urat, Wanita Menopause
Daftar Bacaan: 35 (2004-2020)

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Description Of Uric Acid Levels in Menopausal Women (Library Studi)
Xv + 24 pages, 4 tables, 2 images, and 13 attachments

ABSTRACT

Uric acid is the end product of purine metabolism. Purines (adenine and guanine) are constituents of nucleic acids. PThere are women who have many factors that can affect uric acid levels, one of which is the hormone estrogen. In postmenopausal women, the estrogen hormone will decrease, thereby increasing the risk of gout in menopausal women. Increased uric acid can cause gouty arthritis. This study aims to examine the description of uric acid levels in postmenopausal women. This research design is a literature study by collecting published research articles. Based on the 10 articles used, the average uric acid level is between 4.72 mg/dl-8.22 mg/dl. The lowest uric acid level was 2.4 mg/dl and the highest uric acid level was 14.6 mg/dl. Based on existing articles, postmenopausal women who have high uric acid levels range from 37.1% -88%, while normal ones are only 12% -55%. It is recommended for postmenopausal women to pay attention to diet so that uric acid levels remain within normal values.

Keywords : *Gout, Menopausal Women*

Reading List : 35 (2004-2020)

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