

**HUBUNGAN KADAR HEMOGLOBIN TERGLIKASI DENGAN FENOTIP
POLYCYSTIC OVARY SYNDROME DAN SINDROMA METABOLIK**

TESIS

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ABSTRAK

HUBUNGAN KADAR HEMOGLOBIN TERGLIKASI DENGAN FENOTIP POLYCYSTIC OVARY SYNDROME DAN SINDROMA METABOLIK

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Polycystic Ovary Syndrome (PCOS) merupakan salah satu gangguan endokrin yang menyebabkan oligo-anovulasi, tanda klinis dan biokimia hiperandrogen dan tanda morfologi khusus ovarium pada pemeriksaan ultrasonografi yang umum pada wanita usia reproduksi. Kondisi resistensi insulin dan hiperandrogenisme disertai dengan hipertensi dan obesitas dapat mengakibatkan timbulnya dislipidemia yang dapat memenuhi kriteria diagnostik untuk sindroma metabolik. American Diabetes Association menyetujui pemeriksaan kadar hemoglobin terglikasi (HbA1c) sebagai skrining rutin gangguan toleransi glukosa dan kondisi hiperglikemia. Pemeriksaan kadar HbA1c menggunakan metode Point Of Care Test. Beberapa penelitian menunjukkan korelasi langsung antara peningkatan kadar HbA1c dan komplikasi PCOS, yang memberikan bukti bahwa HbA1c memainkan peran potensial pada PCOS. Penelitian ini bertujuan untuk mengetahui hubungan kadar HbA1c dengan fenotip PCOS dan sindroma metabolik.

Penelitian menggunakan studi analitik dengan desain cross sectional analitik study, jumlah sampel 52 responden. Pemilihan sampel menggunakan consecutive sampling kemudian dilakukan analisa kadar HbA1c dengan alat POCT, fenotip PCOS, dan sindroma metabolik secara univariat dan bivariat.

Penelitian dengan 52 responden pasien PCOS, didapatkan hasil jumlah responden dengan kadar HbA1c meningkat yaitu 17 (32,7%) responden, sebagian besar responden dengan fenotip A yaitu 30 (57,7%) responden. Jumlah responden PCOS dengan sindroma metabolik yaitu 21 (40,4%) responden. Hasil uji statistik menunjukkan terdapat hubungan antara fenotip PCOS dengan kadar HbA1c. Proporsi kejadian sindroma metabolik lebih tinggi pada responden dengan fenotip A dibandingkan fenotip B, C, dan D. Proporsi sindroma metabolik lebih tinggi pada kategori kadar HbA1c yang meningkat dibandingkan kadar HbA1c normal, berdasarkan uji statistik terdapat hubungan kadar HbA1c dengan sindroma metabolik.

Adanya peningkatan kadar HbA1c pada pasien PCOS pada penelitian ini yaitu 32,7% dan sebagian besar responden dengan fenotip A. Responden yang mengalami sindroma metabolik kurang dari separuh responden. Secara uji statistik, terdapat hubungan kadar HbA1c dengan fenotip PCOS pada pasien PCOS dan hubungan kadar HbA1c dengan sindroma metabolik pada pasien PCOS.

Kata kunci: Fenotip PCOS, hemoglobin terglikasi, sindroma metabolik

ABSTRACT

CORRELATION BETWEEN GLYCATED HEMOGLOBIN LEVELS WITH POLYCYSTIC OVARY SYNDROME PHENOTYPES AND METABOLIC SYNDROME

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Polycystic Ovary Syndrome (PCOS) is one of the endocrine disorders that causes oligo-anovulation, clinical and biochemical signs hyperandrogenism and ovarian-specific morphological signs on ultrasound examination are common in women of reproductive age. Conditions of insulin resistance and hyperandrogenism accompanied by hypertension and obesity can lead to dyslipidemia that can meet the diagnostic criteria for the metabolic syndrome. The American Diabetes Association approved the examination of glycated hemoglobin (HbA1c) levels as a routine screening for impaired glucose tolerance and hyperglycemic conditions. Examination of HbA1c levels using the method Point of Care Test. Several studies have shown a direct correlation between elevated HbA1c levels and complications of PCOS, providing evidence that HbA1c plays a potential role in PCOS. This study aims to determine the correlation between HbA1c levels with PCOS phenotype and metabolic syndrome.

The study used an analytical study with a cross sectional analytic study design, the number of samples was 52 respondents. The sample was using selected consecutive sampling and then analyzed for HbA1c levels using POCT, PCOS phenotype, and metabolic syndrome for univariate and bivariate.

The study with 52 respondents with PCOS patients, the results showed that the number of respondents with increased HbA1c levels was 17 (32.7%) respondents, most of the respondents with phenotype A were 30 (57.7%) respondents. The number of PCOS respondents with metabolic syndrome was 21 (40.4%) respondents. The results of statistical tests showed that there was a relationship between the PCOS phenotype and HbA1c levels. The proportion of the incidence of metabolic syndrome was higher in respondents with phenotype A than phenotypes B, C, and D. The proportion of metabolic syndrome was higher in the category of elevated HbA1c levels compared to normal HbA1c levels, based on statistical tests there is a correlation between HbA1c levels and metabolic syndrome.

There was an increase in HbA1c levels in PCOS patients in this study, which was 32.7% and most of the respondents were with phenotype A. Less than half of the respondents had metabolic syndrome. Statistically, there is a correlation between HbA1c levels and PCOS phenotype in PCOS patients and a relationship between HbA1c levels and metabolic syndrome in PCOS patients.

Keywords: PCOS phenotype, glycated hemoglobin, metabolic syndrome