

ABSTRAK

HUBUNGAN KADAR ASAM URAT DENGAN KADAR GULA DARAH PADA PASIEN DIABETES MELLITUS TIPE 2 DI RSUD PROF DR. W. Z. JOHANNES KUPANG

Peningkatan glukosa darah yang terus-menerus adalah tanda penyakit metabolic diabetes mellitus. Hal ini dapat merusak ginjal, mata, saraf, jantung, pembuluh darah, dan organ lainnya. Metabolism puring menghasilkan asam urat, hasil akhir ini didapati dari berbagai jenis makanan, baik hewani maupun nabati. Sitokin proinflamasi yang meningkat terhadap orang DMT2 juga disebabkan karena penurunan produksi insulin dan kenaikan glukosa yang bertahan lama. Sitokin meningkatkan fungsi enzim xanthine oxidase, yang mendorong pembentukan asam urat. Tujuan penelitian adalah mengetahui hubungan kadar asam urat dengan kadar gula darah pada pasien diabetes mellitus tipe 2 di RSUD Prof. Dr. W. Z. Johannes Kupang. Dalam penelitian ini digunakan metode observasi analitik dan desain *cross-sectional*. Melibatkan 135 penderita DMT2. Hasil menunjukkan bahwa uji korelasi terhadap kadar asam urat normal dengan kadar gula darah normal menunjukkan nilai $p = 0,751$. Uji korelasi antara kadar asam urat normal dengan kadar gula darah tinggi menunjukkan $p = 0,284$. Uji korelasi antara kadar asam urat tinggi dengan kadar gula darah normal menunjukkan $p = 0,653$. Uji korelasi antara kadar asam urat tinggi dengan kadar gula darah tinggi menunjukkan $p = 0,523$.

Kata Kunci : *Hiperglikemia, Diabetes Mellitus Tipe 2, Asam Urat*

ABSTRACT

THE RELATIONSHIP OF URIC ACID LEVELS AND BLOOD SUGAR LEVELS IN TYPE 2 DIABETES MELLITUS PATIENTS AT PROF DR. W. Z. JOHANNES KUPANG

A persistent increase in blood glucose is a sign of a metabolic disease known as diabetes mellitus. This condition can damage the kidneys, eyes, nerves, heart, blood vessels and other organs. Purine metabolism produces uric acid, the final product of purines found from various types of food, both animal dan vegetable. The increased pro-inflammatory cytokines in T2DM people are also caused ny insulin resistance and long-lasting high blood sugar. In addition, cytokines increase the function of the enzyme xanthine oxidase, which promotes the formation of uric acid. The aim of the research was to determine the relationship between uric acid levels and blood sugar levels in patients with type 2 diabetes mellitus at RSUD Prof. Dr. W. Z. Johannes Kupang. In this study, analytical observation methods and a cross-sectional design were used. Involving 135 T2DM sufferers. The results show that the correlation test for normal uric acid levels with normal blood sugar levels shows a p value = 0.751. The correlation test between normal uric acid levels and high blood sugar levels showed p = 0.284. The correlation test between high uric acid levels and normal blood sugar levels showed p = 0.653. The correlation test between high uric acid levels and high blood sugar levels shows a p value = 0.523.

Keywords : *Hyperglycemia, Type 2 Diabetes Mellitus, Gout*