

HUBUNGAN OBESITAS SENTRAL DENGAN GAMBARAN FATTY LIVER PADA USG ABDOMEN DI POLIKLINIK BANK INDONESIA BULAN AGUSTUS – SEPTEMBER 2017

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Abstrak

Obesitas sentral dikaitkan dengan perkembangan *fatty liver* dan peradangan hati. Indonesia memiliki prevalensi tertinggi untuk *Non-Alcoholic Fatty Liver Disease* (NAFLD) di Asia Tenggara (30%), prevalensi yang sama juga dilaporkan di Provinsi DKI Jakarta. Tujuan dari penelitian ini adalah mengetahui hubungan obesitas sentral dengan gambaran *fatty liver* pada USG abdomen di Poliklinik Bank Indonesia pada bulan Agustus – September 2017. Penelitian *cross-sectional* dilakukan pada bulan Agustus – September 2017. Kriteria inklusi adalah pasien obesitas sentral yang melakukan Ultrasonografi (USG) abdomen dengan fokus kelainan hati. Obesitas sentral dinilai dengan pengukuran antropometri yang terdiri dari indeks massa tubuh dan lingkar pinggang. *Fatty Liver* dikonfirmasi oleh USG abdomen yang berupa gambaran hiperekoik dan *bright liver*. Sampel diperoleh dengan menggunakan teknik *fixed exposure sampling* sehingga menghasilkan 42 subjek. Hubungan antara 2 variabel kategorik dianalisis dengan uji Chi-square menggunakan *Statistical Product and Service Solution* 21.0 (SPSS 21.0). Dari 42 subjek, *fatty liver* ditemukan pada 31 subjek (73,8%). 26 subjek (61,9%) ditemukan memiliki obesitas sentral dan *fatty liver*. Ada hubungan yang signifikan antara obesitas sentral dan gambaran *fatty liver* pada USG abdomen ($p: 0,003$). *Prevalence Odds Ratio* (POR) menunjukkan peningkatan kemungkinan sebesar 9,1 kali lipat untuk subjek obesitas sentral menderita *fatty liver*. Terdapat hubungan antara obesitas sentral dengan *fatty liver*.

Kata Kunci: *fatty liver*, indeks massa tubuh, lingkar pinggang, obesitas sentral, ultrasonografi

**THE ASSOCIATION BETWEEN CENTRAL OBESITY AND FATTY LIVER
IMAGING ON ABDOMINAL USG IN POLYCLINIC BANK INDONESIA
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Abstract

Central obesity is associated with the development of fatty liver and liver inflammation. Indonesia has the highest prevalence of Non-Alcoholic Fatty Liver Disease (NAFLD) in south east Asia (30%), the same prevalence was reported in DKI Jakarta province. The aim of this study was to determine the association of central obesity with abdominal ultrasonography imaging of fatty liver in Polyclinic Bank Indonesia from August – September 2017. A cross-sectional study was conducted on August - September 2017. The inclusion criteria were centrally obese patients undergoing abdominal ultrasonography (USG) imaging of the abdomen with focus on liver abnormalities. Central obesity was assessed using anthropometric measurements consist of body mass index and waist circumference. Fatty Liver was confirmed by abdominal Ultrasonography, which are represented by hyperechoic and bright liver imaging. Sample were obtained using a fixed exposure sampling technique resulting in 42 subjects. The association between the two categorical variables were analyzed by Chi-Square test using the Statistical Product and Service Solution 21.0 (SPSS 21.0) From 42 subjects, fatty liver was found on 31 subjects. 26 subjects (61,9%) were found to have central obesity and fatty liver. There were significant association between central obesity and fatty liver imaging on Abdominal USG ($p: 0,003$). Prevalence Odds Ratio (POR) showing a 9,1fold increase possibility for centrally obese subjects to have fatty liver. Central Obesity is associated with fatty liver.

Keywords: fatty liver, body mass index, waist circumference central obesity, ultrasonography