

GAMBARAN KADAR ZAT BESI PADA URINE PENDERITA THALASEMIA Di RSUD CIAMIS¹

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INTISARI

Thalasemia merupakan penyakit hemolitik kronis dengan gejala utama anemia dan memerlukan transfusi darah berulang. Transfusi darah berulang dan peningkatan absorpsi besi di usus sebagai akibat eritropoeisis yang tidak efektif pada penderita thalassemia sehingga menyebabkan penimbunan besi. Peningkatan jumlah zat besi dalam tubuh, sehingga melebihi kemampuan transferin (protein pengikat zat besi) akan menimbulkan zat besi bebas yang bersifat toksik bagi tubuh. Tujuan penelitian ini adalah untuk mengetahui kadar zat besi pada urine penderita thalasemia di RSUD Ciamis. Metode yang digunakan yaitu metode deskriptif, dengan jumlah sebanyak 30 sampel. Hasil pemeriksaan kadar zat besi pada urine penderita thalassemia di RSUD Ciamis menunjukkan 20 orang (66,6%) memiliki kadar zat besi tinggi atau melewati batas toksisitas (Perempuan : < 2000 µg/hari dan Laki-laki < 1000 µg/hari) dan 10 orang (33,4%) memiliki kadar zat besi normal. Dengan kadar Fe tertinggi 10.466 µg/hari dan kadar Fe terendah 624 µg/hari.

Kata Kunci : Kadar Zat Besi, Urine, Thalasemia
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DESCRIPTION OF IRON LEVELS IN THE URINE OF THALASSEMIA PATIENTS AT CIAMIS HOSPITAL¹

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ABSTRACT

Thalassemia is a chronic hemolytic disease with the main symptom of anemia and requires repeated blood transfusions. Repeated blood transfusions and increased absorption of iron in the intestines as a result of ineffective erythropoiesis in thalassemia patients cause iron accumulation. An increase in the amount of iron in the body, so that it exceeds the ability of transferrin (iron binding protein) will cause free iron which is toxic to the body. The purpose of this study was to determine iron levels in the urine of thalassemia patients at Ciamis Hospital. The method used is descriptive method, with a total of 30 samples. The results of the examination of iron levels in the urine of thalassemia patients at Ciamis Hospital showed that 20 people (66,6%) had high iron levels or exceeded the toxicity limit (Females: < 2000 µg/day and Men < 1000 µg/day) and 10 people (33,4%) had normal Fe levels. With the highest Fe content of 10.466 µg/day and the lowest Fe content of 624 µg/day.

Keywords : Iron Levels, Urine, Thalassemia
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