HUBUNGAN USIA,HIPERTENSI DAN RIWAYAT PENYAKIT DIABETES MELITUS TIPE II DENGAN KEJADIAN *BENIGN PROSTATIC HYPERPLASIA* (BPH) DI RUMAH SAKIT ROYAL PRIMA MEDAN

Renjiro Howuhowu Telaumbanua[1], Ade Indra Mukti[2], Ermi Girsang[3]

Fakultas Kedokteran, Kedokteran gigi dan Ilmu Kesehatan, Universitas Prima Indonesia

PUI Phyto Degenerative & Lifestyle Medicine, Universitas Prima Indonesia, Medan 20118, Indonesia

E-mail : renjirotelaumbanua1304@gmail.com, indra2885@yahoo.com

ABSTRAK

Latar Belakang: Istilah Benign Prostatic Hyperplasia atau BPH merupakan kondisi hiperplasia sel stroma dan sel epitel kelenjar prostat pada laki-laki. BPH adalah masalah kesehatan yang biasa dijumpai pada 1 dari 3 pria pada usia lebih dari 50 tahun.Laki laki yang mengalami BPH biasanya akan mengalami gejala LUTS atau Lower Urinary Tract Syndrome dimana muncul dorongan ingin berkemih secara tiba-tiba,sering buang air kecil pada malam hari,dan ketika sudah berkemih masih merasa kandung kemih belum kosong sepenuhnya,dimana gejala ini akan mengganggu produkvitas orang yang mengalaminya. **Tujuan:** Tujuan penelitian ini adalah untuk mengetahui Hubungan Usia, Riwayat Hipertensi Dan Diabetes Melitus Tipe II terhadap kejadian Benign Prostatic Hyperplasia(BPH) Di Rumah Sakit Royal Prima Medan. **Metode:** Penelitian ini menggunakan metode observasional analitik dengan menggunakan rancangan penelitian cross sectional yaitu penelitian yang dilakukan secara pada satu waktu dan mengumpulkan data secara simultan yang digunakan untuk mencari hubungan antara variabel independen (Usia, Hipertensi, DM Tipe II) dengan variabel dependen (BPH). Penyajian data meliputi analisis multivariat,bivariat (Chi-square) dan multivariat (Logistic regression). **Hasil:** Dari hasil penelitian diperoleh bahwa mayoritas pasien BPH berada pada kelompok usia 51–60 tahun sebanyak 29 (46%) orang dan 61–70 tahun sebanyak 22 (34,9%) orang (p=0,000), pasien BPH yang memiliki riwayat hipertensi sebanyak 45 (71,4%) orang (p=0,023), sedangkan pasien BPH dengan riwayat DM tipe II sebanyak 38 (60,3 %) orang (p=0,03).Melalui hasil analisis multivariat didapatkan nilai Odds Ratio (OR) pada masing masing variabel independen (Usia,Hipertensi,Diabetes Melitus Tipe II) adalah OR = (1,6; 2,8; 2,5) yang menujukan bahwa dengan adanya ketiga variabel.**Kesimpulan:** Terdapat hubungan antara usia,riwayat hipertensi dan diabetes melitus tipe II dan secara simultan memberikan kontribusi terhadap kejadian BPH.

Kata Kunci : Benign Prostatic Hyperplasia (BPH), Usia, Hipertensi,Diabetes Melitus Tipe II.

RELATIONSHIP BETWEEN AGE, HYPERTENSION AND HISTORY OF TYPE II DIABETES MELLITUS WITH THE INCIDENCE OF BENIGN PROSTATIC HYPERPLASIA (BPH) AT ROYAL PRIMA HOSPITAL MEDAN

Renjiro Howuhowu Telaumbanua[1], Ade Indra Mukti[2], Ermi Girsang[3]

Faculty of Medicine, Dentistry and Health Sciences, Prima Indonesia University

PUI Phyto Degenerative & Lifestyle Medicine, Universitas Prima Indonesia, Medan 20118, Indonesia

E-mail: renjirotelaumbanua1304@gmail.com, indra2885@yahoo.com

ABSTRACT

Background: *The term Benign Prostatic Hyperplasia or BPH is a condition of hyperplasia of stromal cells and epithelial cells of the prostate gland in men. BPH is a health problem commonly found in 1 in 3 men over the age of 50. Men who experience BPH will usually experience symptoms of LUTS or Lower Urinary Tract Syndrome where there is a sudden urge to urinate, frequent urination at night, and when urinating still feel the bladder is not completely empty, where these symptoms will interfere with the productivity of people who experience it.* **Purpose:** *The purpose of this study was to determine the Relationship of Age, History of Hypertension and Type II Diabetes Mellitus to the incidence of Benign Prostatic Hyperplasia (BPH) at Royal Prima Hospital Medan.* **Method:** *This study uses an analytical observational method using a cross-sectional research design, namely research conducted at one time and collecting data simultaneously which is used to find the relationship between independent variables (Age, Hypertension, Type II DM) with the dependent variable (BPH). Data presentation includes multivariate, bivariate (Chi-square) and multivariate (Logistic regression) analysis.* **Results:** *From the results of the study, it was found that the majority of BPH patients were in the age group of 51–60 years as many as 29 (46%) people and 61–70 years as many as 22 (34.9%) people (p = 0.000), BPH patients who had a history of hypertension as many as 45 (71.4%) people (p = 0.023), while BPH patients with a history of type II diabetes were 38 (60.3%) people (p = 0.03). Through the results of multivariate analysis, the Odds Ratio (OR) value for each independent variable (Age, Hypertension, Type II Diabetes Mellitus) was OR = (1.6; 2.8; 2.5) which shows that with the presence of the three variables.* **Conclusion:** *There is a relationship between age, history of hypertension and type II diabetes mellitus and simultaneously contributes to the incidence of BPH.*

Keywords: Benign Prostatic Hyperplasia (BPH), Age, Hypertension, Type II Diabetes Mellitus.