

Lower Uric Acid Levels in Subjects Consuming Coffee compared to Not Consuming Coffee

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Abstract—Uric acid as the nitrogen compounds produced from catabolism purine from both diet endocemous invactorie: medidis. deoxyribonucleic acid). One of the factors that can increase uric acid levels is the factor of excessive purine intake. The habit of consuming coffee can reduce levels of uric acid because the content of polyphenol compounds in coffee such as chlorogenic acid can inhibit the activity of the enzyme zanthine exidese, thereby reducing levels of uric acid. The purpose of study was to determine differences in uric acid levels between subjects who consumed coffee and did not consume coffee in the Eastern Puskesmas area in 2018. This study included an analytical study with research design cross-sectional. The number of study subjects was 46 subjects aged 45-54 years. Spectrophotometer Rayto measured the level of uric acid in the blood, data on the history of rout and consumption habits were obtained using an observation sheet. Data analysis used test Manu-Whitney. There were differences in uric acid levels between subjects who consumed coffee and did not consume coffee in the East Rim Health Center area in 2018, the uric acid level of subjects who consumed coffee was lower than subjects who did not consume coffee (C1 95% 6.20, 7.80; p =0.001). Uric acid levels of subjects who consume coffee are lower than subjects who do not consume coffee, and coffee can be used as a non-pharmacological alternative treatment and prevention of Gout.

Keywords: Unic acid levels, coffee, coffee consumption

I. INTRODUCTION

Uric acid is the final product of purine metabolism that comes from metabolism in the body or factors endogenous (genetic) and comes from outside the body or factors exogenous (food sources). Every living thing produces uric acid as a result of cell metabolic processes that function to maintain survival. Uric acid is excreted in the kidneys (70%) and gastrointestinal tract (30%). The level of uric acid in the blood depends on the balance of production and excretion. Purine turnover occurs continuously along with the synthesis and decomposition of RNA and DNA so

that although there is no purine intake, uric acid is still formed in substantial amounts. Excessive increase in uric acid is also caused by the excess formation of uric acid in the body or obstruction of uric acid removal by the body. Increased levels of uric acid in the blood are called hyperuricemia [1].

Hyperuricemia is caused by two things, because of the formation of excessive uric acid or due to a decrease in uric acid secretion. The kidneys work to regulate the stability of uric acid levels in the body where some of the remaining uric acids are removed through urine. Excessive uric acid and the kidney is no longer able to regulate its stability so that uric acid will accumulate in the tissues and joints. High uric acid levels will cause severe pain, especially in the joint area. Hyperuricemia that is not treated causesexcessive uric acid in the blood, causing a buildupof uric acid crystals. Uric acid crystals will damage the coronary endothelium (inner lining of blood vessels). If the crystal is in the joint fluid, it will cause Gout 121.

The prevalence of joint disease based on a diagnosis of health workers in Indonesia is 11.9% and based on diagnosis or symptoms 24.7%. The prevalence based on the diagnosis of health workers was highest in Bali (19.3%), followed by Aceh (18.3%), West Java (17.5%), and Papua (15.4%). The prevalence of joint disease based on the diagnosis of health workers or symptoms was highest in East Nusa Tenggara (33.1%), followed by West Java (32.1%), and Bali (30%). Based on data from the Bengkulu City Health Office, the number of arthritis in the city of Bengkulu is quite high and is included in the ten diseases that suffer most from the people of Bengkulu City [3].

Gout disease as a disease of purine metabolic disorders characterized by hyperuricemia and repeated attacks of acute synovitis. The incidence of Gout is 1-2%, especially in the age of 40 years and 20 times more often in men than in women. Gout is indeed many men who are caused by age, decreased kidney function, and other health problems, but after 50 years of age, women are also

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