

BAB VII

PENUTUP

7.1 Kesimpulan

Pada penelitian ini didapatkan hubungan antara kadar trigliserida dalam darah dengan kejadian *Acne vulgaris*, dimana kadar trigliserida yang meningkat (> 150 mg/dL) dikaitkan dengan peningkatan insidensi *Acne vulgaris* dibandingkan dengan kadar trigliserida normal.

7.2 Saran

7.2.1 Bagi Masyarakat

Diharapkan masyarakat khususnya yang menderita *acne vulgaris* untuk dapat menjaga dan menyeimbangkan pola diet yang baik sehingga dapat mencegah atau memperburuk terjadinya *acne vulgaris*.

7.2.2 Bagi Peneliti

Bagi peneliti yang ingin atau akan meneliti hubungan kadar trigliserida dalam darah dengan terjadinya *acne vulgaris* pada dewasa muda , sebaiknya :

Diharapkan dapat melakukan pengukuran kadar trigliserida sebum untuk mengevaluasi apakah peningkatan kadar trigliserida sebum sebanding dengan kadar trigliserida darah.

7.2.3 Bagi Dunia Kedokteran

Diharapkan hasil penelitian ini dapat dipertimbangkan sebagai salah satu patogenesis terjadinya *acne vulgaris*.

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