

BAB 6

KESIMPULAN DAN SARAN

6.1. Kesimpulan

Berdasarkan hasil penelitian mengenai Korelasi Derajat Hipertensi dengan Profil Lipid pada Pasien Diabetes Melitus yang dilaksanakan di Klinik Abdi Mulia Kota Satelit Surabaya, dapat disimpulkan sebagai berikut:

1. Pasien diabetes dengan jenis kelamin perempuan lebih banyak dibandingkan dengan laki-laki.
2. Pasien diabetes terbanyak ada pada rentang usia 40 – 59 tahun.
3. Tidak terdapat korelasi antara derajat hipertensi dengan kadar kolesterol total.
4. Terdapat korelasi antara derajat hipertensi dengan kadar trigliserida.
5. Terdapat korelasi antara derajat hipertensi dengan kadar HDL-C.
6. Tidak terdapat korelasi antara derajat hipertensi dengan kadar LDL-C.

6.2. Saran

6.2.1. Bagi Tempat Penelitian dan Institusi Pendidikan

Peneliti menyarankan untuk diadakannya seminar dan pemasangan poster mengenai keterkaitan antara diabetes, hipertensi, dan dislipidemia. Diharapkan dengan adanya seminar ini, dapat meningkatkan kewaspadaan terhadap diabetes, hipertensi, dan dislipidemia.

6.2.2. Bagi Peneliti Selanjutnya

Peneliti merekomendasikan kepada peneliti selanjutnya untuk meneliti lebih dalam mengenai *small-dense-LDL-C* dan korelasinya dalam kejadian penyakit diabetes, hipertensi, dan dislipidemia.

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