

ABSTRAK

RELATIONSHIP BETWEEN DIET PATTERNS AND INCREASED URIC ACID LEVELS IN ADULTS

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Background : Uric acid is part of purine metabolism, but if uric acid metabolism is not normal, uric acid crystals can accumulate in the joints, which can cause quite severe pain. The global prevalence of gout has reached 34.2%. As a developed country, the United States has a gout prevalence rate of 26.3% of its total population (WHO, 2018). In Indonesia, the prevalence of gout based on medical diagnosis reaches 7.3%, while the prevalence of gout based on diagnosis or symptoms reaches 24.7%. The causes of increased uric acid levels can be influenced by several factors such as a high-purine diet, excessive alcohol consumption, cell changes or cell death caused by tumors or cytotoxic drugs, purine metabolism disorders caused by genetic factors, impaired kidney function that causes reduced uric acid clearance, uric acid damage, and others. **Method :** This study uses an analytical observational method with a cross-sectional approach. **Objective :** To determine the relationship between diet and increased uric acid levels in adulthood. **Results :** A significant relationship was found between diet and increased uric acid levels (p-value 0.002). **Conclusion :** Poor diet (consumption of foods high in purine, fat and excessive sugar) contributes to increased uric acid levels.

Keywords : Diet, Uric Acid, Adult Age.

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