

ABSTRACT

Gout arthritis in Indonesia occupies the second rank after Osteoarthritis (OA) rheumatic disease. Gout is one type of arthritis caused by high levels of uric acid in blood. The objective of this study is to determine the relationship between consumption level of protein, fat, and carbohydrate with blood's uric acid level in patients with gout arthritis.

The research was a cross sectional study conducted by using observational method. The population of this study was all out-patients in Neurosurgery Clinic at HAJI Public Hospital Surabaya. Applying accidental sampling method, the total samples obtained were 20 patients. Data were collected through interviews using questionnaires and forms; *eating habits, food frequency, and food recall*. Data were analyzed using descriptive analysis to get frequency distribution and cross tabulation. Strength and weakness of the relationship was decided from contingency coefficient.

Results of this study shown that there was a weak correlation between consumption level of protein, fat, and carbohydrate to the increasing of uric acid levels in blood. Most of patients with gout arthritis experienced hiperurisemia which is equal to 65%. From those patients who have gout arthritis, it was known that 30% of patients consumed excessive levels of protein experienced hiperurisemia ($c=0,275$), 45% of patients consumed excessive levels of fat experienced hiperurisemia ($c=0,344$), and 50% of patients consumed excessive levels of carbohydrate experienced hiperurisemia ($c=0,313$).

Conclusion that can be drawn from this study is high consumption of protein, fat, and carbohydrate tends to cause excessive hiperurisemia, although the statistics show a weak correlation.

Keywords: Consumption level of protein, fat, and carbohydrate, blood's uric acid levels, gout arthritis.