FOLIA MEDICA
INDONESIANA

Vol. 44 No. 2 April - June 2008

TGF-1 AS THE TRIGGER OF PULP FIBROBLAST PROLIFERATION
(Sri Kurniati)

DIFFERENCE IN CYCLOOXYGENASE-2 (COX-2) EXPRESSION BETWEEN LOW AND HIGH GRADE PAPILLARY CARCINOMA IN HUMAN BLADDER CANCER
(Yuliastri DR, Hartojo Wijoto S, Djatisoekarto W, Soemarno T)

DETECTION OF CYTOKERATIN 19 mRNA IN BLOOD AS AN EARLY MARKER OF MICROMETASTATIC TUMOR CELLS OF NASOPHARYNGEAL CARCINOMA PATIENTS IN SURABAYA
(Harianto Notopuro, Widodo A Kentjona, Reha Handajani, Francisca Notopuro)

PCR TECHNIQUE DETECTION OF CHLAMYDIA TRACHOMATIS DNA BAND USING SILVER NITRATE STAINING
(Rebekah J Setaabudi, Manik Retno W, Nurul Wiqoyah)

CHANGE OF CD4 COUNT, HSP70 AND ANTI-HSP70 LEVELS IN HIV PATIENTS
(Nasronudin)

HIV/AIDS PREVALENCE IN SURABAYA, INDONESIA
(Nasronudin, Yayuk Susilawati, Alika)

TREATMENT RESPONSE AND ACUTE TOXICITY EVALUATION OF 70 GRAY RADIATION IN NASOPHARYNGEAL CARCINOMA PATIENTS IN DR SOETOMO HOSPITAL, SURABAYA
(Nyoman Satya, H. Sugianto Suwintodihardjo)

PHARMACODYNAMIC EFFECTS OF LIGUSTROSIDE GLYCOSIDE (A CNS ACTIVE SUBSTANCE) ISOLATED FROM FRAXINUS GRAFFITII Clarke AGAINST CHEMICALLY INDUCED SEIZURES ON MICE
(Achmad Bason)

MANAGEMENT OF ACUTE GLomerulonephritis IN A CHILD WITH ISCHEMIC STROKE AND HYPERTENSIVE CRISIS
(Prasetya Indra Gunawan, Ninik Asmaningsih Soemiarso, Muhammad Sjaifullah Noer, Darto Saharsa)

EFFICACY OF ORLISTAT PLUS DIET COMPARED TO DIET ALONE IN REDUCING BODY WEIGHT AND BODY MASS INDEX
(Hadiq Firdaus)

Review Article:
PATHOGENESIS OF REPEATED ABORTION IN POLYCYSTIC OVARIAN SYNDROME (PCOS)
(Ansara Wiyasa IW)

Review Article:
PROTEIN CALORIE MALNUTRITION AND IMMUNE RESPONSE IN CHILDREN
(Roedi Irawan)

Review Article and Clinical Experience:
VARENICLINE (CHAMPIX®): A BREAKTHROUGH FOR SMOKING CESSION TREATMENT
An α4β2 Nicotinic Acetylcholine Receptor Partial Agonist
(Askandar Tjokroprawiro)

International Online Distribution by ProQuest™
www.proquest.com

<p>| Folia Medica Indonesiana | Vol. 44 | No. 2 | Page 67-131 | Surabaya Apr-Jun 2008 | ISSN 0303-7932 |</p>
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TGF-β1 AS THE TRIGGER OF PULP FIBROBLAST PROLIFERATION</td>
<td>67 - 70</td>
</tr>
<tr>
<td>2</td>
<td>DIFFERENCE IN CYCLOOXYGENASE-2 (COX-2) EXPRESSION BETWEEN LOW AND HIGH GRADE PAPILLARY CARCINOMA IN HUMAN BLADDER CANCER</td>
<td>71 - 75</td>
</tr>
<tr>
<td>3</td>
<td>DETECTION OF CYTOKERATIN 19 MRNA IN BLOOD AS AN EARLY MARKER OF MICROMETASTATIC TUMOR CELLS OF NASOPHARYNGEAL CARCINOMA PATIENTS IN SURABAYA</td>
<td>76 - 81</td>
</tr>
<tr>
<td>4</td>
<td>PCR Technique Detection of Chlamydia Trachomatis DNA Band Using Silver Nitrate Staining</td>
<td>82 - 85</td>
</tr>
<tr>
<td>5</td>
<td>Change of Cd4 Count, Hsp70 and Anti-Hsp70 Levels in Hiv Patients</td>
<td>86 - 92</td>
</tr>
<tr>
<td>6</td>
<td>HIV/AIDS PREVALENCE IN SURABAYA, INDONESIA</td>
<td>93 - 97</td>
</tr>
<tr>
<td>7</td>
<td>Treatment Response and Acute Toxicity Evaluation of 70 Gray Radiation in Nasopharyngeal Carcinoma Patients in Dr Soetomo Hospital, Surabaya</td>
<td>98 - 101</td>
</tr>
<tr>
<td>8</td>
<td>Pharmacodynamic Effects of Ligustroside Glycoside (A Cns Active Substance) Isolated from Fraxinus Graffithii Clarke Against Chemically Induced Seizures on Mice</td>
<td>102 - 106</td>
</tr>
<tr>
<td>9</td>
<td>Management of Acute Glomerulonephritis in A Child with Ischemic Stroke and Hypertensive Crisis</td>
<td>107 - 110</td>
</tr>
<tr>
<td>10</td>
<td>Efficacy of Orlistat Plus Diet Compared to Diet Alone in Reducing Body Weight and Body Mass Index</td>
<td>111 - 114</td>
</tr>
<tr>
<td>11</td>
<td>Review Article: Pathogenesis of Repeated Abortion in Polycystic Ovarian Syndrome (Pcos)</td>
<td>115 - 118</td>
</tr>
<tr>
<td>12</td>
<td>Review Article: Protein Calorie Malnutrition and Immune Response in Children</td>
<td>119 - 126</td>
</tr>
<tr>
<td>13</td>
<td>Review Article and Clinical Experience: VARENICLINE (CHAMPIX®) : A BREAKTHROUGH FOR SMOKING CESSATION TREATMENT (An Î±4Î²2 Nicotinic Acetylcholine Receptor Partial Agonist)</td>
<td>127 - 131</td>
</tr>
</tbody>
</table>
**Abstract**

Obesity and overweight play an important role in the increasing incidence of metabolic syndrome. The incidence and prevalence continue to rise in Indonesia. Management of obesity and overweight comprises diet, lifestyle, pharmacotherapy, and surgery. Excess of calorie intake is the most significant component, so diet therapy has the important role. Orlistat is a potent and selective inhibitor of gastrointestinal lipases thereby prevents the digestion and absorption up to 30% of ingested dietary fat. The study enrolled overweight and obese subjects without risk factor for cardiovascular diseases for 12 weeks follow up. The objective of this study was to investigate the efficacy of orlistat 120 mg tid plus diet compared with diet alone in reducing body weight and body mass index among subjects with BMI ≥ 25 kg/m², male 21-45 years, female 21-55 years without cardiovascular risk factors (DM, BP > 140/90, HDL < 40 mg/dl, CHD, smoker) will be randomized to receive diet alone (control group) or orlistat plus diet (treatment group) for 12 weeks. It was found that during 12 weeks period, treatment group lost body weight (mean) 3.750 ± 1.997 kg and body mass index (mean) 1.535 ± 0.857 kg/m². Control group lost body weight (mean) 1.795 ± 2.212 kg and body mass index mean 0.526 ± 1.127 kg/m². There was significant difference in body weight (p= 0.006) and BMI (p=0.04) between two groups. Diet compliance of control group and treatment group was poor. Side effects of orlistat were fatty/oily stool, flatus with discharge and oily evacuation but they are tolerable. In conclusion, orlistat is effective in reducing body weight and body mass index as conjunction with diet therapy in overweight and obese management.

**Daftar Pustaka :**