

ABSTRAK

Diabetes melitus (DM) tipe 2 adalah penyakit metabolik kronis dengan kadar gula darah tinggi (hiperglikemia) akibat gangguan produksi atau kerja insulin, yang menurunkan sistem imun dan meningkatkan risiko infeksi oportunistik seperti kandidiasis oral. Infeksi ini umumnya disebabkan oleh *Candida albicans*, jamur oportunistik yang dapat ditemukan di rongga mulut. Penelitian pada Juli–Agustus 2025 di Rumah Perawatan Luka Diabetes (RUMAT) Jakarta Timur bertujuan mendeteksi keberadaan *Candida albicans* pada swab mukosa mulut penderita DM tipe 2 dan menganalisisnya berdasarkan usia, jenis kelamin, serta lama menderita DM.

Metode penelitian deskriptif dengan purposive sampling pada 20 sampel. Pemeriksaan dilakukan dengan natrium klorida (NaCl) 0.9%, kultur *Sabouraud Dextrose Agar* (SDA), pewarnaan *Lactophenol Cotton Blue* (LPCB), dan uji *Germ Tube*.

Hasil menunjukkan 9 sampel (45%) positif *Candida albicans*; infeksi lebih banyak pada lansia (25%), laki-laki (40%), dan penderita DM >5 tahun (40%). Kesimpulan: prevalensi *Candida albicans* pada penderita DM tipe 2 di RUMAT cukup tinggi sehingga pemeriksaan dan edukasi kebersihan mulut perlu ditingkatkan.

Kata Kunci : *Candida albicans*, swab mukosa mulut, diabetes melitus tipe 2
Kepustakaan : 41
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ABSTRACT

Type 2 Diabetes Mellitus (DM) is a chronic metabolic disease characterized by high blood sugar levels (hyperglycemia) due to impaired insulin production or function. This condition lowers the immune system and increases the risk of opportunistic infections such as oral candidiasis. This infection is commonly caused by Candida albicans, an opportunistic fungus naturally found in the oral cavity. Research conducted from July to August 2025 at the Diabetes Wound Care Clinic (RUMAT) in East Jakarta aimed to detect the presence of Candida albicans from oral mucosal swabs of type 2 DM patients and analyze it based on age, gender, and duration of DM.

The study used a descriptive method with purposive sampling of 20 samples. Examination was performed using 0.9% sodium chloride (NaCl), culture on Sabouraud Dextrose Agar (SDA), Lactophenol Cotton Blue (LPCB) staining, and a Germ Tube test.

The results showed that 9 samples (45%) were positive for Candida albicans. Infection was more prevalent among the elderly (25%), males (40%), and those who had DM for more than 5 years (40%). Conclusion: The prevalence of Candida albicans in type 2 DM patients at RUMAT is quite high, indicating a need for enhanced oral hygiene examination and education.

Keywords : Candida albicans, oral mucosal swab, Type 2 diabetes mellitus

References : 41

Year Range : 2015-2024