Abnormal LFTs- a pragmatic guide

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OUHT
Abnormal LFTs

- Why the new guidance?
- Walk through flow chart
- A few tips...
Why the new guidance?

Adult BMI status by sex
Health Survey for England 2010-2012

Movements in mortality 1971-2007 (Deaths per million of population)

- Liver
- Diabetes
- Cancer
- Respiratory
- Road
- Heart
- Stroke

Year

Men

Women
Guidelines Summary: Incidental Finding of Abnormal Liver Function Tests


*For components of chronic liver disease screen and metabolic syndrome, please refer to text
Chronic Liver Disease Screen

- **Viral**
  - HepB sAg
  - HCV Ab

- **Autoimmune**
  - Immunoglobulins
  - ANA
  - Liver autoantibodies
    - AMA
    - ASMA
    - ALKMA
  - (Coeliac serology)

- **Metabolic**
  - Ferritin
  - Caeruloplasmin (if <40yr)
  - (α1AT level)

- **Abdominal ultrasound**
Tips

• Please add AST when repeating LFTs
• NAFLD Fibrosis score (www.nafldscore.com)
• Think dual pathology
• Metabolic syndrome
  – Obesity
  – IR/DM
  – HT
  – Dyslipidaemia
• Statins are not contraindicated in liver disease – please prescribe if cardiovascular risk factors warrant it
• We’re here to help!