



CENTER FOR DIGESTIVE HEALTH & NUTRITION  
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## Abnormal Liver Function Blood Tests

Liver function tests (LFTs) are a series of blood tests that provide information about the state of a patient's liver. These tests measure the levels of certain enzymes and proteins in the blood, which can help identify liver disease or damage. However, interpreting these results can be complex, as a variety of conditions and factors can cause abnormal results.

Common causes of abnormal liver function tests include viral hepatitis (Hepatitis A, B, and C), alcohol-related liver disease, certain medications, obesity, and non-alcoholic fatty liver disease. Other conditions, such as celiac disease, thyroid disorders, and Wilson's disease, can also cause abnormal liver function tests.

The liver function tests typically include measurements of enzymes such as alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase (ALP), and gamma-glutamyl transferase (GGT), as well as substances such as bilirubin and albumin. *An increase in ALT and AST levels can indicate liver cell damage, while high levels of ALP and GGT may suggest a blockage in the bile ducts.* High bilirubin levels can cause jaundice, yellowing the skin and eyes. Low albumin levels can suggest chronic liver disease.



It's important to note that these tests alone cannot diagnose a specific condition; they can only suggest that there may be a problem with the liver. Further tests may be needed to identify the exact cause of the abnormal results.

In conclusion, liver function tests are crucial in diagnosing and monitoring liver disease. Understanding the common causes of abnormal results and how to interpret them can help individuals better manage their liver health.

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The Center for Digestive Health & Nutrition is a private medical practice comprised of experienced Gastroenterologists, Nurse Practitioners, and staff members dedicated to preventing and treating digestive disorders. Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977, having cared for tens of thousands of individuals with digestive problems. Our mission is to deliver high-quality gastroenterology services efficiently and cost-consciously. We realize the very sensitive nature of GI illness and understand the necessity to provide our services in an environment that stresses patient privacy and confidentiality and where patient satisfaction is the goal. Appointments can be conveniently scheduled online via our website above. Learn more about digestive issues on Instagram @thedigestivetract

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DISCLAIMER: The information on this website is to provide general information. The information on this website does NOT reflect definitive medical advice, and self-diagnoses should not be made based on information obtained online. It is important to consult a physician for a consultation and examination regarding ANY and ALL symptoms or signs as they may signify a serious illness or condition. An accurate diagnosis and treatment plan should only be made by a qualified doctor to exclude a serious condition.