

Abnormal LFTs- a pragmatic guide

Jeremy Cobbold

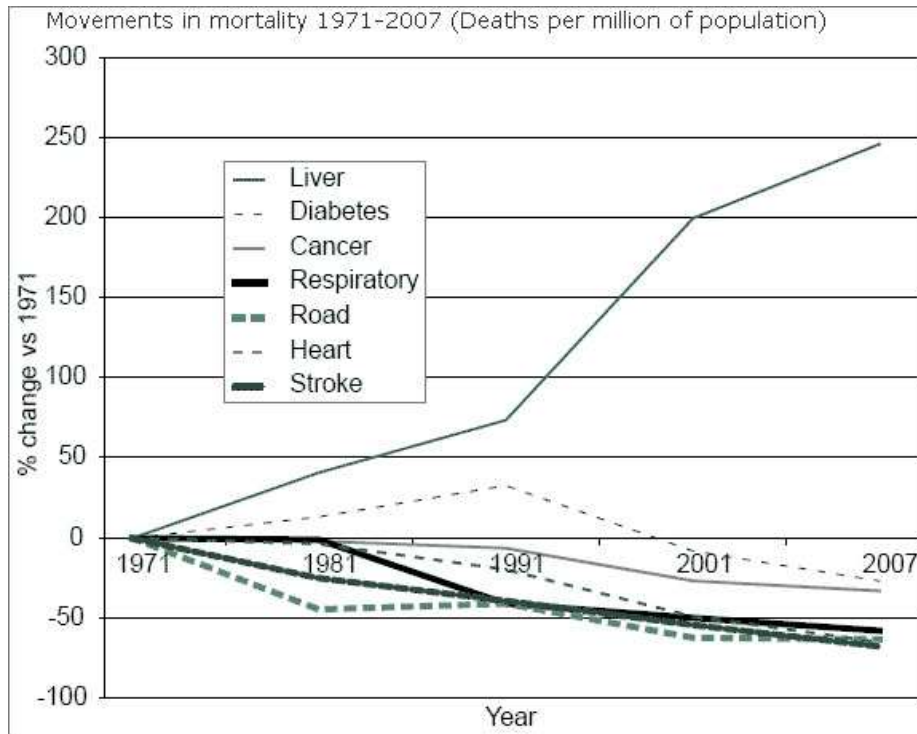
Consultant Hepatologist

OUHT

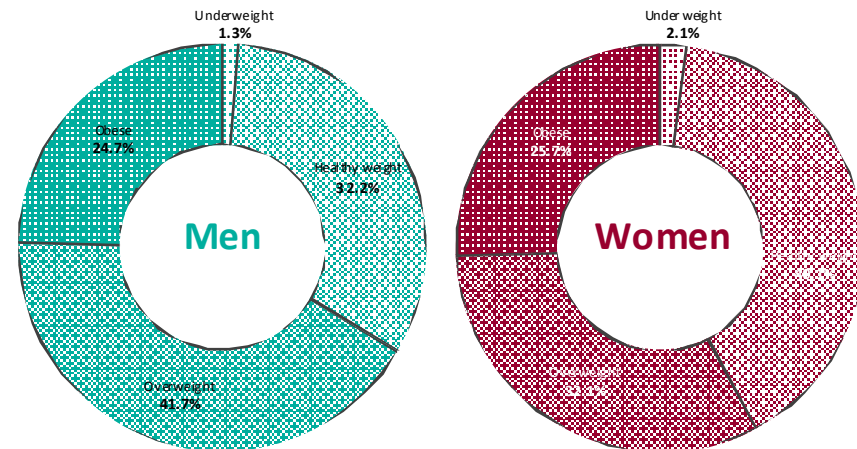
Abnormal LFTs

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

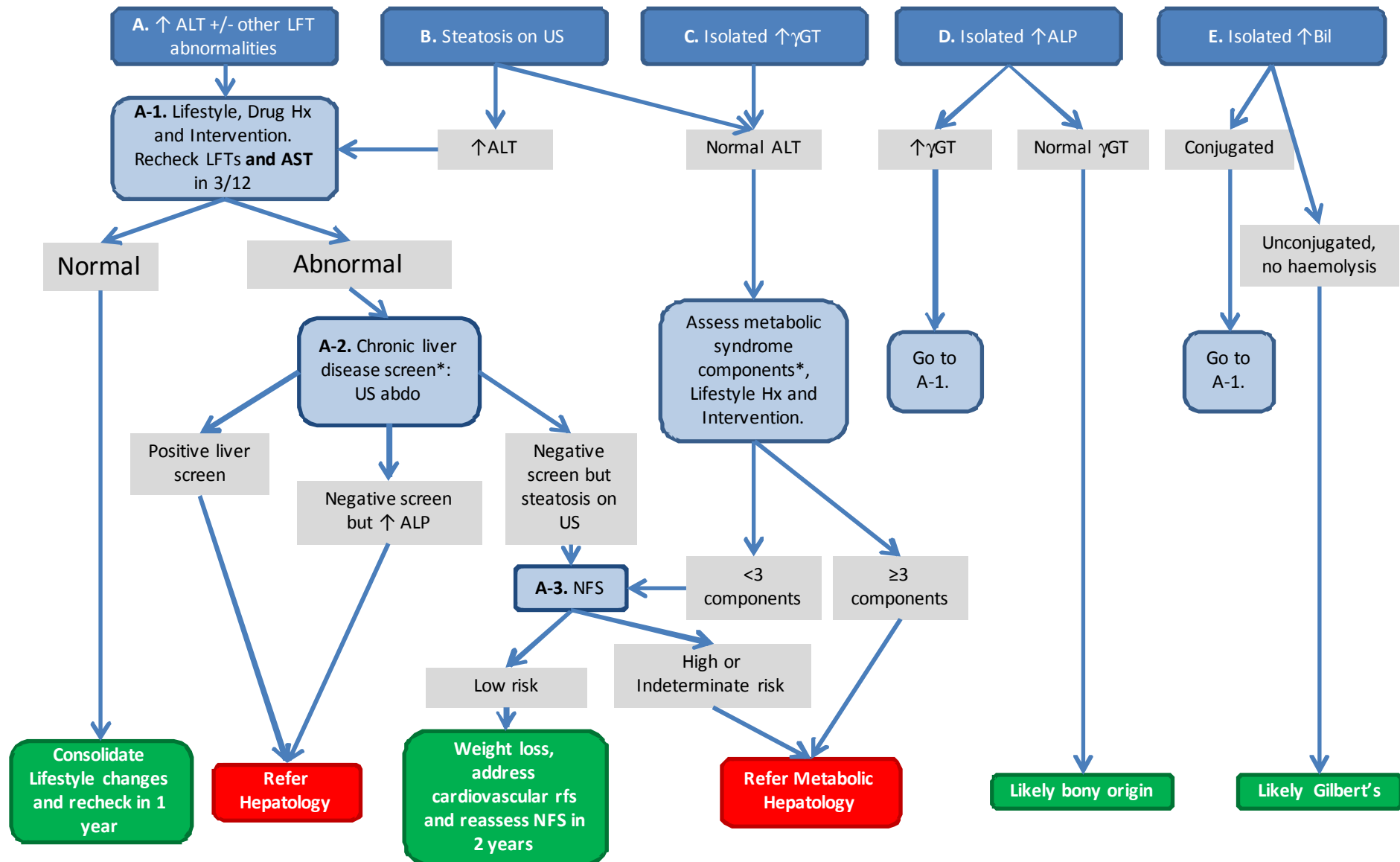
Why the new guidance?



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



Guidelines Summary: Incidental Finding of Abnormal Liver Function Tests



Red Flags: 1. Jaundice 2. Hepatomegaly/irregular liver 3. Splenomegaly 4. Low platelets 5. Low albumin/Prolonged PT

*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)
 - (α 1AT level)
- **Abdominal ultrasound**

Tips

- Please add AST when repeating LFTs
- NAFLD Fibrosis score (www.naflscore.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!