

# Liver Health Testing

Your liver is a vital organ responsible for 500+ daily functions. This guide is a tool to help better understand the key tests that help monitor liver health.



**Whether you're managing liver health or monitoring your wellness, liver tests are important to help you act early and stay on track.**

## Liver Function Tests (LFT):

LFTs are a series of blood tests that are used to help determine the health of your liver and your bile ducts. The most common LFTs include:

- **Alanine Aminotransferase (ALT) and Aspartate Aminotransferase Tests (AST):** These enzymes are released into the blood when liver cells are injured. Elevated levels generally suggest liver inflammation or damage. ALT is a slightly more liver-specific, while AST may also come from other organs like muscle or heart.
- **Alkaline Phosphatase Test:** High ALP levels often point to a blockage or issue in the bile ducts.
- **Bilirubin Test:** Too much bilirubin in the blood can indicate liver dysfunction and may lead to jaundice (yellowing of the skin or eyes).
- **Albumin Test:** This important protein is made by the liver. Low levels could be a sign of chronic or longstanding liver disease.
- **Prothrombin Time Test:** PT measures how quickly your blood clots. A longer clotting time can suggest the liver isn't working as it should.

## Liver Function Test Normal Ranges:

<b>Alanine Aminotransferase (ALT)</b> Females: < 36 U/L Males: < 50 U/L	<b>Aspartate Aminotransferase (AST)</b> < 36 U/L
<b>Alkaline Phosphatase</b> Females: 35-120 U/L Males: 40-145 U/L	<b>Bilirubin Test</b> < 17 umol/L
<b>Albumin Test</b> 35-50 g/L	<b>Prothrombin Time (PT)</b> 9.5 – 14 seconds

## Imaging Tests:

Imaging tests allow visualization of the liver to monitor for growths, scarring, or damage. Common imaging techniques to monitor for the liver include:

- **Ultrasound:** Uses sound waves to create images of the liver and surrounding structures, allowing for monitoring of various liver conditions. The images produced can detect growths, scarring, or blockages to determine the stage of diseases like hepatitis, cirrhosis, or cancer.
- **Computed Tomography (CT):** Provides detailed images of the liver and surrounding structures to assess for growths, injuries, bleeding, and infections. Used often to evaluate conditions like cirrhosis and metabolic dysfunction-associated steatotic liver disease (MASLD), as well as liver cancer.
- **Magnetic Resonance Imaging (MRI):** Produces detailed images of the liver's structure to monitor growths, inflammation, infection, and potential vasculature issues. Assesses the status and stages of liver conditions, such as hepatitis, MASLD, cirrhosis, fibrosis, and liver cancer.
- **FibroScan:** A non-invasive specialized ultrasound that measures liver scarring and stiffness (hardness) and changes in fat buildup in your liver.

## Liver Biopsy:

A liver biopsy is a procedure that takes a small amount of liver tissue for examination. It can determine the cause of liver disease and the level of liver damage (scarring). A biopsy can be performed post-transplant to determine if rejection may be present.

## Questions to Ask Your Doctor About Liver Health Tests:

- If you see abnormal results, what are the next steps?
- How often do I need this test?
- How can I interpret the results?
- What do the numbers mean for my health right now?
- Can this test assess how much my liver is affected?

If you have any questions or are looking for more support, please call our National Toll Free Help Line at 1-800-563-5483.

