

## Isolated Rise in ALT in Asymptomatic Adults

ALT is a sensitive marker of hepatocyte injury.

- However considerable liver injury may be present with **normal transaminase levels**.
- Serum ALT activity varies with age, sex, race, body mass index, acute illness and exercise.
- There is poor correlation between the level of rise of ALT and biopsy findings. A persistently abnormal ALT should have some investigation performed.
- If ALT remains abnormal after a period of observation and first line investigation reveals no clear cause then a referral (biopsy) threshold of >200 can be used.