BLOOD WORK AND TESTS TO DISCUSS FOR MASLD

Understanding which laboratory tests may help identify metabolic dysfunction, liver inflammation, and fibrosis risk.

CORE LIVER ENZYMES

ALT (Alanine Aminotransferase)

- Often elevated in MASLD
- Can indicate liver cell injury
- Mild elevations may still be important

AST (Aspartate Aminotransferase)

- May increase with inflammation
- Higher levels can suggest more advanced disease
- Often interpreted alongside ALT

AST:ALT Pattern

- Provides additional clinical context
- Used alongside symptoms and imaging
- Not diagnostic on its own

METABOLIC HEALTH MARKERS

Fasting Glucose

- Screens for impaired blood sugar regulation
- Elevated levels may indicate metabolic dysfunction

HbA1c

- Measures average blood sugar over approximately 3 months
- Helps identify diabetes or prediabetes

Fasting Insulin

- Can help assess insulin resistance
- Often abnormal before diabetes develops

Lipid Panel

- Includes triglycerides, HDL, LDL, and total cholesterol
- Elevated triglycerides are commonly associated with MASLD

FIBROSIS AND LIVER HEALTH ASSESSMENT

Platelet Count

- Lower values may suggest advancing fibrosis
- Used in several fibrosis scoring tools

Fibrosis Scores

- FIB-4 and other calculators estimate scarring risk
- Combine routine laboratory values

GGT

- May be elevated in metabolic and liver-related conditions
- Provides additional information when interpreted with other tests

Albumin

- Reflects the liver's ability to produce proteins
- Usually remains normal in early MASLD

IMAGING TESTS

Ultrasound

- May identify fat accumulation in the liver

FibroScan® (Transient Elastography)

- Measures liver stiffness
- Helps assess fibrosis and cirrhosis risk

MRI-Based Liver Assessment

- Used in select situations for more detailed evaluation

WHEN TO CONSIDER TESTING

- Elevated liver enzymes
- Type 2 diabetes or prediabetes
- Obesity or central weight gain
- High cholesterol or triglycerides
- Family history of liver disease
- Persistent fatigue or metabolic health concerns

Early detection creates opportunities for **prevention, reversal,** and **long-term liver health.**

Sources: American Association for the Study of Liver Diseases (AASLD) Practice Guidance on MASLD; European Association for the Study of the Liver (EASL) Clinical Practice Guidelines; National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

Educational resource. Not medical advice. If you have concerns, speak with a qualified clinician.