

# Understanding Your Liver Tests

## Alcohol-Associated Liver Disease (ALD)

What your bloodwork may show during liver inflammation and recovery.



### Liver Enzymes (ALT & AST)

- Elevated when liver cells are inflamed
- AST may be higher in alcohol-related injury
- Trends over time matter more than one test



### Bilirubin

- High levels may cause yellowing of skin or eyes
- Reflects how the liver processes waste
- Elevated levels may indicate significant liver stress



### GGT and Alcohol Use

- Often elevated with alcohol exposure
- May reflect recent or chronic alcohol use
- Can decrease with sustained abstinence



### Albumin & INR

- Albumin measures liver protein production
- INR reflects blood clotting function
- Abnormal values may indicate advanced liver stress



**Early intervention and alcohol abstinence can significantly improve liver health.**

Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns. Sources may include major hepatology guidelines.