

WHAT DO LIVER BLOOD TESTS ACTUALLY MEAN?

Understanding common liver blood tests and what they can reveal about liver health.



Why Liver Blood Tests Are Done

- To detect inflammation or liver injury
- To monitor known liver conditions
- To check liver function during routine health exams



Common Liver Enzymes

- **ALT** (Alanine Aminotransferase) – Often rises when liver cells are damaged
- **AST** (Aspartate Aminotransferase) – Can increase with liver injury or inflammation
- Elevated levels may signal liver stress but require further evaluation



Other Important Markers

- **ALP** (Alkaline Phosphatase) – May indicate bile duct problems
- **Bilirubin** – Measures how well the liver processes waste products
- **Albumin** – Reflects the liver's ability to produce proteins



What Abnormal Results Mean

- A single abnormal test does not always mean liver disease
- Doctors look at patterns across multiple tests
- Additional imaging or testing may be needed



Liver blood tests help doctors detect problems before symptoms appear.



Sources: American Association for the Study of Liver Diseases (AASLD) Practice Guidance on MASLD; Health Canada.

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