

Assessment of NAFLD cases and its correlation to BMI and Metabolic syndrome in Healthy Blood Donors in Kerman

Lahsae S¹, Ghazizade A², Yazdanpanah M³, Enhesari A⁴, Malekzadeh R⁵, Khaje pour M⁶

¹ Assistant professor, Department of Gastroenterology, Afzalipoor Hospital, Kerman University of Medical sciences, Kerman, Iran

² Resident of Internal Medicine, Afzalipoor Hospital, Kerman University of Medical scienceS, Kerman, Iran

³ Associate professor , Department of pathology, Afzalipoor Hospital, Kerman University of Medical sciences, Kerman, Iran

⁴ Assistant professor, Department of pathology, Afzalipoor Hospital, Kerman University of Medical scienceS, Kerman, Iran

⁵ Professor, Digestive Disease Research Center, Shariati Hospital, Tehran University of Medical Sciences, Iran

⁶ Researcher, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Hepatitis is a common cause of the morbidity and mortality in Iran and world(1, 2). Alanine aminotransferase (ALT) is a sensitive indicator of liver-cell injury and are helpful in recognizing hepatitis(3). The etiology of an elevated ALT level varies in different population. The aim of study was determination of prevalence of asymptomatic elevated ALT and its etiology in Kerman, Iran. A total of 2002 apparently healthy blood donors invited to participate in this study. The place of enrollment was the Blood Donation Center of Kerman, Iran. Information regarding demographic characteristics, drug history, and alcohol consumption was obtained. An alcohol drinker was defined as subjects with an intake of more than 20 g alcohol per day . A venous blood sample was obtained from each donor and tested for antibody to hepatitis C, hepatitis B surface antigen (HBsAg) and human immunodeficiency virus antibody. ALT levels

> 41 U/L were considered elevated. Nine and 14 donors had HBsAg and Anti-HCV positive respectively and 95 were alcohol drinker and 50 blood donor refused to assess their ALT levels , so we assessed a total of 1839 for serum ALT levels . A total of 378 had elevated ALT(20.5%). In comparison with Tehran study [1959 blood donors were enrolled , 5.1% had elevated ALT levels(> 40 U/L) and Non-alcoholic steatohepatitis was the most common cause of persistently elevated serum ALT](4) , in Kerman , 4 times more had have elevated ALT which needs further evaluation to determine its causes and the reasons for difference in comparison with blood donors in Tehran.

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Corresponding author:

Blood Donation Center, Afzalipoor hospital, Kerman university of medical science, Kerman Iran.

Tel: + 98 341 3222250

Fax: + 98 341 3222763

E-mail: alireza_gh54@yahoo.com

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