

Stop

Chronic liver disease 慢性肝臓病

CLD

ALT over

30

U/L



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第59回
日本肝臓学会総会

奈良宣言2023

ALT > 30 で

かかりつけ医を受診しましょう

The 59th Annual Meeting of the Japan Society of Hepatology (JSH)
Nara Declaration 2023

Visit your family doctor if your ALT >30 (U/L)

Health checkups, etc.

ALT > 30

visit to the family doctor

Positive hepatitis virus test

Suspected viral hepatitis

Complicated by obesity, diabetes, dyslipidemia, and hypertension
Or with fatty liver

Platelet count less than 200,000/mm³
FIB-4 index 1.3 or higher

Suspected fatty liver with liver fibrosis

Alcohol consumption:
60g/day for men, or 40 g/day or more for women
And Abnormal AST, γ GTP

Suspected alcohol-related liver disease

Suspected drug-induced liver injury
Suspected autoimmune liver disease (autoimmune hepatitis, primary cholangitis)
Cause unknown

Due to other causes
Suspected liver damage

Consultation to Gastroenterologist

