

CHANGES OF HEPATIC TRANSAMINASES IN CHRONIC ALCOHOLISM

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Abstract

Alcoholism is a situations of physical and mental need for alcohol. Abusing with alcohol for a long time period, causes physical and mental changes in all people abusing alcohol, with the consequences in the social life. Alcoholism is one of the most costly drug abuse problems worldwide. Alcoholism is an old problem in our country. A lot of people begin alcohol consumption at an early age and alcohol abuse is not a problem for them, until they will have major healthy and social problems. Alcohol abuse tend to be denied in our country. Objective The objective of this study is to show the relationship between the alterations of some biomarkers and the amount of alcohol consumption. Material and methods This is a retrospective and prospective study that was conducted at the Clinical Toxicology Service in Tirana during two years: 2009-2010. 179 patients were entered in this study, respectively 81 and 98 patients each year. The diagnosis of alcoholism was made from medical history (AUDIT and ASSIST) and laboratory examinations. Results: During these two years of study were hospitalized 179 patients with the diagnosis of chronic alcoholism, women/female = 3/176. 105 patients were unemployed, 59 were employer, 15 were students, 5 were secondary school students. The average LOS was 8.2 days (from 2- 30 days). The average age of patients was 40.4 years old (15-69). SGOT was found elevated in 40.4 %, SGPT was elevated in 52.3%, we didn't found any case where the ratio SGOT/SGPT > 2. Discussion As a chronic disorder, alcohol abuse and dependence is best treated when there are in place reliable diagnostic tests and overall when intervention's measures be implemented early in the course of treatment. We didn't found any clear relationship between the degree of these biomarkers changes observed and gravity of disease, mostly of the lack of laboratory support and a solid protocol of the study, which call for a more serious effort in future in attempts to elaborate clinical protocols for primary health care workers and hospitals, which treat patients with alcohol abuse disorders.

Keywords: *Alcohol, alcoholism, biomarkers, abuse.*