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## Elevated Liver Enzymes as a Predictor for Type-2 Diabetes Mellitus in High Risk Individuals

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### Abstract

The prevalence of diabetes is rapidly rising all over the globe at an alarming rate. According to the World Health Organization, at least 171 million people worldwide have diabetes. This figure is likely to double by 2030. The WHO predicts that

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### Objective

To test the hypothesis that elevated liver enzymes conventionally associated with liver dysfunction predict the occurrence of type2 diabetes in high-risk individuals.

### Methods

About 100 non-diabetic subjects aged between 30–59 years who had risk factors for diabetes defined by the ADA and had elevated liver enzymes were included and followed up for FBS and PPBS at one year.

## Results

GGT was found to have positive association with FBS and PPBS and ALT was also found to have positive association with FBS, PPBS & BMI. At the end of one year, 3 subjects who were non-diabetic had raised fasting glucose levels and became glucose intolerant.

## Conclusion

Our study findings indicate that elevated levels of liver enzymes mainly GGT and ALT are markers of risk of type-2 diabetes in high-risk individuals and suggests a potential role of the liver in the pathogenesis of type-2 diabetes mellitus.

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## Keywords

Elevated Liver Enzymes, Alanine Amino Transferase, Aspartate Amino Transferase, Gamma Glutamyl Transferase, Impaired Glucose Tolerance.

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