ABSTRACT

BACKGROUND:

Alcohol remains to be the major cause of morbidity and mortality worldwide. Undoubtedly it is a hepatotoxic compound leading to a spectrum of ethanol-related liver damage. Zinc deficiency has been documented with chronic alcoholic liver disease. Zinc is the metal iron constituent of the enzyme Alkaline Phosphatase.

AIM:

The present study aims at evaluating serum zinc status and alkaline phosphatase activity in alcoholic liver disease.

METHOD:

A case-control study with 50 healthy volunteers as control and 50 established cases of ethanol-related decompensated liver disease. Serum zinc levels were determined along with liver function profile. MELD score was also derived for cases.

RESULTS:

A significant and negative correlation was found between serum zinc values when compared to serum alkaline phosphatase, duration of alcohol, and MELD score.

CONCLUSION:
It is concluded that there is a significant decrease in serum zinc levels and increase in alkaline phosphatase activity in alcoholic liver disease, correlating well with the progression of liver disease.

KEYWORDS: zinc, alkaline phosphatase, liver disease. MELD score.