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Isolated Increase in Serum Aspartate Aminotransferase in an Asymptomatic Young Nepalese Female

Vivek Pant ✉, Santosh Pradhan, Keyoor Gautam, Devish Pyakurel

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A 36-year-old female came to our clinical laboratory for a general health check up. She was not feeling ill and she did not have any history of significant illnesses in the past. Routine tests included complete blood count, kidney function, liver function, lipid panel, uric acid, fasting blood glucose, thyroid function tests, and urine routine and microscopy.

All her parameters were normal except serum aspartate aminotransferase (AST) level, which was significantly raised with a value of 195U/L (Reference range: 7 to 42 U/L). Other liver indices such as serum alanine transaminase, alkaline phosphatase, and bilirubin were in normal range. The patient was enquired about the factors that...

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