



The Medical **Bulletin**

Investigation Corner

Liver Function Tests

Isolated elevation of Bilirubin

40 year old male came for master health checkup. Everything is normal except elevated total, direct and indirect bilirubin. Total bilirubin levels of 2-4mg/dL. Urine-no bile salts, bile pigments present.

Usually we get alarmed and go for Hepatitis B, C testing and ultrasound abdomen. But most probably this is a case of Gilbert syndrome. It is more common(2-7% Indians) than we think and it's a very harmless condition. Just reassure patient that he will always have elevated bilirubin and it does not cause any health issues. Always better to correlate with clinical condition.

PS: Bilirubin is a good anti-oxidant. So this is not a bad disease at all.

*Dr. V. Hariharan,
MBBS, MD (Biochemistry), ACME, PG D(Diab), Coimbatore.*