**Liver Function Tests (LFTs)** are a group of **blood tests** that help to **check how well your liver is working**. These tests measure **different enzymes, proteins, and substances** that are made by the liver or released when the liver is damaged.

Here’s a simple explanation for beginners:

**Why are Liver Function Tests Done?**

Doctors use **LFTs** to:

* Check for **liver diseases** like **fatty liver**, **hepatitis**, or **liver damage**
* Monitor **ongoing liver conditions**
* See if **medicines** or **alcohol** are harming your liver
* Help diagnose symptoms like **jaundice (yellow skin)**, **tiredness**, or **abdominal pain**

**Main Tests Included in LFTs**

* **ALT (Alanine Aminotransferase)**
  + This is an **enzyme found in liver cells**
  + High levels mean **liver damage**
* **AST (Aspartate Aminotransferase)**
  + Another enzyme found in the **liver and other organs**
  + High AST can also mean **liver injury**, but it’s not specific to the liver
* **ALP (Alkaline Phosphatase)**
  + Found in the **liver, bones, and bile ducts**
  + High levels may mean a **bile duct problem** or **bone disease**
* **GGT (Gamma-Glutamyl Transferase)**
  + Helps detect **bile duct issues** or **alcohol-related liver damage**
* **Bilirubin**
  + A **yellow substance** made when the body breaks down old red blood cells
  + High levels can cause **jaundice** and suggest **liver or bile duct issues**
* **Albumin**
  + A **protein made by the liver**
  + Low levels may mean the liver is **not making enough protein**
* **Total Protein**
  + Measures **all proteins** in the blood, including **albumin** and others
  + Helps check the **liver’s ability to produce proteins**
* **Prothrombin Time (PT)**
  + Measures how long it takes for blood to **clot**
  + If it’s **longer than normal**, it may mean the liver is not making enough **clotting proteins**

**What Do the Results Mean?**

* **Normal LFTs**: Your liver is **working well**
* **Mild changes**: Could be from a **minor issue** like **fatty liver** or **a medicine side effect**
* **High levels**: Might mean **inflammation, damage**, or **serious liver problems**

**Important:** These tests **do not tell exactly what disease you have**, but they give a **clue**. Your doctor will look at the results **along with your symptoms** and may ask for **more tests** if needed.

**Summary**

* **LFTs are simple blood tests**
* They help check the **health of your liver**
* They measure **enzymes and proteins** made or affected by the liver
* Abnormal results may need **further medical checks or treatment**

Here is a **very simple and easy-to-understand chart** of common **Liver Function Tests (LFTs)**:

**Simple Liver Function Test Chart for Beginners**

| **Test** | **Normal Range** | **What It Shows** | **High Level Means** |
| --- | --- | --- | --- |
| **ALT (SGPT)** | 7 – 56 U/L | Liver health | Liver damage or inflammation |
| **AST (SGOT)** | 10 – 40 U/L | Liver and muscle health | Liver or muscle injury |
| **ALP** | 44 – 147 U/L | Bile flow and bones | Bile duct problem or bone disease |
| **GGT** | 0 – 51 U/L | Bile ducts and alcohol effect | Alcohol damage or bile flow issue |
| **Bilirubin** | 0.1 – 1.2 mg/dL | Yellow pigment from liver | Jaundice or liver disease |
| **Albumin** | 3.4 – 5.4 g/dL | Protein made by liver | Rarely high; Low means weak liver |
| **Total Protein** | 6.3 – 7.9 g/dL | All proteins in blood | Low may mean liver/kidney issue |

**Remember:**

* 1 or 2 abnormal results **do not always mean disease**
* **Doctors check patterns** in tests, not just one result
* Always follow up with a **doctor** for proper advice