

中文題目：腰圍，身體質量指數，尿酸，血糖及三酸甘油脂是台灣人肝指數異常的重要危險因子

英文題目：**Waist circumference, BMI, uric acid, blood sugar and triglyceride are important risk factors for abnormal liver function tests in Taiwanese**

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Background: Previous studies have found that metabolic syndrome and uric acid level are related to abnormal liver function test result. The aim of this study was to explore the association of blood pressure, blood sugar, total cholesterol, triglyceride, uric acid, waist circumference and BMI measurements with AST and ALT in a Taiwanese population. In total, 11411 Taiwanese adults were enrolled in this study.

Materials and Methods: Blood pressure was assessed under the JNC 7 criteria, fasting blood sugar level under the Bureau of Health Promotion, D.O.H., R.O.C criteria, total cholesterol and triglyceride levels under the NCEP-ATP III criteria, body mass index (BMI) under the Asia-Pacific criteria, and waist circumference under the Revised Diagnostic Criteria of Metabolic Syndrome in Taiwan.

Results: The prevalences of past history of hypertension and diabetes mellitus were 17.7% and 6.5%, and the rates of abnormal measurements of blood pressure, BMI, waist circumference, fasting blood sugar, triglyceride, total cholesterol, uric acid (male/female), AST and ALT were 76.2%, 67.6%, 40.0%, 28.6%, 30.6%, 57.3%, 37.9%/21.9%, 14.6% and 21.3%, respectively. Multivariate analysis showed that waist circumference and BMI, uric acid, blood sugar and triglyceride levels are related to abnormal AST and ALT ($p < 0.05$), but odds ratio of waist circumference was larger than BMI.

Conclusion: Waist circumference and BMI, uric acid, blood sugar and triglyceride levels are important risk factors for abnormal AST and ALT in Taiwanese adults. Waist circumference might be a better indicator of risk of abnormal liver function than BMI.