

# Carbohydrate deficient transferrin



Until recently,  $\gamma$ -glutamyltransferase (GGT) was considered the best biochemical marker of one of the most common causes of liver damage, alcohol abuse. Another parameter is currently being added, **carbohydrate deficient transferrin** (CDT).

Transferrin, as a glycoprotein, usually contains four to six sialic acid residues in its molecule. Chronic alcohol abuse (60 g of alcohol per day for at least two to three weeks) increases the proportion of transferrin lacking sialic acid (0-2 sialic acid per molecule), the so-called carbohydrate-deficient transferrin (CDT). It is considered a sign of chronic alcohol abuse if the proportion of CDT exceeds 6% of total transferrin. CDT levels remain elevated for about 2 weeks after the start of abstinence.

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