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**Original article:**

**Gamma glutamyl transferase as a diagnostic marker of metabolic syndrome**

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**Abstract**

**Introduction:** In an era of a cardiovascular epidemic an imminent search for more sensitive and specific markers of sub-clinical inflammation, atherogenesis, and increased adiposity has been sought. This study attempted to assess how serum Gamma GlutamylTransferase performed as an ideal endogenous substance for the diagnosis of metabolic syndrome and hence estimate cardiovascular risk.

**Aim:**To assess the role of GGT as a marker in the diagnosis of metabolic syndrome, and to determine the sensitivity and specificity of the same

**Methods:** 250 subjects were chosen comprising cases of metabolic syndrome and equal number of controls. Patients were recruited into the study group after satisfying the IDF criteria for Metabolic Syndrome. GGT values were obtained for both groups apart from other parameters. The patients in the study were also evaluated for the presence of cardiovascular disease.

**Results:** 84% cases had higher GGT levels in patients with metabolic syndrome. The sensitivity and specificity of GGT to diagnose patients with metabolic syndrome was found to be 84% and 91% (p<0.01).

**Conclusion:** Serum GGT appears to be a cost effective, easily available and fairly good marker for diagnosing patients with metabolic syndrome and is independent of other parameters. It is also a strong predictor of cardiovascular disease. Hence GGT probably has a position in algorithms for the evaluation of patients with metabolic syndrome.