

Reviews and Information from Peer-Reviewed Journal Worldwide  
and Special Attention to Iran and Other Middle East Countries .  
Compiled by Seyed-Moayed Alavian MD, Hepatologist

HEPATITIS MONTHLY is the monthly bulletin of *Iranian Hepatitis Group*, Which will serve as a forum for the exchange of scientific information in the field of liver diseases with a special attention to hepatitis. We aim, in this bulletin, to present the most recent publications particularly from Iran and Middle East as well as to provide facility for a scientific communication among researchers who are working on the field of hepatitis and the other liver diseases. You are welcome to help us in this way by sending your recently published papers.

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## Hepatitis in Iran

### Efficacy and Safety of Lamivudine for Treatment of Chronic Hepatitis B in Renal Allograft Recipients

Tranplantation Proceeding 2003; Nov 35:2687-2688

Alavian SM, Hajarizadeh B, Einollahi B

Chronic hepatitis B has remained a health concern among infected renal transplant recipients (RTR) because it produces an increased risk of morbidity and mortality due to liver failure. Twenty HBV-infected RTR were begun on lamivudine therapy. One patient had histological finding of fibrosing cholestatic hepatitis on liver biopsy. HBV DNA seroconversion to negative in 71.4% including the patient with FCH. Lamivudine was well tolerated by all patients without significant adverse effects. All but one had elevated serum ALT at baseline (90 IU/L), which decreased to normal limit in 71.4% of patients within 1 to 8 months after treatment. Our study shows that lamivudine was effective to suppress HBV replication in patients on RTR and because of risk of reactivation after cessation of lamivudine, treatment may have to be continued lifelong in most RTR cases.

## Healthy ranges of serum alanine aminotransferase levels in Iranian blood donors

World J Gastroenterology 2003; 9 (10): 2322-2324

Mohamadnejad M, Pourshams A, Malekzadeh R, Mohamadkhani A, Rajabiani A, Asgari AA, Alimohamadi SM, Razjooyan H, Mamar-Abadi M.

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**AIM:** The healthy ranges for serum alanine aminotransferase (ALT) levels are less well studied. The aim of this study was to define the upper limit of normal (ULN) for serum ALT levels, and to assess factors associated with serum ALT activity in apparently healthy blood donors. **METHODS:** A total of 1 939 blood donors were included. ALT measurements were performed for all cases using the same laboratory method. Healthy ranges for ALT levels were computed from the population at the lowest risk for liver disease. Univariate and multivariate analyses were performed to evaluate associations between clinical factors and ALT levels. **RESULTS:** Serum ALT activity was independently associated with body mass index (BMI) and male gender, but not associated with age. Association of ALT with BMI was more prominent in males than in females. Upper limit of normal for non-overweight women (BMI of less than 25) was 34 U/L, and for non-overweight men was 40 U/L. **CONCLUSION:** Serum ALT is strongly associated with sex and BMI. The normal range of ALT should be defined for male and female separately