

Un marcatore biologico per la diagnosi di abuso alcolico: CDT

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KEY WORDS

Alcohol dependence; biological marker; Carbohydrate-Deficient-Transferrin (CDT)

SUMMARY

«CDT: a biological marker of alcohol abuse». **Background:** *Laboratory tests may be useful tools in the identification of heavy drinkers, in identifying the etiological role of alcohol in the onset of the disease, and in monitoring changes in alcohol intake.* **Objectives:** *An ideal diagnostic marker of alcohol abuse should: be characterized by high specificity and sensitivity; show a high specific correlation with alcohol metabolism; be dependent on alcohol intake and have a relatively short half-life ($t_{1/2}$) so as to be able to monitor abstinence periods.* **Conclusions:** *CDT (Carbohydrate-Deficient-Transferrin) meets all these requirements and offers the physician a significant tool as a marker of chronic alcohol abuse. CDT can reveal a daily alcohol consumption of 50-80 g of ethanol, corresponding to a bottle of 11°-13° wine, for two consecutive weeks, with normalization after two weeks of abstinence ($t_{1/2}$ of CDT is 15 days). Compared with other more common alcohol abuse markers, such as GGT or MCV, CDT is more specific and provides more detailed information.*