

Carbohydrate-Deficient Transferrin (CDT)

CDT (carbohydrate-deficient transferrin) is a glycoprotein that transports iron through the bloodstream. Studies have shown CDT is sometimes elevated in individuals who chronically drink at least 4-5 drinks per day over a period of at least two weeks, and CDT will not normalize until after 2-4 weeks of abstinence. It therefore becomes useful as a marker to help identify either alcohol abuse or overuse in the insurance population. A positive test along with other history of alcohol abuse increases the predictability of the marker.

The risk factors below are significant in relation to a positive CDT:

- Any prior history of alcohol or drug abuse
- Prior history of DWI or DUI
- Any criticisms of alcohol use or abuse
- History of prior positive CDT

Additionally, the following factors are other clues to overuse or abuse of alcohol and may be present when CDT is positive.

- Elevated liver enzymes, especially AST and GGTP
- AST/ALT ratio > 1.0
- Elevated mean corpuscular volume (MCV) on a CBC
- HDL > 70 in males and > 85 in females
- Low triglycerides
- Low BUN
- HDL/BUN ratio ≥ 89.0
- Triglyceride/HDL ratio ≤ 1.0
- Prior to current history of liver disease

If your client has a positive CDT, please answer the following:

1. What is the date(s) of positive CDT(s)?

2. Is your client on medications?

If yes, please give details, including vitamins and iron supplements

3. Please describe your client's alcohol consumption.

4. Please check if your client has had any of the following and give details:

Any prior history of alcohol or drug abuse _____

Prior history of DWI or DUI _____

Any criticisms of alcohol use or abuse _____

History of prior positive CDT _____

5. Does your client have any other major health problems (ex: cancer, etc.)?

If yes, please give details

6. Has your client smoke cigarettes or any other tobacco in the last 5 years?

If yes please give details _____