**Title:**

Isolated hyperphosphatasemia in adults with cystic fibrosis – a case series

**Lay Title:**

Case series of incidental abnormal liver function labs that are self-resolving and benign

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**What was your research question?**

In this case series, we present five adults with cystic fibrosis who had an incidental finding of elevations of alkaline phosphatase, a liver function lab that is associated with the gallbladder and bone. These elevations were isolated, remarkably high – to the order of 4 to 30 times the upper limit of normal – and self-resolved within 3 months without short or long-term health impact.

**Why is this important?**

We believe that this abnormality is a benign and self-resolving process that may be incidentally found in people with cystic fibrosis undergoing routine lab testing. We are presenting our cases to increase awareness and to prevent stress and costly work ups of this benign finding.

**What did you do?**

We reviewed all cases of elevated liver function labs in our adult cystic fibrosis population. We selected cases with isolated and extreme elevations of alkaline phosphatase and presented these cases as a case series.

**What did you find?**

We found five adult patients with isolated and severe elevations of alkaline phosphatase. These elevations self-resolved within 3 months without short or long-term health impact.

**What does this mean and reasons for caution?**

We believe that this abnormality is a benign and self-resolving process that may be incidentally found in people with cystic fibrosis undergoing routine lab testing. We are presenting our cases to increase awareness - for providers, patients, and patient families - and to prevent stress and unnecessary costly work ups of this benign finding.

**What’s next?**

Though publishing our case series, we hope to hear from patients and other centers if this is a finding that is being seen elsewhere and if additional guidelines are needed to acknowledge these incidental findings.

**Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/40619329/>