



Focus on Diabetes

November is American Diabetes Month

Sixty percent of all diabetics have some complication of this devastating disease.

Facts about Diabetes

The prevalence rate of diabetes mellitus (DM) in American seniors is 25.9% or 11.8 million seniors (diagnosed and undiagnosed). Diabetes contributes to heart disease, and stroke is the leading cause of kidney failure, blindness, nontraumatic lower limb amputations and is the seventh leading cause of death in the U.S.¹ Early detection and treatment of complications can prevent progression, so monitoring with dilated eye exams, urine tests and foot exams is essential. Because the risk of cardiovascular disease is increased in diabetes and prediabetes, blood pressure and lipid management, along with smoking cessation, are especially important.

Diabetes with Renal Manifestations

Diabetic nephropathy can occur in up to 40% of diabetics. Annual screening for micro-albuminuria and calculation of the Glomerular Filtration Rate (GFR) should be performed.² If kidney disease exists, it should be staged and linked to the DM; i.e., diabetic CKD stage II.

ICD-9-CM Coding:³

- **250.4x** Diabetes w/ renal manifestations

If chronic kidney disease (CKD) use additional codes: 585.1-585.9

Diabetes with Ophthalmic Manifestations

Diabetic retinopathy is the leading cause of preventable blindness in people 25-74 years of age. Up to 80% of all diabetics over time will eventually develop some evidence of retinopathy, most without vision loss. Cataracts and glaucoma are also more common in people with DM. A dilated and comprehensive eye examination by an ophthalmologist or optometrist should be performed annually.²

ICD-9-CM Coding:³

- **250.5x** Diabetes w/ ophthalmic manifestations

Use additional code to identify the manifestation.

Diabetes with Peripheral Circulatory Manifestations

Peripheral arterial disease (PAD), the narrowing of blood vessels in the legs and feet, is a common condition in diabetics who are also prone to high cholesterol and heart disease. According to the American Diabetes Association (ADA), "diabetic adults have heart disease-related death rates of two to four times the rate of nondiabetics." If you have PAD, you have an increased risk for heart attack and stroke. An estimated one out of every three people with diabetes over the age of 50 have this condition. Screening for PAD is best achieved by obtaining a history of claudication and performing an ankle brachial index (ABI) on DM patients.²

ICD-9-CM Coding:³

- **250.7x** Diabetes w/ peripheral circulatory disorders

Use additional code to identify the manifestation.

Diabetes with Neurological Manifestations

Seventy to 100 percent of diabetics may develop at least mild neuropathy over the course of their lifetime. Of these, 48% of Type 2 DM patients present with neuropathy at time of DM diagnosis, but up to 50% are asymptomatic. DM can cause three types of nerve damage: mononeuropathy, peripheral and autonomic neuropathy. Annual

screening for neuropathies should include a comprehensive foot exam, including testing for loss of protective sensation and inquiring about any symptoms related to gastrointestinal, genitourinary and sexual dysfunction.²

ICD-9-CM Coding:³

- **250.6x** Diabetes w/ neurological manifestations

Use additional code to identify the manifestation.

ICD-10-CM Coding: Diabetic Manifestations⁴

- E08 Diabetes mellitus due to underlying cause*
- E09 Drug or chemical induced diabetes mellitus*
- E10 Type 1 diabetes mellitus
- E11 Type 2 diabetes mellitus
- E13 Other specified diabetes mellitus*

*Types of secondary diabetes mellitus

These are categories only. Please consult the code set for further information.

If type of diabetes is not documented – assign Type 2

- Long-term use of insulin
 - ICD-9-CM: **V58.67**
 - ICD-10-CM: Z79.4

Combination codes include:

- Type of diabetes
- Body system affected
- Complications affecting that body system
 - No 5th digits as in ICD-9-CM
- Note in the index for inadequately controlled, out of control, poorly controlled, coded by type with hyperglycemia

Example of combination code:

- E10.331 Type 1 diabetes mellitus with moderate nonproliferative diabetic retinopathy with macular edema

Code includes:

- Type of diabetes
- Body system involved
- Complications of the body system

¹ "Statistics About Diabetes." *American Diabetes Association*. National Diabetes Statistics Report, 2014, 10 Sept. 2014. Web. 15 Sept. 2014. <<http://www.diabetes.org/diabetes-basics/statistics>>.

² Kalyani, Rita Rastogi, M.D., M.H.S., and Simeon Margolis, M.D., Ph.D. "Blocking the Complications of Diabetes." *Johns Hopkins Health Alerts*. Remedy Health Media, LLC, 2014. Web. 15 Sept. 2014. <http://www.johnshopkinshealthalerts.com/white_papers/diabetes_wpp_P_CC_D_Landing.html>.

³ *Optum ICD-9-CM for Physicians Professional 2015. Vols. 1&2*. Salt Lake City: 2014.

⁴ *Optum ICD-10-CM: The Complete Official Draft Set 2015*. Salt Lake City: 2014.