



**JANUARY**

# Thyroid Disease

## Awareness Month

*Did you know...*

**approx.  
30 million**

**AMERICANS SUFFER FROM  
A THYROID CONDITION?**



**approx.  
15 million**

**OF THAT POPULATION  
IS UNDIAGNOSED.**



**women  
are 5X**

**MORE LIKELY TO  
BE AFFECTED.**



### THE MOST COMMON CONDITIONS ARE:

- *Hypothyroidism*
- *Hyperthyroidism*
- *Grave's Disease*
- *Hashimoto's Thyroiditis*
- *Thyroid Nodules*
- *Thyroid Cancer*



# Testing and Treatment in Obesity



## CPT TREATMENT CODES COVERED IF SELECTION CRITERIA ARE MET:

CODE	CODE DESCRIPTION
97802	Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes
97803	Re-assessment and intervention, individual, face-to-face with the patient, each 15 minutes
97804	Group (2 or more individual(s)), each 30 minutes

## HCPCS CODES COVERED IF SELECTION CRITERIA ARE MET:

CODE	CODE DESCRIPTION
G0270	Medical nutrition therapy; reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition or treatment regimen (including additional hours needed for renal disease), individual, face to face with patient, each 15 minutes
G0271	Medical nutrition therapy; reassessment and subsequent intervention(s) following second referral in same year for change in diagnosis, medical condition or treatment regimen (including additional hours needed for renal disease), group, (2 or more individuals), each 30 minutes

1. Complete blood count
2. Comprehensive history and physical examination
3. Dexamethasone suppression test and 24-hour urinary free cortisol measures if symptoms suggest Cushing's syndrome
4. Electrocardiogram (EKG) – adult
5. Glucose tolerance test (GTT)
6. Hand x-ray for bone age – child
7. Lipid profile (total cholesterol, HDL-C, LDL-C, triglycerides)
8. Metabolic and chemistry profile (serum chemistries, liver tests, uric acid) (SMA 20)
9. Thyroid function tests (T3, T4, TSH)
10. Urinalysis

## ICD-10 CODES COVERED IF SELECTION CRITERIA ARE MET:

CODE	CODE DESCRIPTION
E66.01 – E66.9	Overweight and obesity
Z68.25 – Z68.45	Body mass index (BMI) 25.0 – 40+, adult

# Testing and Diagnosis



## Hypothyroidism

ATA/AACE guidelines recommend testing for all patients with symptoms of hypothyroidism. For patients who are asymptomatic, recommendations vary widely. However, a thyroid-stimulating hormone (TSH) test is generally recommended for patients  $\geq 50$ –60 years old, especially women.<sup>1</sup>

## Hyperthyroidism

ATA/AACE guidelines recommend testing for all patients with symptoms of hyperthyroidism. Once a diagnosis is made, the etiology should be determined.<sup>2</sup>

**Guidelines also state that there is compelling evidence to support testing in patients with:**

- **Autoimmune disease (e.g., type 1 diabetes)**
- **Pernicious anemia**
- **Family history**
- **History of neck radiation**
- **History of thyroid surgery**
- **Abnormal thyroid examination**
- **Psychiatric disorders, including patients taking amiodarone or lithium**
- **Hypertension, cardiac dysrhythmia, or congestive heart failure**

1. Garber JR, Cobin RH, Gharib H, et al. Clinical practice guidelines for hypothyroidism in adults: cosponsored by the American Association of Clinical Endocrinologists and the American Thyroid Association. *Endocr Pract.* 2012;18(6):988–1028.

2. American Thyroid Association. 2016 American Thyroid Association guidelines for diagnosis and management of hyperthyroidism and other causes of thyrotoxicosis. *Thyroid.*

# Testing and Diagnosis



TESTING AND DIAGNOSTIC TESTS	
TEST NAME	RECOMMENDED CLINICAL USE
TSH	Detects TSH levels for differential diagnosis of primary, secondary, and tertiary hypothyroidism; also useful in testing for hyperthyroidism
T4 (Thyroxine), Total	Used to help diagnose hypothyroidism and hyperthyroidism
T3 Uptake	Used with measurement of thyroxine (T4) to calculate the free T4 index to assess thyroid diseases
T4 Free (FT4)	Used to diagnose hypothyroidism and hyperthyroidism
Thyroid Panel with TSH T3 Uptake; T4 (Thyroxine), Total; Free T4 Index (T7); TSH	A complete panel used to diagnose hypothyroidism and hyperthyroidism
Thyroid Peroxidase and Thyroglobulin Antibodies	Useful in the diagnosis and management of a variety of thyroid disorders, including autoimmune thyroiditis, Hashimoto's disease, Graves' Disease, and certain types of goiter
Thyroglobulin, LC/MS/MS	Used in the detection of residual or recurrent thyroid cancer
Thyroid Cancer (Thyroglobulin) Monitor <small>If tg ab is neg, tg is tested on the Beckman Coulter Dx; if tg ab is pos, tg is tested by LC/MS/MS</small>	Used for the determination of thyroglobulin autoantibodies, with subsequent measurement of thyroglobulin
TSI (Thyroid Stimulating Immunoglobulin)	Used to detect Graves' disease; can also assist in predicting hyperthyroidism in neonates
TRAb (TSH Receptor Binding Antibody)	Used to diagnose and manage Graves' disease, neonatal hypothyroidism, and postpartum thyroid dysfunction

# Testing Algorithm

for Thyroid Dysfunction in Nonpregnant Adults



## ORDER CODE – 415182

