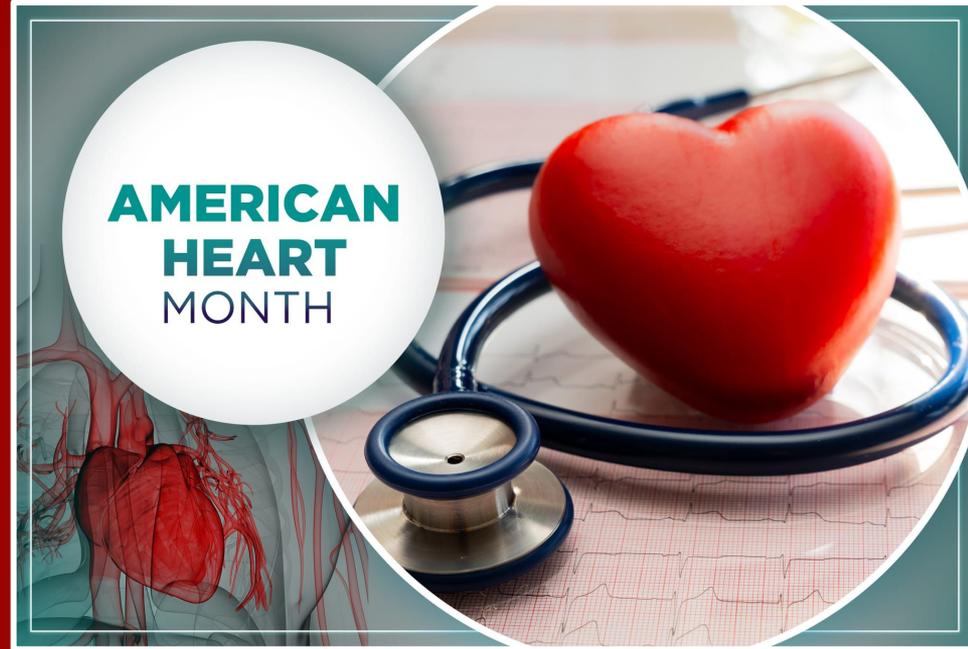


# Smoking's Impact on Cardiovascular Health & Coding for Cardiovascular Disease

Aisha Hollingsworth, CPC, CRC, CPMA, CDEO

AAPC Fellow & Approved Instructor

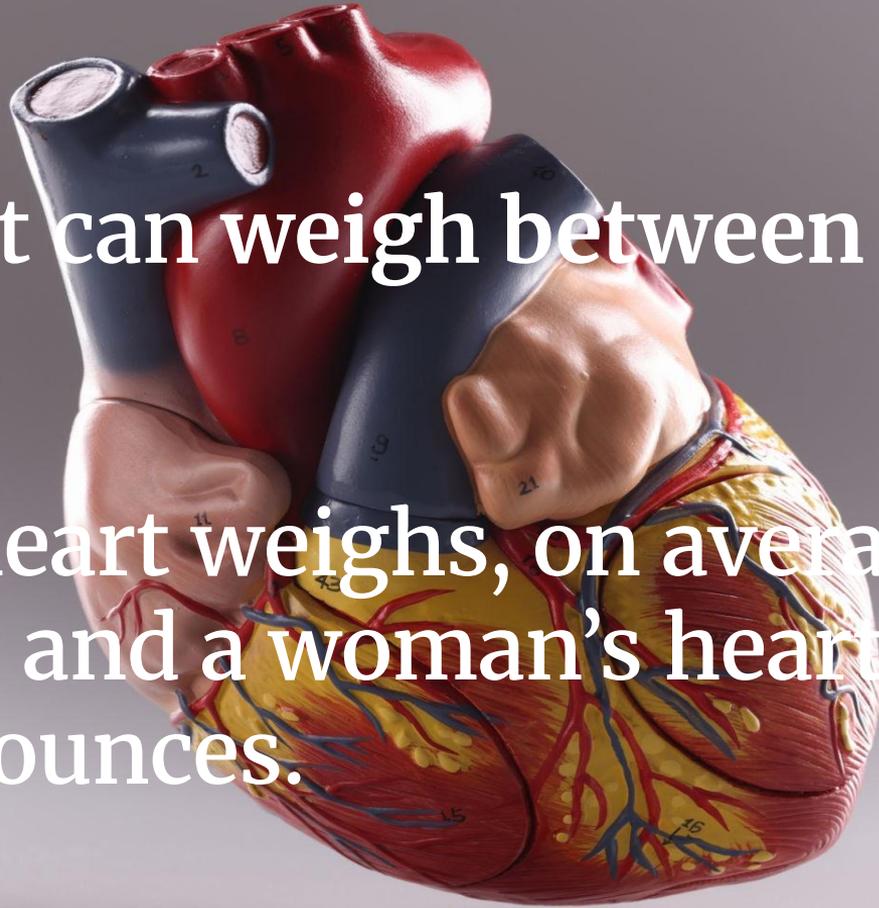
February is  
Heart Month!



Fun Fact:

Your heart can weigh between 7 and 15 ounces.

A man's heart weighs, on average, around 10 ounces and a woman's heart weighs around 8 ounces.



“Smoking is a major cause of cardiovascular disease (CVD) and is responsible for one in every four deaths from CVD.” - [CDC.gov](https://www.cdc.gov)

Estimates show that **smoking increases the risk for coronary heart disease by 2 to 4 times and for stroke by 2 to 4 times** compared to not smoking. Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease.

Tobacco use has been identified by the World Health Organization (WHO) as one of the **main causes of cardiovascular disease (CVD), premature death and disability worldwide.**

“Tobacco use is set to **cause more than 7 million deaths every year until 2030.** Over 6 million of those who die will be tobacco users, with another million deaths linked to secondhand smoking.” – WHO

# How does smoking affect heart health?

Smoking can:

- Raise triglycerides (a type of fat in your blood)
- Lower "good" cholesterol (HDL)
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain
- Damage cells that line the blood vessels
- Increase the buildup of plaque in blood vessels
- Cause thickening and narrowing of blood vessels

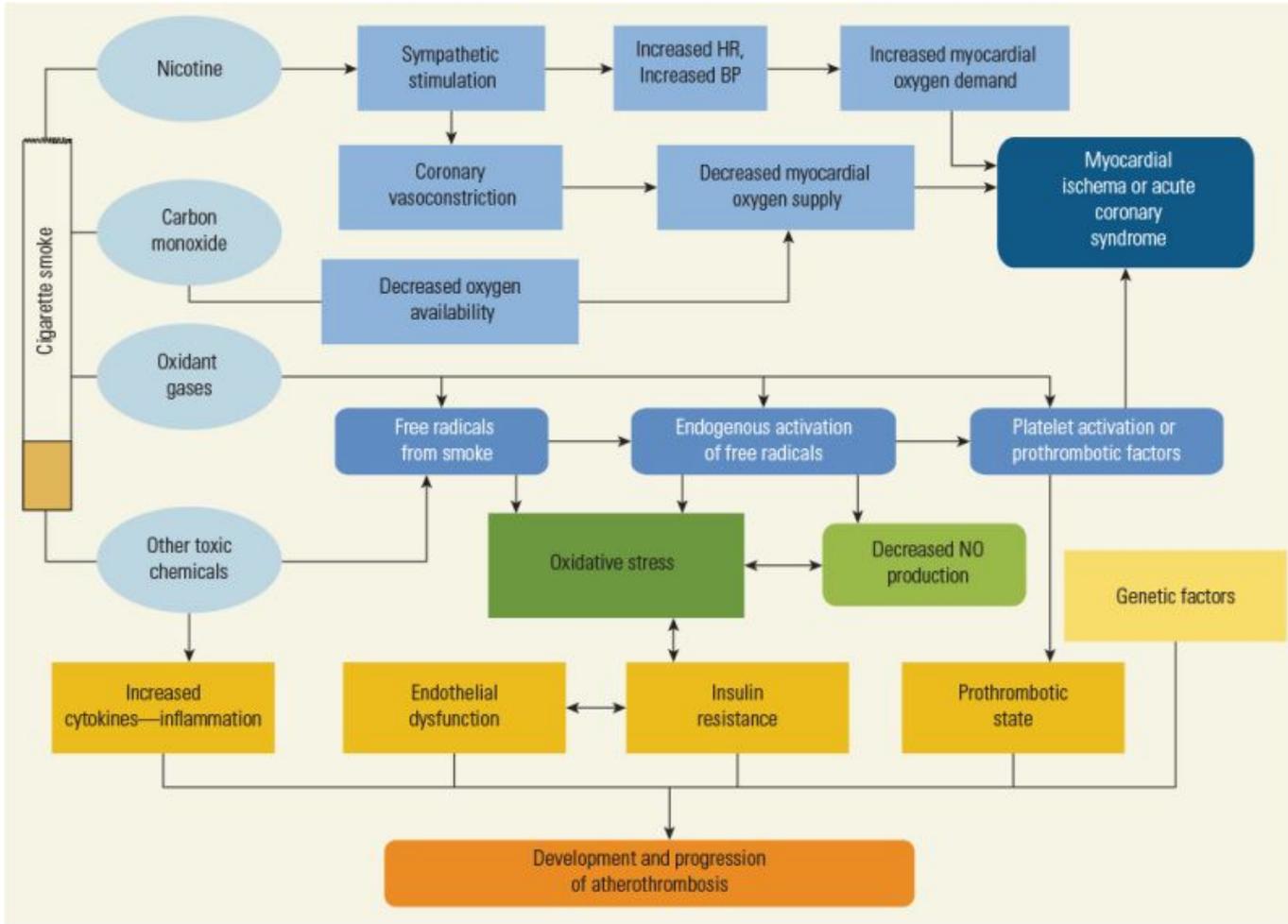
But How?



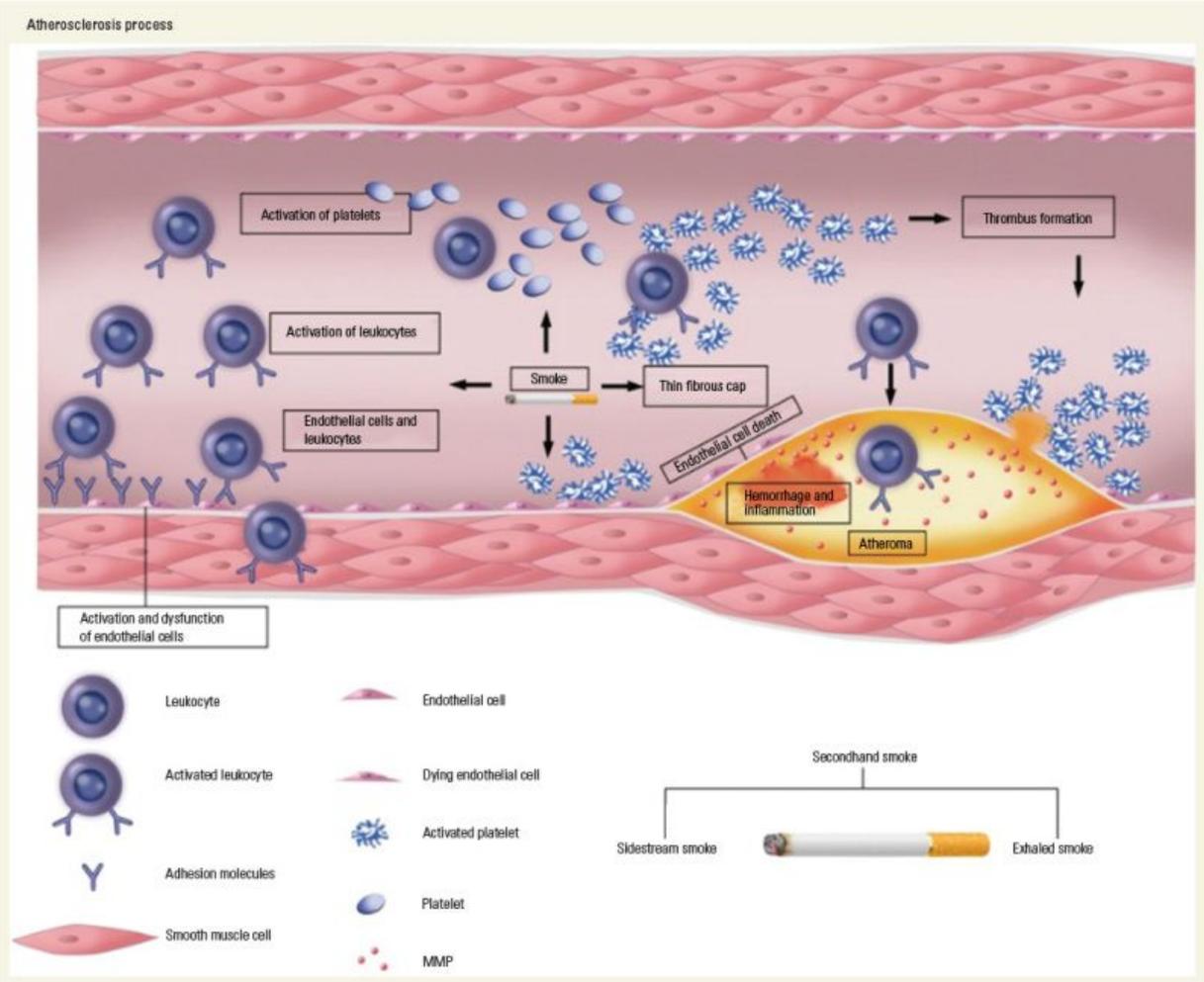


## How Smoking Affects Your Heart The Heart Doctor

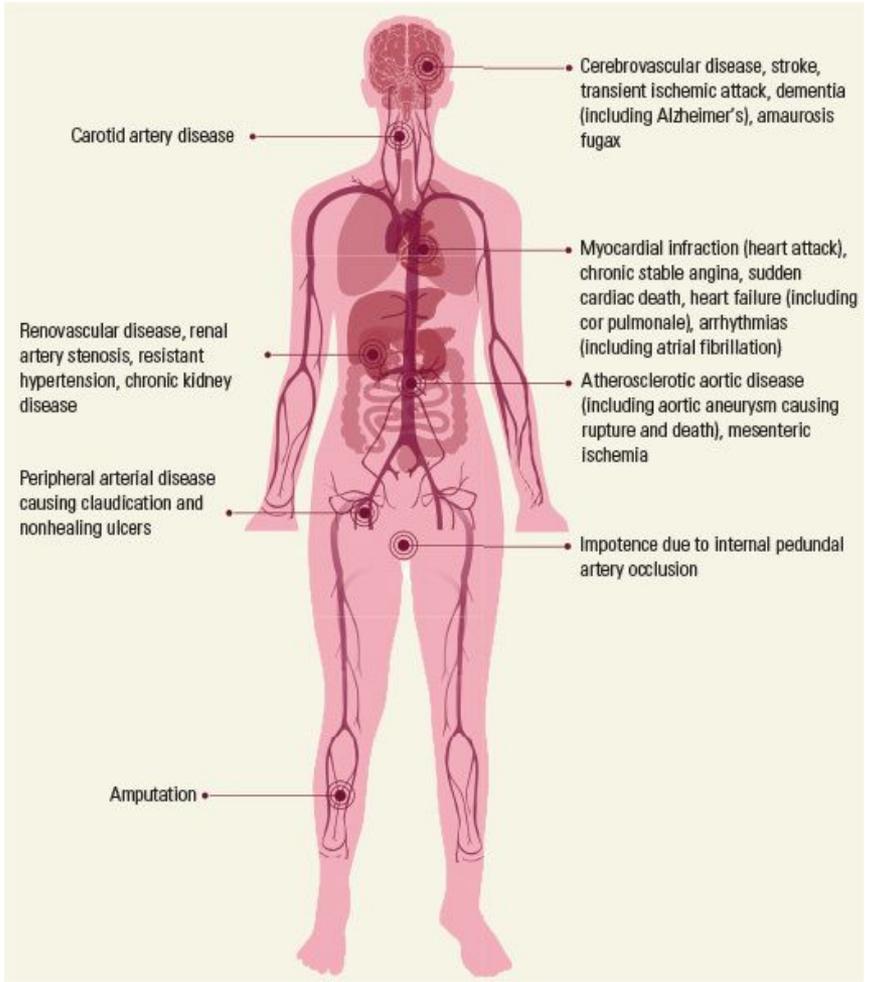




# Pathophysiological Mechanisms of Tobacco-Associated Atherosclerosis - [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)



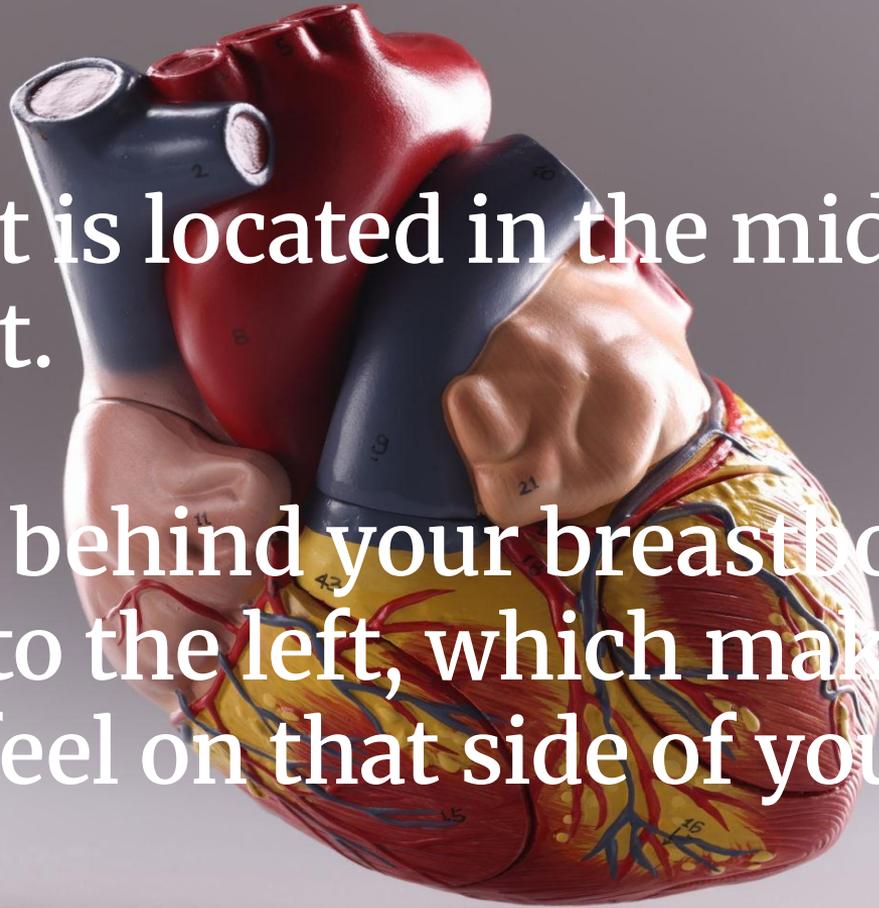
# Diagram Representing Cardiovascular Manifestations of Tobacco Use - [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)



Fun Fact:

Your heart is located in the middle of your chest.

It's found behind your breastbone, but it's tilted to the left, which makes it easier to feel on that side of your chest.



# Common Tobacco-Associated Diseases

Coronary Artery Disease

Heart Failure

Carotid and Cerebrovascular Diseases

Dyslipidemia

Hypertension

Diabetes

# 'Safer' forms of nicotine?

Cigars and pipes

Waterpipe tobacco (hookah, for example)

Smokeless tobacco

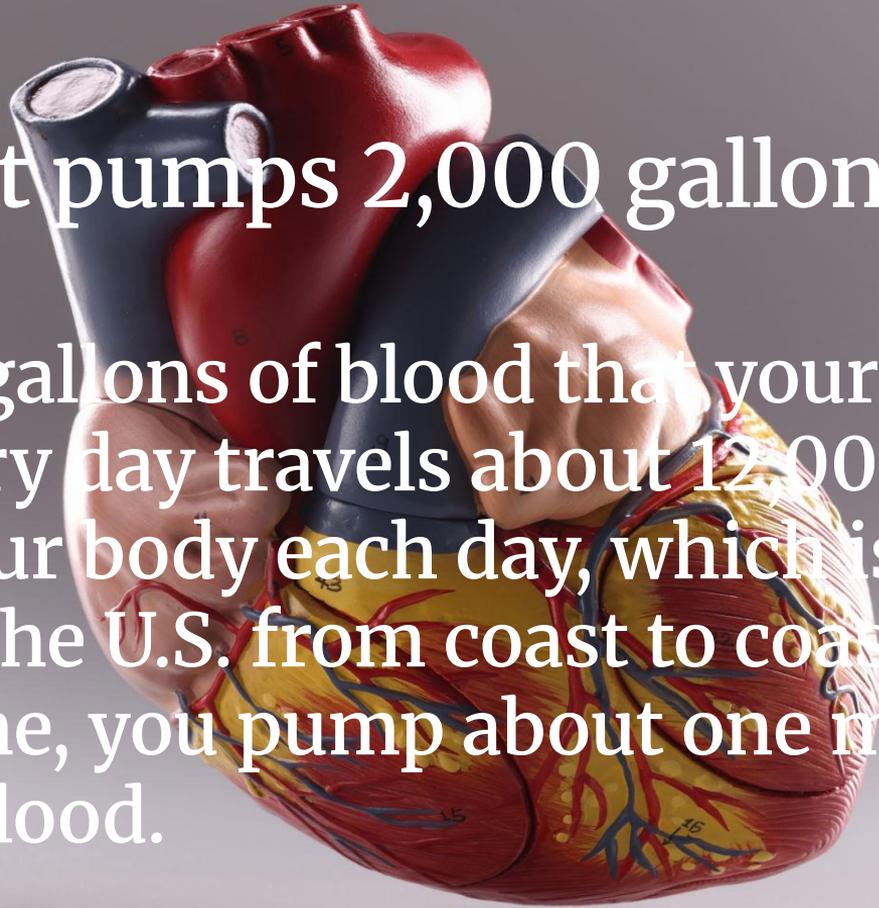
Electronic cigarettes



Fun Fact:

Your heart pumps 2,000 gallons of blood a day.

The 2,000 gallons of blood that your heart pumps every day travels about 12,000 miles through your body each day, which is four times the size of the U.S. from coast to coast. During your lifetime, you pump about one million barrels of blood.



# **Coding for smoking & Cardiovascular Disease**

# How to code?

Nicotine/tobacco use or dependence?

Complications/disorders associated?

Current or history of?

Cigarettes or alternate form of nicotine use?

It's all in the documentation!

# How to code?

ICD-10 Coding Index

*Use*

> Tobacco Z72.0

> With dependence - see Dependence,drug,nicotine

Z72.0 - Tobacco use

# How to code?

Z72.0 - Tobacco use

## Code Notes:

Z72.0 Tobacco use

*Tobacco use NOS*

**EXCLUDES 1** history of tobacco dependence (Z87.891)

nicotine dependence (F17.2-)

tobacco dependence (F17.2-)

tobacco use during pregnancy (O99.33-)

# How to code?

ICD-10 Coding Index

## **Dependence**

> Drug

> Nicotine F17.200

> with disorder F17.209

> in remission F17.201

> specified disorder NEC F17.208

> withdrawal F17.203

F17.200 Nicotine dependence, unspecified, uncomplicated

# How to code?

F17.200 Nicotine dependence, unspecified, uncomplicated

## Code Notes:

F17.200 Nicotine dependence, unspecified, uncomplicated

*Tobacco use disorder, mild*

*Tobacco use disorder, moderate*

*Tobacco use disorder, severe*

# How to code?

F17.200 Nicotine dependence, unspecified, uncomplicated

## ICD-10 Coding Index

### Dependence

- > Drug

- > Nicotine

- > Chewing Tobacco

- > Cigarettes

- > Specified Product NEC

# How to code?

F17.200 Nicotine dependence, unspecified, uncomplicated

## Code Range Notes:

**EXCLUDES 1** history of tobacco dependence (Z87.891)  
tobacco use NOS (Z72.0)

**EXCLUDES 2** tobacco use (smoking) during pregnancy, childbirth and the puerperium (O99.33-)  
toxic effect of nicotine (T65.2-)

# How to code history of use or dependence?

ICD-10 Coding Index

Dependence

> Drug

> Nicotine F17.200

> with disorder F17.209

> *in remission* F17.201

> specified disorder NEC F17.208

> withdrawal F17.203

# How to code history of use or dependence?

## ICD-10 Coding Index

### History

- > personal (of), see also History, family (of)
  - > drug dependence - see Dependence, drug, by type, in remission

### History

- > personal (of), see also History, family (of)
  - > tobacco dependence Z87.891

Z87.891 Personal history of nicotine dependence

# Other diagnosis coding considerations

ICD-10 Coding Index

## **Counseling**

> tobacco use Z71.6

Code Notes

Z71.6 Tobacco abuse counseling

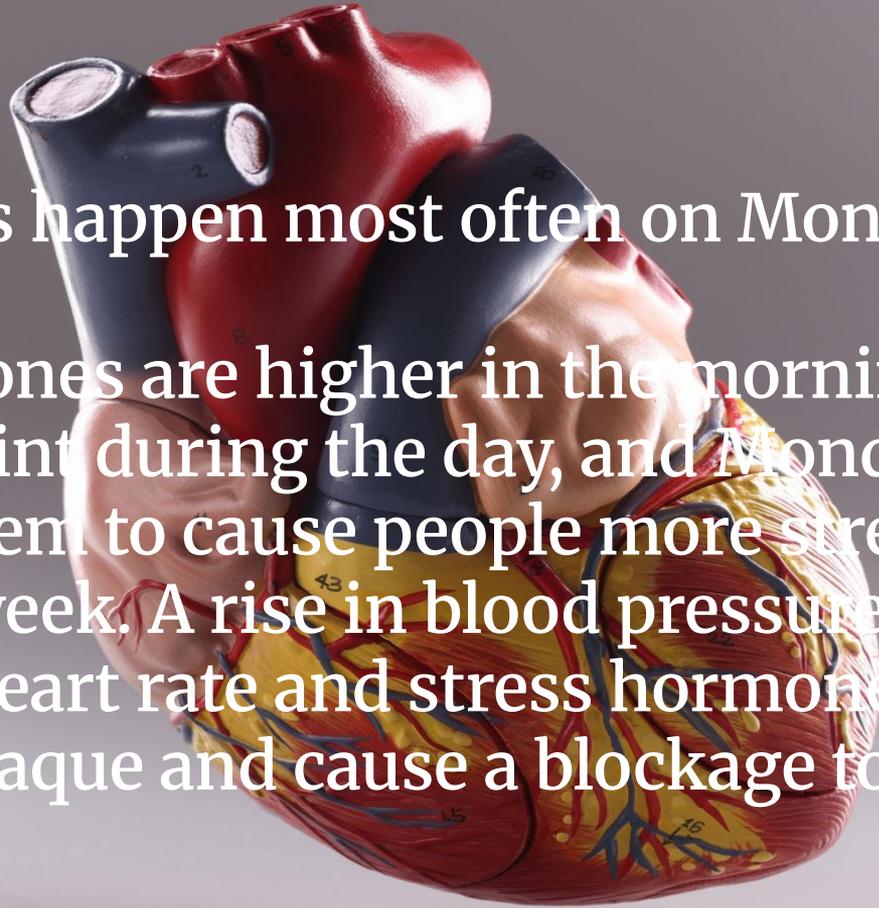
Use additional code for nicotine dependence (F17.-)

Z71.6 Tobacco abuse counseling

## Fun Fact:

Heart attacks happen most often on Monday mornings.

Stress hormones are higher in the mornings than at any other point during the day, and Mondays in particular seem to cause people more stress than other days of the week. A rise in blood pressure, plus an increase in heart rate and stress hormones can break pockets of plaque and cause a blockage to the heart.



# **Coding for cardiovascular disease**

# Coding for Cardiovascular Disease

Follow the documentation!

*“Atherosclerosis, coronary, CAD, CVD, artery, heart disease, heart failure, cardio, **hypertensive**, congenital, ischemic, cardio**renal**, arteriocardiorenal, arteriosclerotic, aortic, cardiac, vascular, renovascular, cardio**pulmonary**”*



# Coding for Cardiovascular Disease

ICD-10 coding index

Disease

- > Heart

- > with

- > congenital

- > ischemic

- > atherosclerotic

- > mitral

- > pulmonary

- > rheumatic

# Coding for Cardiovascular Disease

ICD-10 coding index

Atherosclerosis – see also Arteriosclerosis

- > Coronary

- > artery

- > with angina pectoris

- > due to

- > calcified coronary lesion (severely)

**Time to quit!**



Poll: know someone  
who has stopped  
smoking?

## Quitting smoking:

- Reduces markers of inflammation and hypercoagulability (a condition where blood is more likely to form blood clots)
- Improves "good" cholesterol (HDL)
- Reduces the development and progression of atherosclerosis
- Reduces the risk of coronary heart disease\*
- Reduces the risk of stroke\*
- Reduces the risk of abdominal aortic aneurysm\*

*\*Reduced risk refers to quitting smoking in comparison to continued smoking.*



# Resources for smoking cessation



## Counseling

- ▶ Can help you make a plan to quit smoking.
- ▶ Can help you prepare to cope with stress, urges to smoke, and other issues you may face when trying to quit.

### YOU CAN:

- ▶ Talk to a quit smoking counselor individually or in a group 
- ▶ Get free confidential coaching through a telephone quitline (1-800-QUIT-NOW) 
- ▶ Use free online resources like [CDC.gov/quit](https://www.cdc.gov/quit) and [Smokefree.gov](https://www.smokefree.gov) 
- ▶ Sign up for free texting programs like *SmokefreeTXT* 
- ▶ Use a mobile app like *quitSTART* 

## Medications

Can help you manage withdrawal symptoms and cravings, which helps you stay confident and motivated to quit.

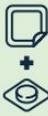
### YOU CAN:

-  **USE NICOTINE REPLACEMENT THERAPY (NRT)**
  - ▶ over-the-counter forms: patch, gum, lozenge
  - ▶ prescription forms: inhaler, nasal spray

### TALK TO YOUR HEALTHCARE PROVIDER ABOUT USING A PILL PRESCRIPTION MEDICATION

- ▶ varenicline ▶ bupropion

### COMBINE MEDICATIONS

-  ▶ Use a long-acting form of NRT (nicotine patch) together with a short-acting form (such as nicotine gum or lozenge). Compared to using one form of NRT, this combination can further increase your chances of quitting.



# Resources for smoking cessation



Using counseling and medication *together* gives you the best chance of quitting for good.

MANY OF THESE TREATMENTS AND RESOURCES MAY BE AVAILABLE TO YOU FREE OF CHARGE OR MAY BE COVERED BY YOUR INSURANCE.

If you are ready to quit:

Call a quitline coach (1-800-QUIT-NOW) or

Talk to a healthcare professional.

They can help you decide what treatment is best for you and can connect you to quit smoking resources.

**Remember, even if you've tried before, the key to success is to keep trying and not give up. After all, more than half of U.S. adults who smoked have quit.**

*For information about quitting smoking, visit [CDC.gov/quit](https://www.cdc.gov/quit).*

# Focus on Heart Health





1. Eat Better
2. Be More Active
- 3. Quit Tobacco**
4. Get Healthy Sleep
5. Manage Weight
6. Control Cholesterol
7. Manage Blood Sugar
8. Manage Blood Pressure



# Resources

- CDC – Smoking & Heart Disease  
<https://www.cdc.gov/tobacco/about/cigarettes-and-cardiovascular-disease.html>
- American Heart Association  
<https://www.heart.org/en/american-heart-month>
- World Health Organization (WHO) Smoking FAQs  
[https://applications.emro.who.int/docs/Fact\\_Sheet\\_TFI\\_2018\\_EN\\_20398.pdf](https://applications.emro.who.int/docs/Fact_Sheet_TFI_2018_EN_20398.pdf)
- National Institute of Health Tobacco & cardiovascular disease  
<https://www.ncbi.nlm.nih.gov/books/NBK525170/>
- AHA Heart Healthy Tips  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>