

## Home Health ICD-9/ICD-10 Alert

### Reader Questions: Cross Out Syndrome X Code For Diabetic Patients

Question: When is it appropriate to list 277.7 (Dysmetabolic syndrome X)? A colleague has been using this code to indicate stable diabetic patients, but this doesn't seem appropriate to me.

-- California Subscriber

**Answer:** If a patient has diabetes, whether stable or unstable, you should use the 250.xx (Diabetes mellitus) codes.

The **American Association of Clinical Endocrinologists** defines dysmetabolic syndrome X, also known as the metabolic syndrome and syndrome X, as a constellation of metabolic abnormalities in serum or plasma insulin/glucose level ratios, lipids (triglycerides, LDL cholesterol subtypes and/or HDL cholesterol), uric acid levels, coagulation factor imbalances and vascular physiology. Do not code for this condition unless you have this specific diagnosis from the physician.