Focus on Liver Disease
October is Liver Awareness Month

Quick Facts
- Alcoholic liver disease is the leading cause of liver-related deaths in the United States.¹
- A large proportion of all types of viral hepatitis infections are asymptomatic.²
- The two most common causes of cirrhosis in the United States are alcoholic liver disease and hepatitis C. Chronic hepatitis can lead to cirrhosis and liver cancer.³
- Almost half of patients with cirrhosis are asymptomatic and the disease is frequently found incidentally or during autopsy.³
- There are at least six different types of viral hepatitis. The most common types in the United States are hepatitis A, B and C. Hepatitis C is the primary reason for liver transplant.⁴
- There is a direct correlation between obesity and the onset of liver disease:
  - Non-alcoholic fatty liver disease (NAFLD) is a growing problem worldwide, affecting people of every age.⁵ The likelihood of having NAFLD is directly proportional to body weight.⁶
  - Increased Serum ALT is correlated with increased body mass index, abnormal lipid or carbohydrate metabolism and waist circumference.⁷,⁸

Etiologies of Hepatic Cirrhosis³
Most common causes:
- Alcohol (60 - 70%)
- Biliary obstruction (5 - 10%)
- Chronic hepatitis B or C (10%)
- Hemochromatosis (5 - 10%)
- NAFLD (10%) and is a common result of obesity

Coding Highlights⁹
Document and code cirrhosis to the highest level of specificty.

Chronic liver disease and cirrhosis:
- 571.2 Alcoholic cirrhosis of liver
  TIP: For a patient admitted for bleeding esophageal varices due to alcoholic liver cirrhosis, sequence the liver cirrhosis first.
- 571.3 Alcoholic liver damage, unspecified

Chronic hepatitis:
- 571.40 Chronic hepatitis, unspecified
- 571.41 Chronic persistent hepatitis
- 571.42 Autoimmune hepatitis
- 571.49 Other (chronic hepatitis, active or aggressive; recurrent hepatitis)
- 571.5 Cirrhosis of liver without mention of alcohol
  Note: When coding 571.5 (cirrhosis of liver without mention of alcohol), always code first, if applicable, viral hepatitis (acute) (chronic) (070.0-070.9).

Transplant:
- V42.7 Liver transplant status