

Breast Reduction Surgery/Reduction Mammoplasty

Definition: Reduction mammoplasty is a surgical reconstruction of the breast to reduce size and weight of mammary tissue.

Policy

Bluegrass Family Health does not require precertification, however members may be eligible for coverage when the patient criteria below are met:

Reduction surgery for non-cosmetic indications when the following criteria is met supporting medical necessity. (Coverage *is* provided as indicated to achieve symmetry following a surgical procedure for breast cancer on the contralateral breast: see Background)

1. Patient has persistent symptoms in at least two (2) of the anatomical body areas below, affecting daily activities for at least one year:
 - Pain in upper back
 - Pain in neck
 - Pain in shoulders
 - Headaches
 - Painful kyphosis documented by X-rays
 - Ulnar pain / paresthesias from thoracic nerve root compression
 - Pain / discomfort / ulceration from bra straps cutting into shoulders; AND

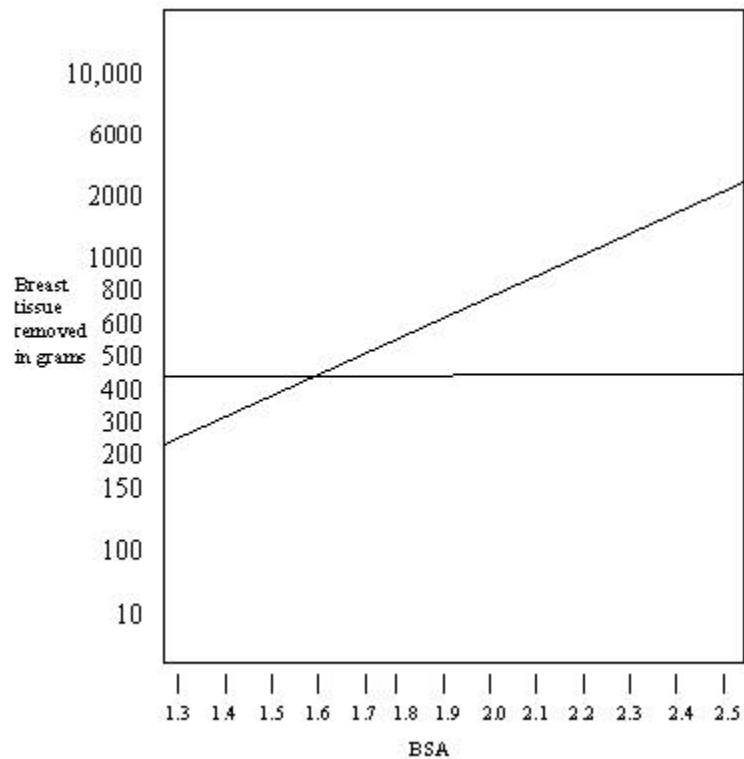
ALL of the following criteria are met:

- Photographic documentation confirms severe breast hypertrophy; AND
- Documentation of breast size grossly disproportionate to body habitus: AND
- Female age > 18 years or 3 years from the onset of menses; AND
- Body weight < 1.5 times ideal body weight (See Ideal Body Weight, Metropolitan 1983, attachment A); Patient's height, weight, and reference to normal weight must be documented in medical record; AND
- The PCP(or other treating physician; i.e. Orthopedics, Gynecologists, etc.) documents that chronic pain symptoms are caused by macromastia; AND

- Patient has undergone an evaluation by a PCP (or other treating physician) who has determined that ALL of the following criteria are met:
 - The pain cannot be solely explained by a musculoskeletal condition (e.g., arthritis, spondylitis, acromioclavicular strain); and
 - Reduction mammoplasty is likely to result in improvement of the chronic pain; and

AND

- The surgeon estimates that at least the following amounts (in grams) of breast tissue, not fatty tissue, will be removed from each breast, based on the patient's body surface area (Attachment B):



To calculate BSA see <http://www.intmed.mcw.edu/clincalc/body.html>

OR

2. The patient has gigantomastia of pregnancy accompanied by any one of the

following complications, and delivery is not imminent:

- Ulceration of breast tissue
- Massive infection
- Tissue necrosis with slough
- Significant hemorrhage

Other Information:

All women 35 years of age or older are required to have had a mammogram that was negative for cancer performed within the year prior to the date of the planned reduction mammoplasty, which meets the criteria set forth in #1 or # 2 above.

Chronic intertrigo, eczema, dermatitis, and/or ulceration in the infra-mammary fold in and of itself is not an indication for coverage of reduction mammoplasty. The condition not only must be unresponsive to dermatological treatments (e.g., antibiotics or antifungal therapy) and conservative measures (e.g., good skin hygiene, adequate nutrition) for a period of six months or longer, but also must satisfy criteria stated in #1 or #2 above.

Gynecomastia:

Bluegrass Family Health does not cover surgical mastectomy for gynecomastia or liposuction, either unilateral or bilateral, because this represents a psychosocial (cosmetic) indication. The enlarged breast(s) causes embarrassment and emotional discomfort which interferes with the patient's daily life. Medical therapy should be aimed at correcting any reversible causes, that is, drug discontinuance, or therapy of a metabolic or endocrine abnormality.

Background

The Women's Health and Cancer Rights Act of 1998 (WHCRA) was enacted on October 21, 1998 (Pub. L. 105-277). WHCRA is intended to provide new protections for mastectomy patients. Group health plans and health insurance issuers, e.g., insurance companies or health maintenance organizations (HMOs), offering medical and surgical benefits for a mastectomy are subject to WHCRA.

Under WHCRA, group health plans and health insurance issuers must provide coverage for reconstructive surgery if an individual who is receiving benefits in connection with a mastectomy elects breast reconstruction. WHCRA requires group health plans and health insurance issuers to provide coverage for--

- Reconstruction of the breast on which the mastectomy has been performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- Prostheses and physical complications at all stages of a mastectomy, including lymphedemas.

WHCRA requires coverage to be provided in a manner determined in consultation with the attending physician and the patient.

WHCRA's requirements apply only to group health plans and health insurance issuers that provide coverage for a mastectomy. However, WHCRA does not require such entities to provide coverage for a mastectomy. WHCRA also does not prohibit group health plans and health insurance issuers from imposing deductibles or coinsurance requirements for health benefits relating to reconstructive surgery in connection with a mastectomy as long as such requirements are consistent with those established for other benefits under the plan or coverage. Additionally, WHCRA does not require mastectomy patients to undergo reconstructive surgery.

The above policy is based on the following references:

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