Top 10 Healthy New Year’s Resolutions

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later.

1. Lose Weight - Always difficult to commit to but you can succeed if you don’t expect overnight success.

2. Socialize - Research suggests that people with strong social ties live longer than those who don’t.

3. Quit smoking - Everyone knows that this one has huge health benefits but it will also save you lots of money.

4. Get fit - Regular exercise has been associated with more health benefits than anything else. It keeps you healthy and makes you look and feel better too.

5. Cut your stress - A little pressure now and again won’t kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your health risks.

6. Volunteer - We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others. And guess what? Happiness is good for your health!

7. Learn something new - Whether you take a course or read a book, you’ll find education to be one of the easiest, most motivating New Year’s resolutions to actually keep.

8. Cut back on alcohol - While much has been written about the health benefits of a small amount of alcohol, too much drinking can have serious long term health detriments.

9. Get more sleep - A good night’s rest can do wonders for your mood, appearance and memory.

10. Travel - Traveling allows us to tap into life as an adventure. It also makes you feel rejuvenated and replenished.

It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick ONE of the above worthy resolutions, and stick with it!

Here’s to your Health in 2015!
Co-existing Conditions and Complications Among People with Diagnosed Diabetes

Diabetes can affect many parts of the body and is associated with serious complications, such as heart disease and stroke, blindness, kidney failure, and lower-limb amputations. Some complications, especially microvascular (e.g., eye, kidney, and nerve) disease, can be reduced with good glucose control. Also, early detection and treatment of complications can prevent progression, so monitoring with dilated eye exams, urine tests, and foot exams is essential. Because the risk of cardiovascular disease is increased in diabetes and prediabetes, blood pressure and lipid management, along with smoking cessation, are especially important. Working together, patient’s with diabetes and their health care providers can reduce the occurrence of these and other complications.

Below, under Documentation Examples, are the ICD-10 Coding Challenges for January 2015. Please complete and email your answers to lhill@arizonaphysicians.com for a chance to have you and your practices name published next month.

Diabetes with Other Manifestations 250.80

When do I use this code?

Other complications include those NOT related to renal/neurological/ PVD/eye complications.

Some possible “other” manifestations:

- Hyperlipidemia
- CAD, MI, CVA
- Aortic or carotid atherosclerosis
- LE ulcers
- Hypoglycemia
- Skin changes — yellow nails, thickened skin
- Musculoskeletal — Dupuytren’s contracture, trigger finger,

ICD10 code 250.80 DM w. other + 272.4 Hyperlipidemia

What are the ICD10 codes? _______________

A/P:

1. DM w. other manifestations BG controlled, continue metformin
2. Hyperlipidemia due to DM, stable, cont. statin

ICD9 code 250.80 DM w. other + 414.01 CAD

What are the ICD10 codes? _______________

A/P:

1. Diabetes with other manifestation, AIC improved, f/u 6 months
2. CAD, partly d/t DM, asymptomatic, continue risk factor reduction.

Arizona Integrated Physicians (AIP) is a physician organization comprised of both primary care physicians and specialty care physicians. AIP was founded in 1994 and in September 2013 merged with HealthCare Partners and is now a division of HealthCare Partners. The organization’s core values are delivering patient-centered coordinated care through integration and supporting our physicians to excel.

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