



Qualified Health Plans offered in North Carolina by CareSource North Carolina Co., d/b/a CareSource

<b>MEDICAL POLICY STATEMENT</b>	
<b>North Carolina Marketplace</b>	
Policy Name & Number	Date Effective
Breast Reduction Surgery-NC MP-MM-1422	08/01/2024
Policy Type	
<b>MEDICAL</b>	

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## A. Subject

### **Breast Reduction Surgery**

## B. Background

Breast reduction surgery is performed for females and males for different indications. Women diagnosed with macromastia (or excessively large breasts) seeking breast reduction typically present with complaints of a feeling of heaviness, chronic pain, and tension in the neck, shoulders, and upper back. Macromastia commonly causes permanent grooving and ulceration of the shoulder following years of wearing support bras to minimize symptoms. The physical and psychological symptoms of macromastia can significantly and negatively impact an individual's life and should be taken into consideration when evaluating surgical intervention.

Reduction mammoplasty is a surgical procedure that reduces the weight and volume of the breast. As much as two to five pounds of excess breast tissue is routinely removed during a reduction mammoplasty. Indications for surgery include chronic pain and skin symptoms, neuropathy, breast discomfort, physical impairment, and psychological symptoms that can be associated with poor self-esteem and loss of desire to engage in activities.

Gynecomastia is a benign proliferation of glandular tissue of the breast in males. This condition may be caused by androgen deficiency, medications, chronic medical conditions, tumors, or endocrine disorders. Depending on the cause of the tissue proliferation, surgical removal may be considered cosmetic or medically necessary. In order to evaluate the excess breast tissue, mammography and grading using the breast imaging reporting and data system (BI-RADS) may be appropriate. BI-RADS standardizes risk assessment and quality control for mammography by using categorizations and reporting/documentation standards. The 6 classifications include:

- BI-RADS 0 – Incomplete evaluation with further imaging required including additional mammographic views (spot compression, magnification, or ultrasound).
- BI-RADS 1 – Negative examination with no masses, suspicious calcifications, or areas of architectural distortion.
- BI-RADS 2 – Consistent with benign findings (eg, secretory calcifications, simple cysts, fat-containing lesions, calcified fibroadenomas, implants, intramammary lymph nodes).
- BI-RADS 3 – Probably benign (risk of malignancy below 2%) with a shortened follow-up interval to determine stability. Must include a non-palpable, circumscribed mass on a baseline mammogram; a focal asymmetry, which becomes less dense on spot compression images, or a solitary group of punctate calcifications.
- BI-RADS 4 – A suspicious abnormality, which is subdivided further into subcategories:
  - (a) low probability of malignancy
  - (b) intermediate chance of malignancy (10-50%)
  - (c) high probability of malignancy (50-95%)
- BI-RADS 5 – Highly suggestive of malignancy (greater than 95%).
- BI-RADS 6 – Pathology proven malignancy.

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### C. Definitions

- **Body Surface Area (BSA)** – A metric used for physiologic measurements, pharmacologic dosing, as well as for therapeutic calculations, including the Schnur Sliding Scale for breast reduction surgery.
- **Cosmetic Procedures** – Procedures that correct an anatomical congenital anomaly without improving or restoring physiologic function.
- **Functional/Physical or Physiological Impairment** – Impairment causing deviation from the normal function of a tissue or organ. This results in a significantly limited, impaired, or delayed capacity to move and coordinate actions or perform physical activities and is exhibited by difficulties in physical and motor tasks, independent movement, or performing basic life functions.
- **Gynecomastia** – Enlargement of the male breast secondary to a proliferation of ductal, stromal, and/or fatty tissue.
- **Intertriginous Rash** – Dermatitis occurring between juxtaposed folds of skin, caused by retention of moisture and warmth and providing an environment favoring overgrowth of normal skin micro-organisms.
- **Kyphosis** – Over-curvature of the thoracic vertebrae (upper back) associated with degenerative diseases, such as arthritis, developmental problems, or with osteoporotic compression fractures of vertebral bodies.
- **Macromastia (Breast Hypertrophy)** – An increase in the volume and weight of breast tissue relative to the general body habitus.
- **Mammography** – An imaging technique that uses low-energy x-rays to examine breast tissue for diagnosis and screening.
- **Symptomatic Breast Hypertrophy** – A syndrome of persistent neck and shoulder pain, shoulder grooving from brassiere straps, chronic intertriginous rash of the infra-mammary fold, and/or frequent episodes of headache, backache, and upper extremity neuropathies caused by an increase in the volume and weight of breast tissue beyond normal proportions.
- **Schnur Sliding Scale** – Used in calculating the amount of breast tissue to be removed in reduction mammoplasty (Appendix A).

### D. Policy

- I. CareSource considers breast reduction surgery for macromastia medically necessary when **ALL** of the following clinical criteria are met:
  - A. Member is 18 years or older or under 18 with documented evidence that breasts have finished growing for a minimum of 1 year. Parental/guardian consent is required for members under age 18.
  - B. Breast size interferes with activities of daily living, as indicated by 1 or more of the following:
    1. arm numbness consistent with brachial plexus compression syndrome
    2. cervical pain
    3. chronic breast pain
    4. headaches
    5. nipple position greater than 21 cm below suprasternal notch
    6. persistent redness and erythema (intertrigo) below breasts

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7. restriction of physical activity
  8. severe bra strap grooving or ulceration of shoulder
  9. shoulder pain
  10. thoracic kyphosis
  11. upper or lower back pain
- C. Preoperative evaluation by a surgeon concludes that the amount breast tissue to be removed (by mass or volume) will provide a reasonable expectation of symptomatic relief.
- D. No evidence of breast cancer
1. As evidenced by results of a physical exam completed by a physician within the last year if under 40 years of age.
  2. Women 40 to 54 years of age or older must have documentation of a mammogram negative for cancer performed within the year prior to the date of the planned breast reduction surgery.
  3. Women 55 years of age and older may switch to mammograms every 2 years.
- II. Breast reduction surgery following mastectomy to achieve symmetry is covered as part of the *Women's Health and Cancer Rights Act (WHCRA)*. Please refer to the CareSource Medical policy titled *Breast Reconstruction Surgery* for additional information.
- III. For males, cosmetic removal of excess breast tissue is not a covered benefit. Removal of breast tissue is considered medically necessary when a breast mass is expected or felt. This must be accompanied by documentation of a mammogram with a BI-RADS of 4 or higher in each breast that is surgically reduced.
- IV. Schnur Sliding Scale
- The Schnur Sliding Scale is an evaluation tool used to determine the appropriate volume of tissue to be removed relative to a member's total body surface area (BSA). This estimation can be instrumental in determining whether breast reduction surgery is being planned for cosmetic reasons or as a medically necessary procedure.
- A. The weight of tissue to be removed from each breast must be above the 22<sup>nd</sup> percentile on the Schnur Sliding Scale (Appendix A below) based on the member's BSA.
  - B. The BSA in meters squared (m<sup>2</sup>) is calculated using the Mosteller formula (square root of the result of height (inches) multiplied by weight (lbs) and divided by 3131).

Appendix A: Schnur Sliding Scale

<b>Body Surface Area and Minimum Requirement for Breast Tissue Removal</b>	
<b>Body Surface Area (m<sup>2</sup>)</b>	<b>Grams per Breast of Minimum Breast Tissue to be Removed</b>
1.350-1.374	199
1.375-1.399	208
1.400-1.424	218
1.425-1.449	227
1.450-1.474	238
1.475-1.499	249
1.500-1.524	260
1.525-1.549	272
1.550-1.574	284
1.575-1.599	297
1.600-1.624	310
1.625-1.649	324
1.650-1.674	338
1.675-1.699	354
1.700-1.724	370
1.725-1.749	386
1.750-1.774	404
1.775-1.799	422
1.800-1.824	441
1.825-1.849	461
1.850-1.874	482
1.875-1.899	504
1.900-1.924	527
1.925-1.949	550
1.950-1.974	575
1.975-1.999	601
2.000-2.024	628
2.025-2.049	657
2.050-2.074	687
2.075-2.099	717
2.100-2.124	750

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2.125-2.149	784
2.150-2.174	819
2.175-2.199	856
2.200-2.224	895
2.225-2.249	935
2.250-2.274	978
2.275-2.299	1022
2.300-2.324	1068
2.325-2.349	1117
2.350-2.374	1167
2.375-2.399	1219
2.400-2.424	1275
2.425-2.449	1333
2.450-2.474	1393
2.475-2.499	1455
2.500-2.524	1522
2.525-2.549	1590
2.550 or greater	1662

E. Conditions of Coverage

N/A

F. Related Policies/Rules

Breast Reconstruction Surgery  
Medical Necessity Determinations

G. Review/Revision History

DATE		ACTION
<b>Date Issued</b>	01/18/2023	New policy
<b>Date Revised</b>	03/15/2023	Revised D.I, D.I.A., D.II. and D.II.A. Updated references. Approved at Committee.
	06/21/2023	Removed D.II. C. Updated references. Approved at Committee.
	02/28/2024	Revision: expanded policy to cover members under 18 years of age, removed definitions, and updated references. Approved at Committee.
	04/24/2024	Revision: added BI-RADS to background, edited definitions, aligned gynecomastia surgery with EOC, added Section II and IV, added references. Approved at Committee.
<b>Date Effective</b>	08/01/2024	
<b>Date Archived</b>		

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