

## Dilated Cardiomyopathy Panels

- I. Genetic testing for dilated cardiomyopathy (DCM) via a multigene panel (81439) is considered **medically necessary** when:
  - A. The member meets both of the following:
    1. The member has a diagnosis of DCM by left ventricular enlargement and systolic dysfunction (e.g., ejection fraction less than 50%) based on echocardiogram, cardiac MRI, or left ventricular angiogram, **AND**
    2. Non-genetic causes of DCM have been ruled out, such as prior myocardial infarction from coronary artery disease, valvular and congenital heart disease, toxins (most commonly, anthracyclines or other chemotherapeutic agents; various drugs with idiosyncratic reactions), thyroid disease, inflammatory or infectious conditions, severe long-standing hypertension, and radiation, **OR**
  - B. The member has a first-degree relative with sudden cardiac death (SCD), **AND**
    1. Autopsy revealed a DCM phenotype
- II. Genetic testing for dilated cardiomyopathy (DCM) via a multigene panel (81439) is considered **investigational** for all other indications.

**Note:** If a panel is performed, the appropriate panel code should be used

## NOTES AND DEFINITIONS

1. **Close relatives** include first, second, and third degree blood relatives:
  - a. **First-degree relatives** are parents, siblings, and children
  - b. **Second-degree relatives** are grandparents, aunts, uncles, nieces, nephews, grandchildren, and half siblings
  - c. **Third-degree relatives** are great grandparents, great aunts, great uncles, great grandchildren, and first cousins

## REFERENCES

1. Hershberger RE, Givertz MM, Ho CY, et al. Genetic Evaluation of Cardiomyopathy-A Heart Failure Society of America Practice Guideline. *J Card Fail.* 2018;24(5):281-302. doi:10.1016/j.cardfail.2018.03.004
2. Hershberger, R and Jordan, E. Dilated Cardiomyopathy Overview. 2007 Jul 27 [Updated 2022 Apr 7]. In: Adam MP, Ardinger HH, Pagon RA, et al., editors. GeneReviews® [Internet]. Seattle (WA): University of Washington, Seattle; 1993-2023. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK1309/>
3. Wilde AAM, Semsarian C, Márquez MF, et al. European Heart Rhythm Association/Heart Rhythm Society/Asia Pacific Heart Rhythm Society/Latin American Heart Rhythm Society expert consensus statement on the state of genetic testing for cardiac diseases. *Journal of Arrhythmia.* 2022;38(4):491-553.