

Congenital Cytomegalovirus & Newborn Testing

What is congenital cytomegalovirus (cCMV)?

Cytomegalovirus (CMV) is a common virus that can infect people of all ages. If a pregnant person has CMV, they may give the virus to their developing baby. When a baby is born with CMV infection, it is called **congenital CMV (cCMV)**.

- cCMV is common, affecting about 1 in 200 babies born.
- Most babies with cCMV have no visible signs of infection at birth.

How could cCMV affect my baby's health and development?

cCMV is a leading cause of hearing loss (causing the child to be deaf or hard of hearing). About 1 out of 4 babies with cCMV will have hearing loss at birth or develop hearing loss later in childhood. Babies with cCMV are also at risk for other long-term health problems such as vision loss (causing blindness, low vision, or visual impairment), developmental delays, or seizures.

How does Michigan Medicine test for cCMV?

It is very important to diagnose (or confirm) that your baby has cCMV infection as soon as possible. This makes sure that your baby will have early access to treatment and therapies that will help them later on. Our providers will look for signs of cCMV infection when your baby is born.

While most babies with cCMV have no visible signs of infection at birth, sometimes signs of cCMV can be seen after an exam by a healthcare provider or through lab work and imaging tests.

Possible signs of cCMV infection from your baby's exam:	Possible signs of cCMV infection from your baby's labs or imaging tests:
<ul style="list-style-type: none"> • Small head size • Low birth weight • Enlarged liver or spleen • Seizures • Eye damage • Failed hearing test • Yellow skin or whites of the eyes turning yellow • Rash 	<ul style="list-style-type: none"> • Thrombocytopenia (low platelet count in the blood) • Hyperbilirubinemia (high bilirubin level) • Hepatitis (high liver enzymes) • Abnormal brain imaging

Any baby younger than 21 days old that shows signs of infection is tested.

- Testing is pain-free. A nurse or staff member will take a sample of the baby's urine, saliva, or leftover blood from the baby's newborn screening panel and send it to the lab.
- Usually, you will get the results from this test within 7 days.


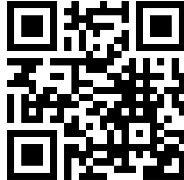

What happens if my baby has cCMV?

While your baby is in the hospital or soon after your baby goes home, your doctor will do other tests (including looking at your baby's blood work, brain imaging, eye exam, and hearing test) to see how severe their cCMV infection is. It will also help you and your doctors decide what type of care is best for your baby. We may also ask pediatric specialists, such as infectious disease doctors, for more advice.

- It will be important for your baby to get regular hearing tests, eye exams, and developmental tests as they get older.
- All babies with cCMV benefit from frequent monitoring (watching and keeping records) of their growth and development, and early enrollment in therapies to help develop their language and social skills.

- Some babies with cCMV birth may benefit from medicine that may decrease or prevent more hearing loss.

Where can I learn more about CMV?

Centers for Disease Control and Prevention: www.cdc.gov/cmV	
National CMV Foundation: www.NationalCMV.org	
Michigan Early Hearing Detection and Intervention (EHDI) Program: www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/ehdi	

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