

*Information on the
subject of the
Cytomegalovirus*

*Thank you very much for your
interest*

www.cmv-selbsthilfegruppe.de

Further links

Deutsches Grünes Kreuz e.V.

www.dgk.de

Initiative ICON

www.icon-cmv.de

Stop CMV

www.stopcmv.org

Sabine Leitner
CMV Support Group

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Run by parents for parents

**Sabine Leitner
CMV Support Group**

**Information
Run by parents
for parents
whose children
suffer from
Cytomegaly**

**1. German CMV Support
Group based in Berlin**

Dear parents,

Your child may have been infected with the cytomegalovirus during pregnancy. This ensues a number of inevitable diagnostic and possibly therapeutic measures that may be manifold. The following information is to help you to find the right path for you and your child.

Have preliminary talks with the hospitals considered for the birth of the child. Discuss the preliminary diagnostic findings and the approach after birth. Choose the hospital with clear ideas in this regard. Should your unborn child already show symptoms of congenital CMV, it is recommended to give birth at a hospital with affiliated Neonatology (ward for newborn infants at a paediatric hospital).

After birth, all children are thoroughly examined. According to the case history, this will be about finding out whether your child is infected with CMV (examination of cord blood and urine for CMV) or – in case your child's CMV infection was already ascertained before birth – whether your child is showing any symptoms of the CMV infection or not.

In case of symptoms, apart from the thorough clinical examination it is usually recommended to carry out blood exams (blood count, liver count, bilirubin, etc.) and, for instance, an ultrasound of the brain (calcifications? spaces for cerebral fluid normal?) and of the abdomen (size and structure of liver, spleen, etc.). Moreover, audiometry and an examination of the eyes (CMV retina infection?) are reasonable measures.

Your child does not show any noticeable problems:

Many children are born without any symptoms and are healthy. But there are also children whose hearing problems do not become noticeable until later. It is important during the first year of life, also in case of a child without symptoms, to have the eyes examined every six months and the ears every three months by means of a BERA-examination. The eye examination can be performed by an established ophthalmologist. The ears should be checked at a hearing centre.

Your child shows noticeable problems:

In that case, you will be informed by the paediatricians about any required measures. Possibly, a therapy with an antiviral compound will be implemented. This therapy can be administered intravenously over a period of several weeks. During that time, your child will be monitored at close intervals. Eye and hearing exams will be conducted regularly, already on the ward and later at the hearing centre. The organs and their functions will be controlled. Possibly, an MRT of the head will be made. According to the development, your child may also be treated by physiotherapy or other forms of therapy. Please also take care of yourself and ask for an appointment with the hospital's social services. You will receive support there.

Before discharge from the hospital, ask for advice on the points of contact that will now be important for you. There are information centres for high-risk children where their development is examined and possibly treated by various therapies.

For this purpose, socio-paediatric centres or diagnostic and treatment centres and the medical care centres will be available. Possibly, your local clinic will offer these services. Early-support centres offer developmental tests. The tests will accompany your child's mental and physical development. In case early intervention is required (physiotherapy, occupational therapy, speech therapy, etc.), this can be accessed on site. Also, guidance with regard to state-guaranteed support for children in danger of or affected by disabilities and their families is offered right there.

It is helpful, in case of an existing disability, to contact a specialised support group as expert and every-day support for many unanswered questions will be offered there.

With kindest regards

Sabine Leitner
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