

## Questions from Minnesota Congenital Cytomegalovirus (cCMV) Webinars

### CMV Webinar #1

#### **How long has CMV been around?**

CMV has been around for more than 100 years. CMV was first detected in newborns during the early 20<sup>th</sup> century.

#### **When did MN start screening for CMV in newborns?**

February 6, 2023.

#### **How many states are doing the screening for cCMV?**

As of February 2024, two states currently screen all newborns for cCMV. Minnesota screens all babies as part of the newborn screening program. New York is currently screening all babies as part of a newborn screening pilot project that began in October 2023 and is expected to last one year.

#### **Can CMV be detected/identified later than infancy?**

The most common way for young children to be identified with CMV is by testing their urine, blood, or saliva for the virus. Sometimes, children are tested after one year of age. However, for the infection to be classified as congenital CMV, the sample needs to have been collected when the child was less than 3 weeks old.

#### **How long after a blood spot is taken can it be tested for cCMV?**

There is no time limit on when blood spots can be tested for cCMV. However, the accuracy of testing may be affected by the age of the sample and the storage method. In addition, states differ on how long the newborn screening dried blood spot sample is kept. Some states destroy samples shortly after testing is complete and others store the samples for years.

#### **If a woman has a miscarriage for unknown reasons, is it worth getting tested for CMV?**

It's not known if CMV increases the chance of miscarriage. Everyone who is pregnant or thinking about becoming pregnant should talk to their health care provider about CMV and testing options.

#### **It sounds like how early the developing fetus is exposed to the virus determines how significant the impairment is. Does the prematurity of the infant also contribute to the degree of impairment with the CMV?**

CMV and prematurity have a complex relationship, and outcomes depend on several factors. However, at least one study has shown that premature babies who are also classified as very low birthweight experience high rates of neurologic injury and hearing loss.

#### **How long do kids have after birth to get on the medications that can help with the symptoms of cCMV?**

As of February 2024, it is recommended that infants, who are identified with clinical signs or symptoms that qualify them for treatment, ideally start antiviral medication therapy before 4 weeks of age.

**Until what age is monitoring for hearing loss recommended in kids with cCMV? Is there an age at which those screenings can stop?**

Monitoring audiology visits are recommended for children with cCMV until age 10. Please refer to [Minnesota Department of Health Audiology Guidelines for Infants with Congenital Cytomegalovirus](#) for detailed recommendations.

**If an infant has typical MRI results shortly after birth, can it be assumed that no further brain impact could happen outside of utero? Or could the virus continue to impact even after normal MRI results early on?**

Research studies to help answer this question are ongoing. Based on the results of some studies, brain changes can occur after an infant has an MRI shortly after birth that showed typical findings.

## **CMV Webinar #2**

**Can you help me understand why a CMV diagnosis (not just cCMV) would be an auto-qualifying condition?**

Guidance from the Minnesota Department of Education (MDE) states, “cCMV has always been included in the Colorado Established Condition Database. The diagnosis of Cytomegalovirus is the determining factor, not the timing of acquirement. Unless otherwise specified, the timing of the diagnosis of any established condition does not affect its ability to be used toward eligibility.” [Help Me Grow MN Diagnosed Conditions Affecting Development \(helpmegrowmn.org\)](http://helpmegrowmn.org)