

# CMV The worldwide threat to babies' health you've never heard of

Congenital CMV is a common virus that can be dangerous to unborn babies

**CMV or cytomegalovirus**  
(si-to-MEG-alo- vi-rus)  
is a common virus that that can infect anyone



Most people won't even know they have CMV but if a pregnant women contracts the virus she can pass it on to her unborn child with catastrophic results



**1 in 1000** babies



will be damaged by CMV

That's almost **1000 babies every year**

CMV was discovered in the 50's but there is still no vaccine



- 1956**  CMV discovered by the same research team that discovered polio, mumps and rubella
- 1984**  First published research on a CMV vaccine
- 2000**  In the USA a detailed report states that a CMV vaccine would be highly cost effective
- 2009 -2012**  Promising results for two different kinds of CMV vaccine
- TODAY**  We have vaccines for polio, measles, mumps and rubella but CMV has been left behind
- 2021**  **Can we get a vaccine to pension CMV off before it reaches 65?**

CMV is the most common cause of birth defects in the UK yet remains unheard of



**CMV** 900 born / year (1 in 1000)

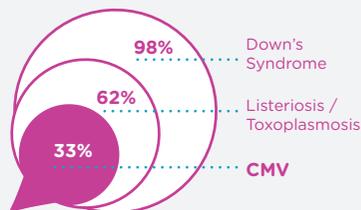
**Down's Syndrome** 750 born / year (1 in 1100)

**Listeriosis** 30 born / year

**Toxoplasmosis** 25 born / year



% of GB women (18-44) who have heard of



It's more than 30 times as common as toxoplasmosis (the cat poo one) or listeriosis (the blue cheese one), yet far fewer women have heard of it than these conditions

\*ComRes interviewed 1,008 British women aged 18-44 online between 28th - 30th March 2014. Full data tables are available on the ComRes website - [www.comres.co.uk](http://www.comres.co.uk)

CMV is the leading preventable cause of hearing loss in babies

Types of disabilities:



5 out of every 1000



CMV infection is responsible for around 25% of childhood hearing loss

5 out of every 1000 born with CMV will die at birth or in their first year of life

CMV can also cause miscarriage or stillbirths in pregnant women

Other disabilities include:



Cerebral palsy, epilepsy



Physical impairment



Vision loss



ADHD, behavioural and learning difficulties

CMV is spread through bodily fluids, especially by small children

A lot of small children catch CMV, especially those who attend nurseries. Women who work with children or who have a family already need to be especially careful during pregnancy



CMV is spread through bodily fluids and the chance of getting a CMV infection from casual contact is very small



Exposure to saliva and urine of small children is the main cause of CMV spread to pregnant women



About one third of women who become infected with CMV for the first time during pregnancy pass the virus to their unborn babies

Risk of catching CMV can be reduced by simple hygiene precautions

DON'T SHARE



Don't share dummies, cutlery, drinks or food with anyone

Don't share wet kisses with small children



Avoid kissing on the mouth. Kiss on the cheek or give them a hug

WASH WITH CARE



Wash hands and any items that have come into contact with bodily fluids with soap and water



The CMV virus is destroyed by soap and water

DO WEAR



Use condoms during sex after conception



Its very difficult to tell if others are infected so follow hygiene precautions around everyone