



Issues Surrounding a post CMV Pregnancy

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Overview

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A Case

"I am a 26 year old mother of two. During my second pregnancy I experienced abnormal fetal anatomy scan with echogenic bowel. At the time, testing revealed I had a positive CMV IgG antibody and a positive CMV IgM antibody, and a low IgG avidity index.

My doctors told me I had experienced a recent primary CMV infection during my pregnancy, even though I had no signs or symptoms of any illness.

My second child was born with congenital CMV disease, and spent the first two weeks of her life in the neonatal intensive care unit. She is now home, and she is 3 months of age. She has bilateral hearing loss, a retinal scar in one eye with some vision loss, and microcephaly. She is happy and healthy otherwise.

My husband and I want to have another baby in a year or two, but I am scared to death to have another baby with congenital CMV.

What advice can you give me?"

What advice would you give this mom?

Medical Aspects to Consider

- ▶ Consult your obstetrician to make sure you are healthy for another pregnancy.
- ▶ Some women feel more comfortable having their next pregnancy managed by a high risk obstetrician or a maternal fetal medicine specialist.
- ▶ CMV IgG will persist for life. CMV IgM lasts a mean of 4 months, with a range of 2 weeks to more than a year.
- ▶ Most experts recommend waiting to try again for another pregnancy until CMV IgM has become negative or one year, if CMV IgM persists at a low or equivocal level.

Psychosocial Aspects to Consider

- ▶ Are you emotionally ready for another pregnancy?
- ▶ Have you given yourself time to grieve the loss of your baby, if you experienced a fetal or neonatal loss?
- ▶ Have you given yourself time to manage your feelings of despair, uncertainty about your child's future living with CMV, and even guilt you may have after knowing your child has congenital CMV?

Good News!

- ▶ Greatest risk of having a baby with congenital CMV disease is after acquiring CMV infection for the first time during pregnancy. Risk of having another baby with congenital CMV disease is very low to nil.
- ▶ You can and will have a healthy, happy baby after CMV

Meet the Panelists

- ▶ Farah Armstrong, Texas
- ▶ Kim Hill, North Carolina
- ▶ Kathleen Muldoon, Arizona
- ▶ Sandra Salerno, Pennsylvania

Farah Armstrong



Kim Hill



Kathleen Muldoon



Sandra Salerno



Questions for the Panelists

- ▶ Describe the emotional journey you experienced leading up to and during your post CMV pregnancy and how you overcame fears throughout your pregnancy.
- ▶ How did you overcome grief or experience joy during the birth of your post CMV baby? Did your family experience healing after the addition of a new baby?
- ▶ How do you balance caring for your other children and the needs of your congenital CMV child?

Your Questions?

