

Hands & Voices, NM

Quarterly Newsletter

April 2023

What is Cytomegalovirus, and Why Should You Care?

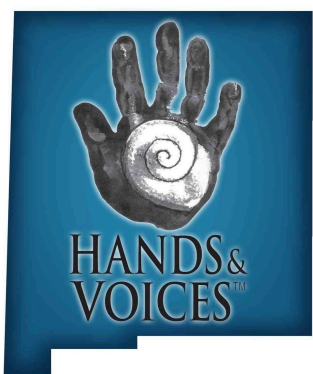
Cytomegalovirus, or CMV, is the most common infectious cause of birth defects in the United States. More than half of adults have had a CMV infection by the time they are 40 years old, and 1-4% of those people get infected for the first time during pregnancy. Subsequently, one out of 200 babies is born with congenital CMV (cCMV). For a healthy adult, CMV presents as a mild cold or flu. However, one out of five babies with cCMV will experience long-term health differences, such as hearing loss.

Congenital CMV is the most common cause of non-hereditary hearing loss in children. Hearing loss caused by cCMV is typically sensorineural (permanent) in nature and progressive (becoming worse over time). For example, hearing loss may progress from mild to severe during the first few years of life, which is a critical period for language learning. Regular hearing checks and Early Intervention can help monitor and navigate these changes.

Expecting mothers can minimize their risk of getting CMV by reducing contact with saliva and urine from young children. Implement proper hand hygiene and refrain from sharing food or utensils.

You can also watch for signs of cCMV at birth. If a child has a rash, small head size, has seizures, presents with liver/spleen/lung issues, or refers their newborn hearing screening, they should be tested for congenital CMV within their first 21 days of life. This can be completed with either a blood or urine test. Having this information can help your child's care team better determine frequency of hearing and vision checks, as well as intensity of other interventions.

For more information, visit the Centers for Disease Control and Prevention, The American Cochlear Implant Alliance, the American Academy of Pediatrics, or the National Deaf Children's Society.



"What works for your child is what makes the choice right!"



Contact Information

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Upcoming Events

For the most up-to-date information, follow us on social media!

Facebook: Hands and Voices New Mexico
Twitter: @HandVNM
Instagram: @handvnm
Pinterest: @hvnm

Happening in New Mexico:

April 13: Family Leadership Conference
April 26: ASL Family Fun Night
April 29: NMSD Family to Family Event
June 4: Presbyterian Ear Institute 5K & 10K Fun Run

H&V National:

May 9: Integrating Safety into O.U.R. Work
May 18: NCHAM- Genetics and Hearing Loss
May 25: FL3- The Unique Needs of Fathers
June 13: O.U.R.- This Summer I Will...



Early Hearing Detection and Intervention Conference

The Early Hearing Detection and Intervention Conference took place from March 5-7th in Cincinnati, OH. It was great being able to gather in person after virtual meetings in 2021 and 2022! Several sessions were focused both on supporting families of late-identified children and families of children with late-onset hearing loss. Both are areas that New Mexico Hands and Voices hopes to shed more light on in order to better support families in our state.



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Valentine's Virtual Paint Night

Hands & Voices NM hosted a virtual paint night on February 11th. Families from across New Mexico gathered on Zoom, spending time together painting and sharing stories. The group was guided through the steps for painting a heart-shaped succulent by the talented XXX. Each participant was encouraged to take creative liberties in making their artwork their own, choosing their background color, how many flowers to include, the color of their pot, etc. A similar event was held last spring with equal enjoyment expressed by the groups in attendance. Keep an eye out for our event next year!

