

## Learn How To Prevent Cytomegalovirus (CMV)

Cytomegalovirus (CMV) is a virus, which can be transmitted to the developing fetus before birth. The cytomegalovirus infection usually is not harmful and it rarely triggers diseases. For most of the healthy persons, which contract this virus after birth, there are several symptoms and there are not long term medical consequences. Once a person is infected, the virus is still active, but it is latent during that person's life.

There are two different types of infections: -primary cytomegalovirus -recurring cytomegalovirus

A primary infection can cause more pregnancy problems than recurring one. Anyway, if the immune system of a person is weak, it can become active and it can cause the cytomegalovirus disease. For most of the persons, suffering from cytomegalovirus there will not be real problems.

Both children and adults do not produce noticeable symptoms. Still, the following are the common symptoms manifested, generally after 3 to 12 weeks from exposure: - inflammation of the glands - fever - a general feeling of fatigue and exhaustion

To continue with, cytomegalovirus belongs to the herpes virus group and, as we have already said, it can stick to the body, under latent condition, for a long time. The infection can be carried by body fluids like urine, blood, saliva, tears and breast milk. Cytomegalovirus can exist in these liquids without the possibility to detect its signs and symptoms.

The incidence of cytomegalovirus infection in adults is 50-85% for those who are beyond 40 years old, and is most prevalent in developed countries. Fetus in a woman's womb, people working with children or people with HIV are at greater risk of catching the infection.

The only way the cytomegalovirus can be transmitted is through direct contact with an infected person through the urine, saliva, breast milk, or other body fluids. It cannot survive in water, food, or animals. Although typically the virus spreads slowly, it has been observed to spread more rapidly in children centres.

Persons infected with cytomegalovirus hardly manifest any symptoms, thus the infection can go unnoticed for a long time. To truly determine if there is an infection, one has to have urine analysis, blood tests analysis of samples taken from the throat and the tissue. Costs for these laboratory tests are very costly so that not all countries can afford them.

If a pregnant woman is diagnosed with cytomegalovirus, there are two possibilities to examine the fetus, in order to detect the existence of the virus at it. There are two types of blood tests. The symptoms the fetus may develop are low level of amniotic liquid, poor intrauterine growth and growth of brain tissue. When the child is born, doctors can take samples of blood, urine, and saliva.

Cytomegalovirus infection even during pregnancy can be treated by medication. However medication should only be undertaken if infection has spread severely.

### About the Author

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