Your Baby Needs Another Hearing Test

Early Hearing Detection & Intervention (EHDI) Program

Connecticut Department of Public Health
860-509-8074
www.ct.gov/dph/ehdi

Testing

Congenital Cytomegalovirus (CMV)

About Congenital Cytomegalovirus (CMV)

What is Cytomegalovirus?

Cytomegalovirus (pronounced: sy-toe-MEG-a-low-vir-us), or CMV, is a common virus that infects people of all ages. Most people who are infected with CMV have no signs or symptoms of the virus, but some may develop mild flu-like symptoms. When CMV occurs during a woman’s pregnancy, it is possible for the unborn baby to become infected, which is then called “congenital CMV.” Congenital CMV can potentially damage the brain, eyes, and/or inner ears of the unborn baby. Health problems or disabilities due to congenital CMV infection may appear immediately, or any time after birth, or they may never appear.

How is congenital CMV diagnosed?

Congenital CMV is diagnosed through a painless saliva or urine test taken before 21 days of age.

What happens if your baby is diagnosed with congenital CMV?

Ask your doctor for referrals to see the appropriate specialists, including an infectious disease doctor, an audiologist, and an optometrist/ophthalmologist (eye doctor). While there is no drug licensed to treat congenital CMV infection, the Department of Pediatric Infectious Diseases at Connecticut Children’s Medical Center or Yale-New Haven Children’s Hospital can provide more information on medication options. CMV can cause hearing and vision loss over time, so your child will need to have regular hearing and vision evaluations. Also, CMV can cause hearing and vision loss over time, so your child will need to have regular hearing and vision evaluations.

CMV Prevention

- Wash hands often with soap and water, especially after feeding a child, changing diapers, or touching a child’s mouth.
- Avoid sharing food, drinks, or utensils (spoons and forks) with children.
- Do not put a child’s pacifier or toothbrush in your mouth.
- Do not kiss your child, especially on or near the mouth.

Hearing Loss and Congenital CMV

- Congenital CMV is considered the leading cause of hearing loss in children at birth.
- About half the cases of hearing loss in children with congenital CMV occur well after the baby is born and would NOT be detected by newborn hearing screening.
- Hearing evaluations should occur at least every six months to monitor hearing.
- At that point, hearing evaluations should be performed to determine if there is a need for follow-up.

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Speech

Hearing loss is easily missed in babies and infants. To help identify hearing loss as early as possible after birth, the American Academy of Pediatrics recommends obtaining needed services, is time lost. Any delay in identifying hearing loss, or obtaining needed services, is time lost.

Why is getting a diagnostic hearing evaluation so critical to my baby’s future?
Hearing loss affects a baby’s ability to develop communication, language, and social skills. The earlier a baby with hearing loss receives services, the more likely they are to reach their full potential.

Babies’ brains actively try to make sense out of the sounds that reach their ears in the course of everyday events. This is the beginning of a baby’s language development. Identifying a baby’s hearing loss as early as possible is important so that steps can be taken to help that child learn to communicate in a way that is best for him or her.

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“If I’m pretty sure my baby hears me, I’m going to wait to have him/her tested...”

DON’T WAIT! Testing should be done as soon as possible after birth, preferably before two months of age.

Hearing loss is easily missed in babies and young children. Most babies with hearing loss can hear some sounds but not enough to develop language or speech properly. You cannot tell by simply watching and interacting with your baby if he or she can hear all the sounds needed to learn language. The only way to be sure is to take him or her to an audiologist for diagnostic testing.

Can any audiologist conduct a diagnostic hearing evaluation?
No. Diagnostic testing should be performed by an audiologist who specializes in working with babies and has the training and equipment necessary to conduct complete diagnostic testing.

How do I schedule a diagnostic hearing evaluation for my baby?
Ask your birth hospital or your baby’s doctor to assist you, or contact an audiology center yourself by using the list below.

The following is a list of audiology centers that can test your baby’s hearing.

Connecticut Children’s Medical Center
Hartford, Farmington, or Glastonbury
(860) 545-9642

ENT Medical & Surgical Group, New Haven
(203) 752-1726

Hearing, Balance & Speech Center, Hamden
(203) 287-9915

Lawrence & Memorial Hospital, Waterford
(860) 271-4900

University of Connecticut, Speech & Hearing Clinic, Storrs
(860) 486-2629

Yale New Haven Hospital, Yale Hearing & Balance Center, New Haven
(203) 785-2467

An appointment has been scheduled for your baby at the center circled above on: AM / PM

If your baby is found to be deaf or hard of hearing, there are many ways to get help.

The Connecticut Birth to Three System supports families whose babies have hearing loss, including offering audiological services. To request a free developmental evaluation and support services to meet your baby’s needs:

Call 1-800-505-7000 or go to www.birth23.org

If you do not have insurance or do not have enough insurance, call HUSKY: 1-877-CT-HUSKY (1-877-284-8799).

If you have limited income and your child has other health care needs, call Child Development Infoline: 1-800-505-7000.

Cytomegalovirus (CMV) Testing
Beginning January 1, 2016, state law requires all babies who do not pass newborn hearing screening also be screened for a virus called Cytomegalovirus (CMV). A sample of your baby’s saliva or urine will be taken by the hospital and tested for CMV. The result will be sent to your baby’s doctor. Ask your baby’s doctor for the results at your first visit after leaving the hospital. See the other side of this pamphlet for more information on CMV.