DEPARTMENT OF HEALTH
NEWBORN SCREENING PROGRAM

New Disorder Added to Minnesota's Newborn Screening Panel

CONGENITAL CYTOMEGALOVIRUS

Summary

Minnesota is the first state to offer universal newborn screening for congenital cytomegalovirus (cCMV). cCMV is the most common infectious cause of birth defects in the United States. Approximately three hundred Minnesota newborns are expected to be born with cCMV each year.

Background

Newborn screening is the process of identifying infants at risk for hidden, rare disorders by testing dried blood spots and connecting them with specialists who coordinate early diagnosis and treatment. Over 99% of Minnesota newborns are screened for a panel of disorders. For a disorder to be added to the newborn screening panel, it must meet certain criteria such as the availability of an intervention that will help to prevent most of the health problems caused by that condition.

Newborn screening panels are unique from state to state. Over the past year, Minnesota's Advisory Committee on Heritable and Congenital Disorders reviewed cCMV as a candidate condition. On January 11, 2022, committee advisors recommended that the Commissioner of Health add cCMV to Minnesota's newborn screening panel. On January 28, 2022, Commissioner Jan Malcom approved its addition. Since then, the Newborn Screening Program has worked diligently to implement screening. This includes validating a test method, developing result and follow-up protocols, and working with external partners to establish clinical guidelines. Minnesota will begin screening for cCMV early in 2023. A brief clinical summary of cCMV is provided below.

Congenital Cytomegalovirus

Congenital cytomegalovirus (cCMV) is a congenital infection caused by acquired Cytomegalovirus (CMV). CMV is a common virus and if infected while pregnant, the virus can pass through the placenta. The baby can then be born with cCMV. Most infants born with cCMV appear healthy at birth and are not expected to have signs of health problems caused by the infection. Some babies born with cCMV will have hearing loss or develop it later in life. Screening for cCMV will help identify infants at risk for developing hearing loss and who may benefit from follow-up monitoring and early access to interventions and treatment.

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