

2017 Alabama Newborn Screening Conference



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Prattville, Alabama
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Congenital Cytomegalovirus Screening: The Past, Present and Future

Karen B. Fowler
Department of Pediatrics
Division of Infectious Diseases

The PAST UAB – Congenital CMV infection

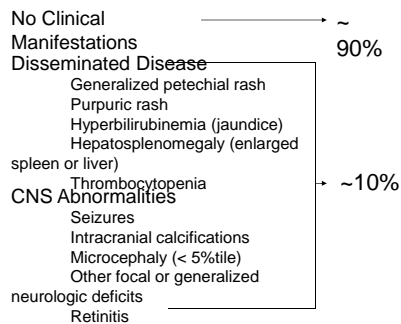
In the 1960's cytomegalic inclusion disease begin to be described in living newborns

Dr. Charlie Alford returned to UAB after working with Dr. Thomas Weller, nobel prize recipient in Boston

Cytomegalovirus (CMV) may be transmitted from mother to fetus anytime during gestation and may or may not cause any apparent damage to the fetus

(Congenital CMV Infection)

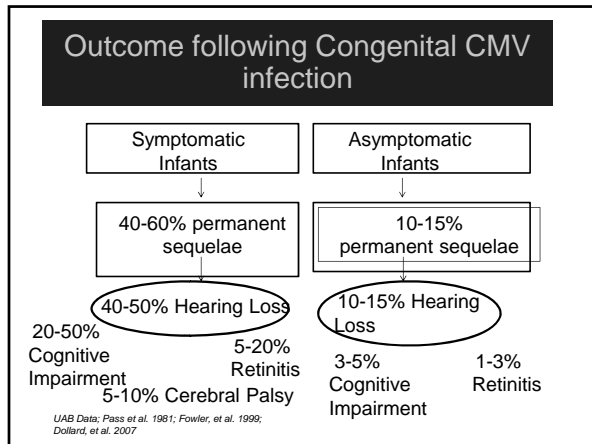
Congenital CMV infection in the Newborn



Sequelae of Congenital CMV Infection

Sensorineural hearing loss	19%
Mental retardation (IQ ≤ 70)	19%
Retinitis	6%
Cerebral Palsy	4%
Neurologic problems/Seizures	6%

Based on UAB data



Diagnosis of Congenital CMV Infection (Past Methods)

- ❖ Urine or Saliva
- ❖ Within the first 2-3 weeks of life
- ❖ Virus isolation (culture) – Urine
- ❖ 1990s - identification (immunofluorescence test-DEAFF) of virus in saliva

Primary vs NonPrimary Maternal CMV Infections

- ❖ Seronegative women who acquired CMV for the first time during pregnancy are at the greatest risk of transferring CMV to their fetus – (30%)
- ❖ Seropositive women were thought to have a reactivation of CMV – in the past there was uncertainty of whether congenital CMV could be the result of a reinfection with another CMV virus(es). – (1%)

Sequelae by Type of Maternal Infection

	Primary N=132	Sero + N=65	
SN Hearing Loss	15%	5%	0.05
Bilateral HL	8%	0%	0.02
Speech Threshold ≥ 60dB	8%	0%	0.03
IQ ≤ 70	13%	0%	0.03
Retinitis	6%	2%	0.20

Fowler et al. NEJM 1992

Sequelae by Type of Maternal Infection, con't.

	Primary N=132	Sero + N=65	
Other neurologic sequelae including microcephaly, seizures, paresis or paralysis	6%	2%	0.13
Death	2%	0%	0.29
Any Sequela	25%	8%	0.003

Fowler et al. NEJM 1992

Interval Between Births

Congenital CMV infection rate and 95% CIs according to interval between births

Mos Betw Births	Seroconverters (n=142)		Sero+ Mothers (n=2,857)	
	#	% (95% CI)	#	% (95% CI)
< 24 Mos	11/44	25 (13.2 – 40.3)	12/711	1.7 (0.9 – 2.9)
25-48 Mos	5/50	10 (3.3 – 21.8)	9/954	0.9 (0.4 – 1.8)
> 48 Mos	2/48	4.2 (0.5 – 14.3)	7/1,192	0.6 (0.2 – 1.2)

Fowler et al. CID 2004

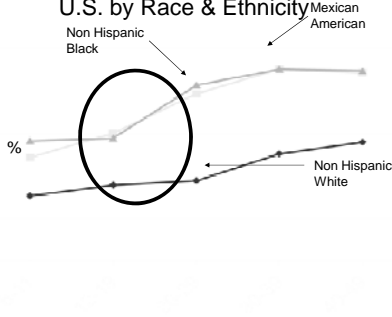
Epidemiology of CMV Infections

- CMV is a herpesvirus, and is a common virus
- CMV is transmitted through direct or indirect person-to-person contact through infected secretions— saliva, urine, tears, breast milk, cervical & vaginal secretions, semen, & blood

Epidemiology of CMV Infections

- CMV is not very contagious and the spread of virus requires close or intimate contact with infected secretions
- CMV infection is usually asymptomatic in the immunocompetent host

NHANES -CMV Seroprevalence in Females in the U.S. by Race & Ethnicity

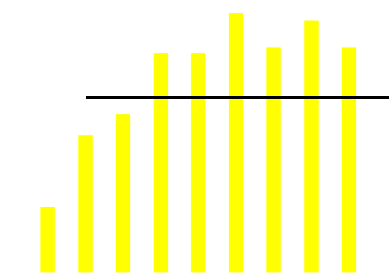


Adjusted for sex, household income level, education, marital status, insurance, area of residence, census region, family size, country of birth
Bate et al. 2010

CMV seroprevalence rates in US, Canada, Australia, England, and Western Europe range from 30 - 60% in women of childbearing age – resulting in women who are susceptible for acquiring CMV for the first time during their pregnancies.

However, in parts of Asia, Africa, Central and South America, CMV seroprevalence rates in women of childbearing age are >70% and in some populations 95-100% - resulting in women who are not acquiring CMV for their first time during pregnancy but possibly acquiring another CMV strain during their pregnancies.

Maternal Seroprevalence (%)



Rate of Congenital CMV Infection (%)

CMV Infections

- So how do women and potential mothers-to-be acquire virus and pass the virus onto their infant?
- One source of virus:
- Young Children – either in the household or friend's & family's children

CMV Infections

- CMV is prevalent in day cares and other places that young children gather and play

CMV Infections

- Studies in day care centers have shown that young children shed virus in saliva & urine creating exposure opportunities for virus transmission to other children, to their parents and day care or nursery workers.

CMV Infections

- Children may acquire virus and infect a previously CMV negative mother or caregiver.

CMV Infections

- Sanitizing toys and surfaces to prevent the spread of flu also clean the surfaces of CMV!
- However, since CMV is fairly ubiquitous it is unlikely that a day care or any place where children interact handling "saliva" laded toys and items will be completely free of the virus.

CMV Infections

- The other source of CMV infection for women is
- Sexual Activity
- CMV may be transmitted through semen or vaginal secretions, although not considered a sexually transmitted infection – CMV is sexually transmissible.

Factors associated with acquisition of CMV in newborns

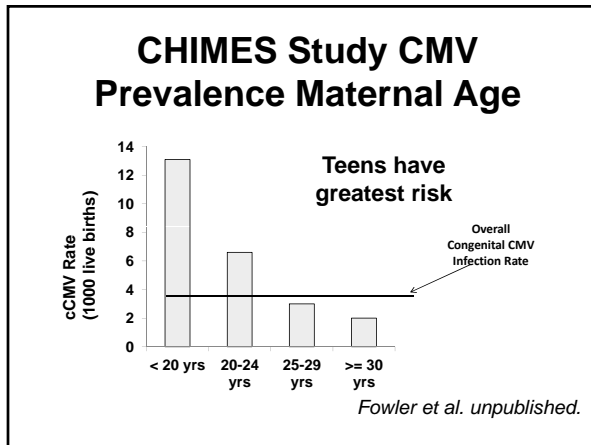
Factors Independently Associated with Congenital CMV Infection

	aOR (95% CI)
Direct care of children < 5 years	2.9 (1.8 – 4.7)
Sexually transmitted infections during pregnancy	1.6 (1.1 – 2.5)
Sexual activity < 2 years	2.5 (1.4 – 4.5)
Combined- recent onset sexual activity & care of young children	7.2 (3.2 – 16.1)

Model includes age, race, parity, number in household, & history of STIs
 Fowler, et al. 2006

Factors associated with acquisition of CMV in newborns

Population & Date	N	Risk Factors
Hamilton, Canada, 1980	15,212	Young maternal age No previous pregnancies < 12 years education Unmarried
London, England, 1986	8,026	Young maternal age Black race Unmarried
Birmingham, AL, 1993	27,045	Young maternal age Black race Lower SES
Iowa City, IA, 1994	7,229	Young maternal age Unmarried
San Luis Potosi, Mexico, 2003	599	Young maternal age No previous pregnancies Residence in rural area

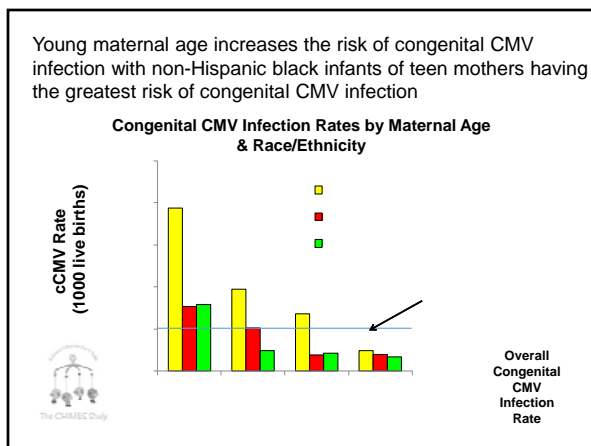


Significant racial/ethnic disparities exist in the prevalence of congenital CMV infection

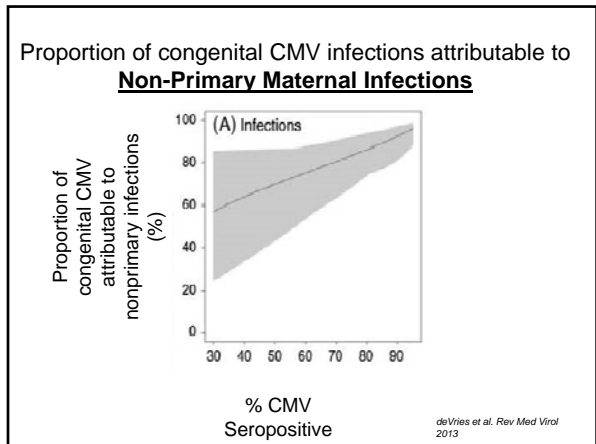
Congenital CMV Infection Rates by Maternal Race & Ethnicity

	aOR (95% CI)*
Infant Race & Ethnicity	
Black, Non Hispanic	1.9 (1.4 – 2.4)
White, Hispanic	0.7 (0.5 – 0.9)
Asian	0.8 (0.3 – 1.6)
Multiracial	1.8 (1.1 – 2.9)
White, Non Hispanic	1.0

*Model included race & insurance status, maternal age
 Fowler et al. submitted.



Congenital CMV & the Present



The CMV & Hearing Multicenter Screening Study

Funded by the NIDCD, 2005 – 2015

UAB Lead Institution

CHIMES Study Population

Site	N
UAB Hospital, Alabama	12,346
MS Med Center, Mississippi	6,436
St Peter's Hospital, New Jersey	10,727
Carolinas Med Ctr, North Carolina	15,094
Good Samaritan, Ohio	14,152
Magee-Women's, Pennsylvania	19,204
Parkland Hospital, Texas	22,648
Total	100,607

DBS PCR for Newborn CMV Screening

Table 2. Use of the 2 DBS Real-time PCR Assays to Identify Infants With Confirmed Congenital CMV Infection

Congenital CMV Infection	Single-Primer DBS PCR			2-Primer DBS PCR		
	Positive	Negative	Total	Positive	Negative	Total
Positive	17	43	60	11	21	32
Negative	4	11,943	11,947	1	8,885	8,886
Total	21	11,986	11,407	12	8,906	8,918

DBS, dried blood spot; PCR, polymerase chain reaction

DBS PCR –Not Sensitive for a Screening Diagnostic Test

Boppna SB et al. JAMA 2010;303(10):1375-82

Saliva PCR for Newborn CMV Screening

Table 2. Real-Time Polymerase Chain Reaction (PCR) Assays of Liquid- and Dried-Saliva Specimens, vs. Rapid Culture, Used to Screen for Congenital Cytomegalovirus Infection.

Rapid Culture	Liquid-Saliva PCR Assay			Dried-Saliva PCR Assay		
	Positive	Negative	Total	Positive	Negative	Total
Positive	85	0	85	74	2	76
Negative	8	17,569	17,577	8	17,243	17,251
Total	93	17,569	17,662	82	17,245	17,327

Sensitivity (95% CI) — %: 100 (95.8–100) vs 97.4 (90.8–99.7)

Specificity (95% CI) — %: 99.9 (99.9–100) vs 99.9 (99.9–100)

Positive likelihood ratio (95% CI): 2197 (1099–4393) vs 2100 (1049–4202)

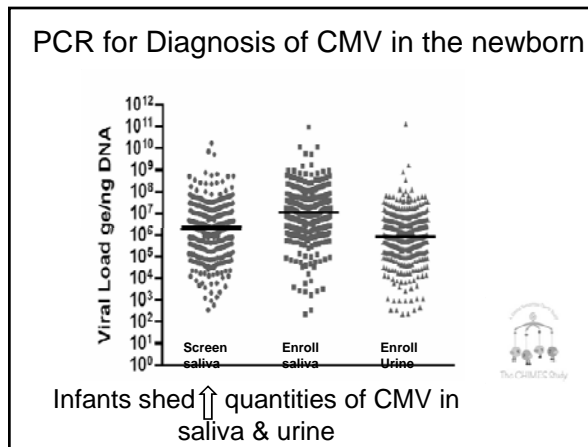
Negative likelihood ratio (95% CI): 0 (0.0–0.1) vs 0.03 (0.0–0.1)


Positive predictive value (95% CI) — %: 91.4 (83.8–96.2) vs 90.2 (81.7–95.7)

Negative predictive value (95% CI) — %: 100 (99.9–100) vs 99.9 (99.9–100)

Saliva PCR –Rapid, Relatively Inexpensive Diagnostic Test

Boppna SB et al. N Engl J Med 2011;364:2111






CHIMES Study CMV Prevalence

Overall prevalence of congenital CMV infection =
4.5 per 1000 live births (95% CI, 4.1 – 4.9/1000)

1 in 200 live births

Fowler et al. submitted.



CHIMES Study CMV Prevalence Race & Ethnicity

/1000 live births (95% CI)


Infant Race & Ethnicity	
Black, Non Hispanic	9.5 (8.3 – 11/1000)
White, Non Hispanic	2.7 (2.2 – 3.3/1000)
White, Hispanic	3.0 (2.4 – 3.6/1000)
Multiracial	7.8 (4.7 – 12/1000)
Asian	1.0 (0.3 – 2.5/1000)

Fowler et al. submitted.

CHIMES Study SNHL at Birth

SNHL at birth was defined as the presence of hearing loss at the first full diagnostic audiology evaluation at enrollment into follow-up (3-6 weeks of life) – not based on hearing screening refer/fail

Sensorineural hearing loss (SNHL) at birth =
7.9% (95% CI, 5.6% – 10.8%)




Fowler et al. submitted.

CHIMES Study SNHL at Birth

Asymptomatic vs. Symptomatic Infections & SNHL at Birth


	% (95% CI)
Asymptomatic	4.7% (2.9 – 7.3%)
Symptomatic	38.1% (23.6 – 54.4%)



CHIMES Study SNHL at Birth

Bilateral vs Unilateral SNHL Present at Birth

	Bilateral	Unilateral
Asymptomatic	37%	63%
Symptomatic	56%	44%




CHIMES Study SNHL at Birth

Progression & Fluctuation of SNHL SNHL Present at Birth*

	Progression % (95% CI)	Fluctuation % (95% CI)
Asymptomatic	67 (38 – 88) (range, 7 – 48 mo)	20 (4 – 48)
Symptomatic	50 (19 – 81) (range, 7 – 36 mo)	0 (0 – 31)

*Non treated




CHIMES Study SNHL at Birth

Progression & Fluctuation of SNHL
SNHL Present at Birth/Treated

	Progression	Fluctuation	Stable
Asymptomatic (n=4)	2 (1 @ 30 mo, 1 @ 42, 48 mo)	1	1
Symptomatic (n=5)	3 (1 @ 7 mo, 1 @ 12, 24, 30 mo, 1 @ 30, 48 mo)	1	3*

*1 received Cochlear Implant at 7 mo




CHIMES Study Late Onset SNHL

Late Onset SNHL


	Late onset Loss
Asymptomatic (n=13)	41.9% (range, 7 – 48 mo)
Symptomatic (n=2)	12.5% (range, 24 – 36 mo)*


*Unilateral to Bilateral Loss




Degree of SNHL reported at last audiologic evaluation

Degree of Loss	Asymptomatic	Symptomatic
Mild (26 – 40 dB HL)		
Moderate (41 – 55 dB HL)	33.3%	10.7%
Moderate-Severe (56 – 70 dB HL)	19.0%	13.3%
Severe (71 – 90 dB HL)	4.8%	0%
Profound (>90 dB HL)	23.8%	42.9%



- ### Summary: CMV Auditory Characteristics
- **Hearing may be normal**
 - **Hearing loss**
 - **May be present at birth**
 - **May be delayed in onset early in life or after several years**
- 

- ### Summary: CMV Auditory Characteristics
- **May be stable, progressive, and/or fluctuating**
 - **May be unilateral or bilateral**
 - **Can be of varying degrees**
 - **There is no consistent audiometric configuration!**
- 

CHIMES Study


Possible Targeted Approach to CMV Screening

Hearing Screening Refers by CMV Status

CMV Screen	Hearing Refer* % (95% CI)
CMV Positive (n=443)	7.0% (4.8 – 9.8%)
CMV Negative (n=99,500)	0.9% (0.9 – 1.0%)

P < 0.0001

Fowler et al. Pediatrics 2017



CHIMES Study
Possible Targeted Approach
Congenital CMV Infection & SNHL at Birth

	Newborn Hearing Screen	
	Refer	Pass
SNHL	20 (65%)	15 (3.6%)
NO SNHL	11	397

Newborn hearing screening identified 57% (95% CI, 39% - 74%) of CMV-Related SNHL in the newborn period.
Fowler et al. Pediatrics 2017

Treatment of Congenital CMV Infection

- Controlled trials of antiviral therapy only performed in infants with SYMPTOMATIC infection with primary outcome of improvement in hearing function
 - Ganciclovir or oral equivalent valganciclovir
- Collaborative Antiviral Study Group (CASG)

Valganciclovir Treatment Study
6 weeks vs. 6 months in symptomatic congenital CMV

Time Point	Group	Improved	No change
6mo	Valganciclovir	~55%	~45%
	Placebo	~50%	~50%
12mo	Valganciclovir	~65%	~35%
	Placebo	~50%	~50%
24mo	Valganciclovir	~75%	~25%
	Placebo	~50%	~50%

aOR (95% CI):
 1.70 (0.77,3.79) aOR (95% CI):
 3.34 (1.31,8.53) aOR (95% CI):
 2.66 (1.02,6.91)

Kimberlin et al., NEJM 2015;372:933-43

Consensus Recommendations for Treatment of Congenital CMV

- Symptomatic congenital CMV disease (Moderate to severe disease)
 - Only group recommended because it is the only population in which there is randomized, controlled data proving benefit
- 6 month of oral valganciclovir 16mg/kg/DOSE bid
- Treatment should be initiated within the first month of life

Consensus Recommendations for Treatment of Congenital CMV

- Monitor neutrophil counts and transaminases regularly
- Viral load monitoring not indicated (no correlation with treatment effect or clinical outcome)
- Treatment duration of 6 months

Congenital cytomegalovirus infection in pregnancy and the neonate: consensus recommendations for prevention, diagnosis, and therapy
Rawlinson, Boppana, Fowler, Kimberlin et al., Lancet Infect Dis 2017; 17(6):e177-e188

Consensus Recommendations for Treatment of Congenital CMV

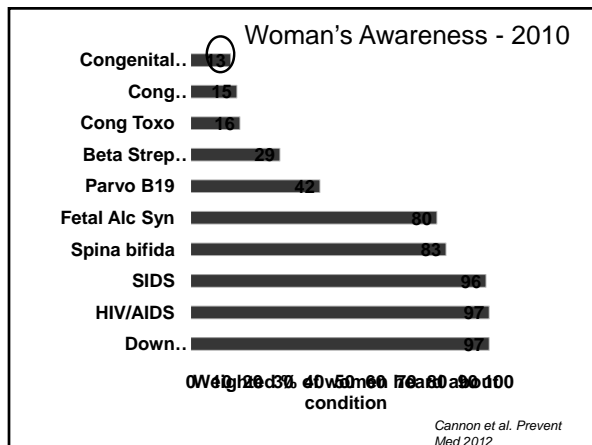
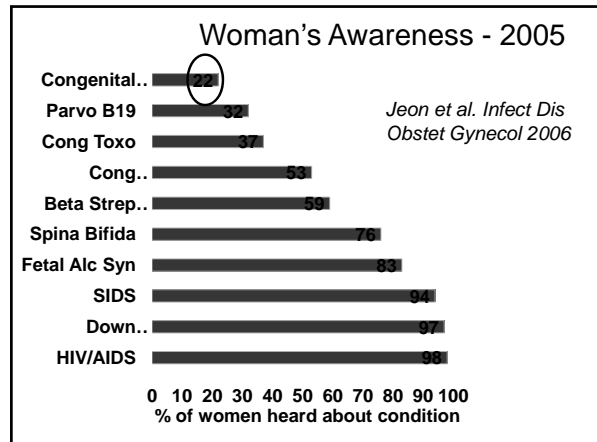
- Antiviral therapy NOT routinely recommended for mildly symptomatic congenital CMV disease
- Antiviral therapy NOT routinely recommended for asymptomatic congenital CMV with isolated SNHL

Consensus Recommendations for Treatment of Congenital CMV

- Antiviral therapy NOT recommended for babies with asymptomatic congenital CMV
- Antiviral therapy NOT routinely recommended in infants <32 weeks gestational age

Congenital cytomegalovirus infection in pregnancy and the neonate: consensus recommendations for prevention, diagnosis, and therapy

Rawlinson, Boppana, Fowler, Kimberlin et al., Lancet Infect Dis 2017; 17(6):e177-e188



Women's Awareness about CMV

2005 annual HealthStyles™ survey, a mail survey of the U.S. population aged >18 years found that only 14% of women had heard of CMV

(D. Ross et al. J Women Health, 2008).

Women's Awareness about CMV

Current UAB cognitive-behavioral intervention study (n=215) just completed in pregnant women aged 16-29 years found 14% of women had heard of CMV

(Fowler, Davies, Kempf, Boppana, Cannon, Tita, Edwards, unpublished).

- **Cognitive-Behavioral Intervention:**
 - **(help individuals to identify helpful and unhelpful behaviors, establish goals, and develop skills to solve problems and implement new behaviors)**
 - **215 women were randomized:**
- Fowler, et al. in preparation

- 108 “CMV Prevention in Pregnancy” intervention group (PREVENT) – CMV education and prevention intervention
- 107 “Taking Care of Me” intervention group (CONTROL) educational stress reduction intervention.

Fowler, et al. in preparation

- Cognitive-Behavioral Intervention, con’t:
- For both groups, each woman had
- a 15-20 min individual behavioral skills session with study personnel,
- watched a short video,

Fowler, et al. in preparation

- received a take home packet,
- received weekly text messages for 12 weeks to deliver the PREVENT or CONTROL interventions.

Fowler, et al. in preparation

- Cognitive-Behavioral Intervention, con’t:
- In addition, each woman attended 6 and 12 week follow-up visits for an intervention boost for the PREVENT group and where post-intervention CMV knowledge and risk behaviors were assessed via questionnaires in both groups.

Fowler, et al. in preparation

Fowler, et al. in preparation

Fowler, et al. in Preparation

Taking Care of ME

Build a Support Team
Connect with...

- People who understand what you are going through
- People who will give you support
- People you enjoy!

The Pregnancy Help Desk

Taking Care of ME
Set Realistic Goals
You don't have to be perfect to be a good mother!

OHNSA

Taking Care of ME
Take Time for Yourself...

Balance your life with a variety of activities that promote your wellbeing!

The Pregnancy Help Desk

My Plan to Care for My Baby by Taking Care of Me

Even you will be giving birth to a baby who will need your attention and care, but have you considered how important it is to take care of yourself too, both now and after delivery?

Here are some simple steps you can take to focus on Taking Care of ME so you can then give your new baby the very best.

Consider the following:

1. Take time for you. Balance your life with a variety of activities that promote your wellbeing.
2. Build a support team. Connect with people you enjoy, people who understand what you are going through, and those who will give you support.
3. Set realistic goals. Recognize that you don't have to be perfect to be a good mother.

The following five activities can guide you on the road to taking care of yourself, so you prepare for the birth of your new baby.

Have yourself. You don't have to finish all five to see a difference. But the time you put into thinking now about how YOU can best care for yourself is a mother self-activity you off to the months ahead.

The Pregnancy Help Desk: Taking Care of ME

Fowler, et al. in preparation

CMV Risk Behaviors

	PREVENT N=97	CONTROL N=99	P valu e
PRE Intervention at Enrollment			
Kiss young children on the mouth	40.2% (30.4 – 50.6%)	40.4% (30.7 – 50.7%)	0.9
POST Intervention			
Kiss young children on the mouth	10.3% (5.1 – 18.1%)	27.3% (18.8 – 37.1%)	2

Fowler, et al. in preparation

CMV Risk Behaviors

	PREVENT N=97	CONTROL N=99	P valu e
PRE Intervention at Enrollment			
Share food, drinks, eating utensils, etc. with young children	47.4% (37.2 – 57.8%)	50.5% (40.3 – 60.7%)	0.7
POST Intervention			
Share food, drinks, eating utensils, etc. with young children	15.5% (8.9 – 24.2%)	30.3% (21.5 – 40.3%)	0.01

Fowler, et al. in preparation

CMV Risk Behaviors

	PREVENT N=97	CONTROL N=99	P valu e
PRE Intervention at Enrollment			
Not always wash hands after feeding, wiping face & hands, etc.	58.8% (48.3 – 68.7%)	54.5% (44.2 – 64.6%)	0.6
POST Intervention			
Not always wash hands after feeding, wiping face & hands, etc.	43.3% (33.3 – 53.7%)	42.4% (32.5 – 52.8%)	0.9

Fowler, et al. in preparation

CMV Risk Behaviors

	PREVENT N=97	CONTROL N=99	P valu e
PRE Intervention at Enrollment			
Not always wash hands after changing diapers	29.9% (21.0 – 40.0%)	36.4% (26.9 – 46.6%)	0.3
POST Intervention			
Not always wash hands after changing diapers	20.6% (13.1 – 30.0%)	28.3% (19.7 – 38.2%)	0.2

Fowler, et al. in preparation

CMV Risk Behaviors

	PREVENT N=97	CONTROL N=99	P value
	PRE Intervention at Enrollment		
CMV risk behavior score (0-44, 44 highest risk score)	5.2 ± 5.9 (range, 0 - 23)	5.7 ± 6.1 (range, 0 - 32)	0.5
	POST Intervention		
CMV risk behavior score (0-44, 44 highest risk score)	1.7 ± 2.6 (range, 0 - 12)	3.4 ± 4.6 (range, 0 - 26)	0.002

Fowler, et al. in preparation

Parent Advocacy

Founded in 2014, the National CMV Foundation joined forces with 3 regional NPOs in Dec 2015 in an effort to combine resources and increase reach in 1) educating women about CMV and 2) influencing research priorities regarding CMV prevention, treatment, and intervention

<https://www.nationalcmv.org/>

Parent Advocacy

VISION: Eliminate cCMV in the United States for the next generation.

MISSION: To educate women of childbearing age about congenital CMV.

<https://www.nationalcmv.org/>

Parent Advocacy

Strategic pillars

- **INFORM:** To raise awareness and educate women and families about the risks and prevention of congenital CMV
- **ENGAGE:** To conduct targeted outreach with medical professionals to further CMV education, and to form human connections with those affected by cCMV by linking users with the appropriate resources

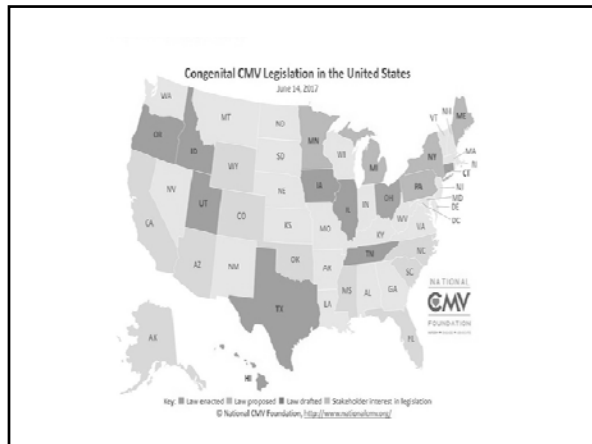
<https://www.nationalcmv.org/>

Parent Advocacy

• **ADVOCATE:** To increase local, regional, and national community involvement through various means – fundraising, legislation, strategic partnerships and corporate development – that calls for improved cCMV information and education, which will drive behavioral change.

<https://www.nationalcmv.org/>





Congenital CMV & the Future

- Targeted CMV Screening for congenital CMV for any newborn who refers (fails) on newborn hearing screen (unilateral or bilateral) when the etiology of possible hearing loss is uncertain or unknown (& for CMV positive babies refer to ID) – Saliva PCR

Congenital CMV & the Future

- Ontario is implementing universal CMV screening – Maine is considering through their legislation
- Parents advocating for universal CMV screening

Congenital CMV & the Future

- Further Studies of antivirals
 - Clinical trial of asymptomatic CMV infection without SNHL underway – valganciclovir by 30 days give 4 mos
 - Clinical trial of CMV infection with SNHL identified by targeted screening underway – placebo vs. valganciclovir

Congenital CMV & the Future

- Further Studies of asymptomatic infants – do they need further testing (besides hearing assessments) or specific clinical management?

Congenital CMV & the Future

- Understanding the role of non-primary CMV infections including immunology and genomic studies
- Vaccine development underway – several companies
- Development & implementation of behavioral interventions –with CMV awareness and CMV risk reduction behaviors

Congenital CMV & the Future

- Parent Advocacy
 - CMV awareness campaigns
 - Promoting universal CMV screening
 - Promoting/Drafting CMV legislation and policy
 - Developing messaging (videos, etc.) to reach all young women with CMV information

Video

Questions?



Evaluation and follow-up of infants with symptomatic congenital CMV

At Birth

- Thorough physical exam to assess for growth parameters, HSM, petechiae, purpura
- CBC, LFTs
- Neuroimaging- sonography or MRI
- Ophthalmologic examination

Evaluation and follow-up of infants with symptomatic congenital CMV

- Full diagnostic auditory evaluation- NOT hearing screen

Follow-up

- Age-appropriate hearing testing every 6 months until age 3, then annually until age 5-6 (?adolescence)
- Developmental assessments in some children

Evaluation and follow-up of infants with asymptomatic congenital CMV (with or without SNHL)

At Birth

- Thorough physical exam to assess for symptoms
- Ophthalmologic examination (could be later – 0/77 Asx w retinitis)
- Full diagnostic auditory evaluation-NOT hearing screen

Evaluation and follow-up of infants with asymptomatic congenital CMV (with or without SNHL)

Follow-up

- Age-appropriate hearing testing every 6 months until age 3, then annually until age 5-6 (?adolescence)
- Careful developmental screening assessments

Symptomatic Congenital CMV

9.8% Symptomatic (44/449)

Symptoms	% (#)
Generalized Petechial rash	27.2 % (12/44)
Purpuric rash	4.5% (2/44)
Hepatomegaly	20.5% (9/44)
Splenomegaly	20.5% (9/44)
Jaundice with Direct Bilirubin >3	15.9% (7/44)
CNS Abnormalities	
Microcephaly	38.6% (17/44)
Seizures	6.8% (3/44)
Focal/generalized neurologic deficits	6.8% (3/44)
Chorioretinitis	4.5% (2/44)

**Produced by the
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Alabama Department of Public Health

(334) 206-5618

alphtn@adph.state.al.us

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