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CYTOMEGALOVIRUS - SYMPTOMS, GENERAL INFORMATION

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Abstract:

Cytomegalovirus (cytomegalovirus, CMV, SMV) is a virus belonging to the herpes family that affects internal organs and the central nervous system and is practically asymptomatic. People become infected with this virus mainly when their immunity is weakened (for example, due to AIDS). When the virus affects internal organs, weakness, diarrhea, and constipation are observed. With injuries to the genitourinary organs, the disease manifests itself as inflammation of the uterus (endometritis), inflammation of the cervix (cervicitis), inflammation of the vagina (vaginitis) in women, and in men it is predominantly asymptomatic (without symptoms). The disease can also take the form of ARVI (acute respiratory diseases). Cytomegalovirus infection in pregnant women can lead to the development of pathologies of pregnancy, fetus or child.

Appearance of cytomegalovirus

Other viruses in this family include herpes simplex (causes genital herpes and cold sores), varicella (causes chickenpox), and Epstein-Barr virus (causes infectious mononucleosis). This group of viruses is not active in the body during life. This is called a "latent" infection. SMV infection occurs worldwide in people of all ages.

CYTOMEGALOVIRUS IN PREGNANCY

Most women infected with CMV (about 30%) have CMV infection that is "activated" (or active in the blood) and can pass the virus to their baby during pregnancy. Congenital cytomegalovirus causes complications: about 10-15% of children have pathologies at birth, and 60% have children experience serious complications in the future. Some babies born without symptoms of cytomegalovirus may develop deafness within a few months of birth.



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WHAT CAUSES CYTOMEGALOVIRUS INFECTION?

Cytomegalovirus is transmitted to a healthy person through direct contact with the body fluids of an infected person. Healthy children and adults do not show any symptoms after infection. However, CMV can cause serious illness in people with weakened immune systems (such as HIV/AIDS or those taking drugs that weaken the immune system). Diseases caused by CMV include:

Retinitis (blurred vision and blindness);

Painful swallowing (dysphagia);

Pneumonia;

Colitis;

Weakness or numbness in the legs.

RISK OF CYTOMEGALOVIRUS INFECTION

People at risk:

Close cooperation with young children and adults;

People receiving blood transfusions;

People who have multiple sexual partners;

People who have received an organ or bone marrow transplant with CMV infection.

People prone to complications from CMV infection include:

Pregnant women and people with weak immune systems;

People infected with HIV;

The main goal of treating these diseases is to strengthen the human immune system.

The treatment itself includes immune and antiviral therapy, which activates the body's defense mechanisms and controls cytomegalovirus. There are no specific drugs against cytomegalovirus, and treatment of CMV infection in healthy children and adults is not required. People with symptoms of CMV infection and a weakened immune system can take antiviral medications. Approximately 30–75% of transplant recipients develop CMV infection. People at high risk of developing a serious CMV infection can take antiviral drugs to prevent illness as directed by their doctor. This preventive method has helped reduce the number of CMV infections in many patients.



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