# Cytomegalic Inclusion Body Disease (CIBD)

Cytomegalic inclusion body disease (CIBD) is caused by infection from the cytomegalovirus (CMV). This is a type of herpes virus that can lie dormant after initial infection, and then reactivate periodically throughout life. The virus causes enlargement of cells of some organs and the development of inclusion bodies - discrete masses of cellular material - in the cytoplasm or nucleus of these cells. The virus can be transmitted from person to person through transplantation of infected organs, or through the exchange of body fluids, such as blood, urine, saliva, breast milk, semen, and cervical secretions. CMV is a very common infection, especially among populations that have poor hygiene. Many children and adults who acquire the infection show no symptoms (problems) of the disease. But some, especially those who are immune compromised, may show serious symptoms, including fever, hepatitis, pneumonitis, retinitis, and/or a mononucleosis-like illness. In immune-compromised individuals, particularly those with AIDS, CMV infection can cause encephalitis. CMV is also a concern in organ-transplant populations - for example, those who receive kidney, heart, or lung transplants. Fetuses and newborn babies may acquire CMV before or during birth from a mother with an active infection. In these cases, the virus can be lethal to the fetus or newborn baby, or cause serious systemic problems, including *pneumonitis*, bleeding, anemia (low red blood cells), liver damage, or brain damage.

## TREATMENT

There is no cure for CIBD. Antiviral drugs, such as ganciclovir and acyclovir, are used to reduce viral load or prevent infection in immune-compromised people. **Physicians recommend good hygiene and thorough hand washing to prevent transmission of the disease.**

## WHAT WILL HAPPEN

Most people infected with CMV show no symptoms and have a good outcome. However, CIBD can be serious or even lethal to fetuses, newborns, transplant recipients, and immune-compromised people.

**Research is continually being done to learn more about this problem.**

*Information provided by The National Institute of Neurological Disorders and Stroke.*

Document Released: 09/09/2003 Document Re-Released: 03/16/2010
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