

Seroprevalence of Cytomegalovirus among Voluntary Blood Donors

Miss Monali Valera, Dr. Yogesh Domadiya, Dr. Nishith Vachhani, Dr. Meera Kangad, Dr. Sanjiv Nandani

Life Blood Centre, Rajkot, Gujarat, India

Introduction:

Cytomegalovirus (CMV) is a *Herpes virus* that usually causes mild symptoms like flu or glandular fever in healthy individuals but can remain in the body for life. The virus is cell associated and transmission appears to be due to reactivation of latent virus in white blood cell. Serious illness can occur in fetuses, new-born, and people with weakened immune system. Most adults have been exposed to CMV and develop an immune response marked by the presence of CMV IgG antibodies. This study is aimed to assess the prevalence of CMV antibodies among blood donors of transfusion-transmitted CMV (TT-CMV), particularly in vulnerable populations like low birth weight infants and immunocompromised patients.

Method:

A prospective study was conducted to screen 54 voluntary blood donors for CMV IgG antibodies, following the necessary consent procedures.

Result:

Of the 54 donors, 51 (94.44%) were found to be seropositive for CMV IgG, indicating prior exposure to the virus. Only three (5.56%) of the donors were seronegative.

Conclusion:

To improve blood safety, use of leucodepleted blood components, which reduce white cells and are considered 'CMV safe' specially for high-risk patients, as leucodepletion is almost effective as using CMV IgG negative blood.

References:

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24-Vijay Plot, Malaviya Road, Rajkot.

+91-281-223 42 42 /43, 85 1122 1122 lbc@999life.org www.lifebloodcentre.org