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CMV Awareness Walk, Run Set For Cameron University

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By Tiffany Martinez

In honor of National Cytomegalovirus Month, several community entities have joined forces to host the first “1, 2, 3 Wash Away CMV” awareness walk and run.

The family-friendly event will begin at 8:30 a.m. Saturday in Bentley Gardens at Cameron University, 2800 W. Gore, and is made possible by the university, Comanche County Health Department, Fitness in Action Series, Fit Kids of Southwest Oklahoma, Oklahoma Medical Reserve Corps, Comanche County Memorial Hospital, RunHers and Sudi.

“Our hope and expectation is that this will become an annual event,” said coordinator Cara Gluck. “We want to increase awareness in the community and help education the public on the risk factors.”

Gluck, Oklahoma Health Department Western District coordinator for emergency preparedness and response, said she spearheaded efforts to plan the awareness event because CMV is a medical condition near and dear to her heart. She contracted the disease when she was 36 weeks pregnant with her second child, who now suffers from mild cerebral palsy and physical disabilities due to his exposure of the infection.

“This is a virus that naturally occurs in the environment. If a healthy adult or healthy child contracts it, they made not even notice it, but if a pregnant woman is exposed to it there can be really severe and negative impacts to the unborn child,” Gluck said.

According to the Centers for Disease Control and Prevention, one in every 150 children is born with congenital CMV worldwide, and about one of every five affected children develops permanent problems due to the virus. Those problems range from mental disabilities to blindness and deafness.

There is no vaccine to protect expectant mothers and unborn babies from CMV, but Gluck said there are plenty of preventative measures that can be taken. She encourages those seeking additional information to attend the walk and visit sites such as www.stopcmv.org or www.CMVawareness.org.



Parker and Cara Gluck show the city proclamation recognizing the Cytomegalovirus Month.