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Toxoplasmosis in pregnancy

Any woman who was infected with toxoplasmosis before becoming pregnant is lucky. Because she can sit back and relax: Anyone who has had toxoplasmosis is immune to re-infection. Because of other diseases such as listeriosis, the advice on hygiene described should also be observed in the case of immunity to toxoplasmosis.

The cat is the main host of the parasite *Toxoplasma gondii*. Infected and diseased cats excrete eggs of this pathogen with the feces. These eggs are very resistant to environmental influences and can be dispersed by wind or dust. Thus, they are taken in by slaughter animals, but also by humans. In the muscle tissue of the sick animal, so-called toxoplasmosis



cysts are formed, which humans consume. If he eats the meat raw, he becomes infected with the bacterium. With well-cooked meat, infection is usually absent. Once the infection has occurred, the immune system produces antibodies against the foreign invader. The fact that you have a cat in the household does not necessarily mean that there is protection against

toxoplasmosis from a previous infection. You should also get tested.

Toxoplasmosis: Harmless to you, threatening to your baby.

You would probably notice little of a toxoplasmosis infection. In rare cases, there are flu-like complaints and swelling of the lymph nodes. For non-pregnant women, toxoplasmosis is usually painless and consequence-free and therefore meaningless. Only in pregnancy does toxoplasmosis become a danger: the disease can be transmitted to the unborn child and harm it. Especially the baby's brain is in danger. In addition, the risk of miscarriage increases. The initial toxoplasmosis infection during pregnancy is therefore a serious problem.