

# allergic to contact solution

## Allergic to Contact Solution: Understanding, Managing, and Finding Alternatives

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Summary: This comprehensive article explores the multifaceted issue of being allergic to contact solution. It details the common causes of these allergies, primarily focusing on preservatives found in many solutions. Symptoms, diagnosis, and management strategies are discussed in depth, covering both over-the-counter and prescription options. The article emphasizes the importance of identifying the specific allergen and finding suitable alternative solutions, including preservative-free options, to ensure both eye health and comfortable contact lens wear. It also addresses potential long-term consequences of neglecting allergies and highlights the vital role of regular optometric check-ups for individuals with contact lens allergies.

### 1. Understanding Contact Solution Allergies: The Root of the Problem

Many individuals experience discomfort or adverse reactions when wearing contact lenses, and often, the culprit isn't the lens itself but the contact solution used to clean, rinse, store, or disinfect them. Being allergic to contact solution is a significant issue affecting contact lens wearers. These allergies are frequently triggered by preservatives added to the solution to prevent microbial growth. Common preservatives include thimerosal, benzalkonium chloride (BAK), and polyquad. These chemicals, while effective at inhibiting bacterial and fungal growth, can also cause irritation,

inflammation, and allergic reactions in sensitive individuals. The reaction isn't always immediate; it can develop over time with prolonged exposure.

The severity of a reaction to contact solution can range from mild discomfort and redness to severe inflammation, corneal ulcers, and even vision impairment. Therefore, recognizing the symptoms and seeking appropriate medical attention is crucial.

## **2. Symptoms of Contact Solution Allergy**

Identifying that you are allergic to contact solution can be challenging, as symptoms can mimic other eye conditions. Common symptoms include:

**Redness and irritation:** This is a common initial symptom, manifesting as bloodshot eyes or a general feeling of dryness and itchiness.

**Burning and stinging:** A burning or stinging sensation upon insertion or removal of the lenses, or even throughout the day, can indicate an allergic reaction.

**Itching:** Intense itching around the eyelids and eyes is a significant sign of an allergic response.

**Watery eyes:** Excessive tearing can be a body's attempt to flush out the irritant.

**Eyelid swelling:** Puffiness or swelling of the eyelids can accompany other symptoms.

**Blurred vision:** In severe cases, inflammation can impair vision clarity.

**Discomfort and sensitivity to light:** Photophobia (light sensitivity) can be a symptom, making even dim light uncomfortable.

**Mucus discharge:** Increased mucus production can indicate an allergic reaction.

**Giant papillary conjunctivitis (GPC):** This condition is characterized by large, raised bumps on the conjunctiva (the lining of the eyelid and eyeball) and is frequently associated with contact lens wear and allergies to contact solution.

If you experience any of these symptoms, particularly after starting a new contact solution or changing brands, it's essential to consult an eye care professional immediately.

## **3. Diagnosing Contact Solution Allergy**

Diagnosing allergic to contact solution requires a thorough examination by an ophthalmologist or optometrist. They will perform a comprehensive eye exam, including:

**Visual acuity assessment:** To check your vision sharpness.

**Slit-lamp examination:** A magnified view of the eye's structures to detect inflammation or other abnormalities.

**Assessment of the conjunctiva and cornea:** To look for signs of irritation, inflammation, or damage.

Allergy testing (if necessary): Patch testing may be used to identify the specific preservative or component in the contact solution causing the reaction. This involves placing small amounts of suspected allergens on the skin to observe any reaction.

Based on the examination and the patient's history, the doctor can determine the cause of the symptoms and recommend appropriate management strategies.

## **4. Managing and Treating Contact Solution Allergies**

Managing allergic to contact solution involves identifying and eliminating the allergen and implementing strategies to alleviate symptoms. This may include:

Switching to a preservative-free solution: This is the most common and often effective approach. Preservative-free solutions are available for both daily disposable and reusable contact lenses.

Using a different brand of contact solution: Even within the same preservative type, different brands can have varying levels of irritants.

Reducing contact lens wear time: Wearing lenses for shorter periods each day can reduce exposure to the allergen.

Improving contact lens hygiene: Meticulous cleaning and disinfection are crucial to prevent infection and further irritation.

Artificial tears: Lubricating eye drops can help alleviate dryness and irritation.

Anti-inflammatory eye drops: Prescribed by an eye doctor, these drops can help reduce inflammation and swelling.

Antihistamine eye drops: These can help to reduce itching and other allergic symptoms.

In severe cases: Oral antihistamines or other medications might be prescribed to manage the allergic reaction.

Considering alternative lens materials: Some contact lens materials are less likely to cause irritation than others. Switching to a different material could be helpful.

## **5. Alternative Contact Lens Solutions**

The market offers various alternative contact lens solutions designed to minimize the risk of allergic reactions. These include:

Preservative-free solutions: These solutions are formulated without preservatives, significantly reducing the risk of allergic reactions. They are often packaged in single-use vials to maintain sterility.

Hydrogen peroxide-based solutions: These solutions use hydrogen peroxide to disinfect the lenses, which is then neutralized before the lenses are worn. Hydrogen peroxide is less likely to cause irritation than many traditional preservatives.

Multi-purpose solutions with different preservatives: Some multi-purpose solutions employ alternative preservatives that are milder than BAK or

thimerosal. However, it is essential to discuss the composition of any solution with your eye care professional to ensure it's suitable for your individual needs.

Choosing the right alternative solution is crucial for managing allergic to contact solution. Your eye doctor can guide you towards the most appropriate option based on your specific needs and the severity of your allergy.

## **6. Long-Term Consequences of Untreated Allergies**

Neglecting an allergy to contact solution can lead to several severe complications, including:

**Chronic dry eye:** Persistent irritation can lead to chronic dryness, discomfort, and even damage to the corneal surface.

**Corneal ulcers:** Severe inflammation can damage the cornea, leading to painful ulcers and potentially vision loss.

**Conjunctivitis:** Persistent inflammation of the conjunctiva can lead to recurrent eye infections.

**Giant Papillary Conjunctivitis (GPC):** This can cause significant discomfort and blurry vision.

**Contact lens intolerance:** In severe cases, it may become impossible to wear contact lenses due to persistent allergic reactions.

## **7. The Importance of Regular Optometric Check-ups**

Regular visits to your optometrist are vital, especially if you are allergic to contact solution. They can monitor your eye health, identify any complications early on, and make necessary adjustments to your contact lens care regimen. These check-ups are also essential for assessing the effectiveness of any treatment strategies and adjusting them accordingly.

## **8. Conclusion**

Being allergic to contact solution can significantly impact the comfort and safety of contact lens wear. By understanding the causes, symptoms, and management strategies discussed in this article, individuals can proactively address their allergies and maintain healthy, comfortable vision. Remember, seeking professional advice from an ophthalmologist or optometrist is crucial for accurate diagnosis, appropriate treatment, and preventing potential long-term complications.

## **FAQs**

1. What are the most common preservatives in contact solutions that cause allergies? Benzalkonium chloride (BAK), thimerosal, and polyquad are

common culprits.

1. Can I use tap water to rinse my contact lenses if I'm allergic to my solution? Absolutely not. Tap water can contain harmful microorganisms that can cause serious eye infections.
1. How do I know if my contact lens allergy is severe enough to warrant a visit to the doctor? If you experience blurry vision, significant discomfort, severe redness, swelling, or any other concerning symptoms, seek immediate medical attention.
1. Are all preservative-free solutions the same? No, different brands have varying formulations and may contain other components that could trigger allergies in some individuals.
1. Can I switch contact lens brands if I'm allergic to my current solution? It's worth a try, but ensure that the new solution's preservative type and other ingredients are different from your current one.
1. Can allergies to contact solution lead to permanent eye damage? While unlikely with proper management, neglecting severe allergies can lead to corneal ulcers and other serious complications.
1. Are there any alternative ways to correct my vision if I can't tolerate contact lenses? Yes, eyeglasses are a safe and effective alternative.
1. Can I use homemade contact lens solutions? Absolutely not. This is extremely dangerous and can cause serious eye infections.
1. How often should I see my eye doctor if I'm allergic to contact

solution? Your eye doctor will advise, but more frequent check-ups are usually recommended for individuals with contact lens allergies.

## **Related Articles:**

1. **Contact Lens Discomfort: Causes and Remedies:** This article explores various causes of discomfort, including allergies to contact solution, and provides practical remedies.
1. **Preservative-Free Contact Lens Solutions: A Comprehensive Guide:** This article delves deeper into the benefits and types of preservative-free solutions available.
1. **Giant Papillary Conjunctivitis (GPC): Symptoms, Causes, and Treatment:** This article focuses on a specific condition linked to contact lens allergies.
1. **Understanding Contact Lens-Related Eye Infections:** This article details the risks of improper lens care and the importance of hygiene to prevent infection.
1. **Dry Eye Syndrome and Contact Lenses:** This article explores the connection between dry eye and contact lenses, highlighting management strategies.
1. **Choosing the Right Contact Lenses for Sensitive Eyes:** This article provides guidance on selecting contact lenses that are less likely to cause irritation.
1. **How to Properly Clean and Disinfect Your Contact Lenses:** This article details best practices for maintaining contact lens hygiene to reduce allergy risks.

1. Allergic Conjunctivitis: Symptoms, Diagnosis, and Treatment: This article provides a broader overview of allergic conjunctivitis, which can be exacerbated by contact lenses and solutions.

1. The Role of Optometrists in Managing Contact Lens Allergies: This article highlights the essential role of optometrists in diagnosing, managing, and treating contact lens allergies.

**allergic to contact solution:** Contact Lens Use Under Adverse Conditions: Applications in Military Aviation Commission on Behavioral and Social Sciences and Education, 1990

**allergic to contact solution: Considerations in Contact Lens Use Under Adverse Conditions** National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Committee on Vision, Working Group on Contact Lens Use Under Adverse Conditions, 1991-02-01 This book summarizes current understanding of the scientific, clinical, and technical issues surrounding the use of contact lenses. It discusses the special occupational conditions experienced by military personnel, particularly in extreme environments, that give rise to the question of whether or not to use contact lenses. Experts in optometry, ophthalmology, visual psychophysics, and engineering describe recent developments in design and use; and representatives of the military services provide examples of actual situations in aerospace settings. Considerations in Contact Lens Use Under Adverse Conditions will be of particular interest to those involved in the design of contact lenses and those responsible for occupational safety and health matters in the private sector.

**allergic to contact solution:** The New Allergy Solution Dr. Clifford Bassett, 2017-03-21 One of America's top allergy doctors offers a revolutionary, full-body approach to diagnosing, preventing, and treating allergies—in many cases, for good. Millions of Americans currently suffer from allergies, and the rate is growing. Climate change, globalization, air pollution, and oversanitization of the environment in the early years of life are just a few of the causes that, taken together, have introduced new allergens into our environment that are wreaking havoc and causing needless suffering. This “new allergen marketplace” requires a new allergy solution. According to Dr. Clifford W. Bassett, traditional remedies focus on treating symptoms but leave allergy sufferers vulnerable to continued bouts of misery. Dr. Bassett argues that when we consider a person's genetics, environment, and overall health, we can more effectively identify—and take appropriate action to forestall—symptoms before they even begin. For the first time, Dr. Bassett presents the unique, integrative approach he's used in his Manhattan offices for two decades to vanquish allergy symptoms for countless individuals. In addition to explaining what allergy is (and isn't) and identifying key triggers—from nuts to gluten to the nickel commonly used in cell phones—Dr. Bassett offers both medical and nonmedical alternatives to treatment, and specific, proactive steps to protect against common allergens. Allergens are here to stay, but with The New Allergy Solution, your life need no longer be ruled and ruined by allergy. The New Allergy Solution strives to enhance your well-being through strategies for a greater sense of control, giving you more freedom to do what you love.

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CDermatologicdisorders of the Eyelidsells and Mediators,SeasonalAllergic Conjunctivitis&Perennial Allergic Conjunctivitis,VernalKeratoconjunctivitis,GiantPapillary Conjunctivitis,Dermatologicdisorders of the Eyelids,ContactDermatitis of the Eyelids,AutoimmuneDisorders of the Anterior Surface,PediatricConcerns of Ocular Inflammation,ContactLens,OcularAllergy Treatment,Adverse(Allergic) Effects of GlaucomaMedications

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**allergic to contact solution:** *The Allergy Solution* Leo Galland, M.D., Jonathan J.D. Galland, 2017-08-22 *The Allergy Solution* is a game changer. — David Perlmutter, M.D., #1 New York Times best-selling author of *Grain Brain* An epidemic of allergies is spreading around the world. One billion people suffer from allergic diseases such as asthma, hay fever, eczema, and food allergies. But this is just the tip of the iceberg. In this eye-opening book, award-winning integrated-medicine expert Leo Galland, M.D., reveals the shocking rise of hidden allergies that lead to weight gain, fatigue, brain fog, depression, joint pain, headaches, ADHD, digestive problems, and much more. Astonishing new research shows how each of these is linked to the immune imbalance that is at the root of allergy. A brilliant clinician, Dr. Galland has unlocked the power of this breakthrough science to help thousands of patients who have struggled with mysterious symptoms answer the question: Doctor, what's wrong with me? In *The Allergy Solution*, he is joined by his son, Jonathan Galland, J.D., a passionate health writer and environmental advocate, in exposing the truth that just as the earth's environment is out of balance, our bodies are out of balance. The modern world, with pollution, unhealthy eating habits, lack of exercise, and excessive exposure to antibiotics, is fueling the rise in allergies. *The Allergy Solution* takes an in-depth look at how we can balance immunity through nutrition and lifestyle to reverse allergies without drugs. It offers an easy nutritional program, starting with a Three-Day Power Wash designed to clear the tracks, to help us take back control. Do you suffer from asthma, eczema, or sinusitis? Are you sick of pain, fatigue, brain fog, weight gain, depression, anxiety, or wondering what is behind your mysterious symptoms? Let Dr. Galland's clinical experience and unique insights into cutting-edge science guide you back to health.

**allergic to contact solution:** *Microbiology of Waterborne Diseases* , 2013-11-08 The second edition of *Microbiology of Waterborne Diseases* describes the diseases associated with water, their causative agents and the ways in which they gain access to water systems. The book is divided into sections covering bacteria, protozoa, and viruses. Other sections detail methods for detecting and identifying waterborne microorganisms, and the ways in which they are removed from water, including chlorine, ozone, and ultraviolet disinfection. The second edition of this handbook has been

updated with information on biofilms and antimicrobial resistance. The impact of global warming and climate change phenomena on waterborne illnesses are also discussed. This book serves as an indispensable reference for public health microbiologists, water utility scientists, research water pollution microbiologists environmental health officers, consultants in communicable disease control and microbial water pollution students. Focuses on the microorganisms of most significance to public health, including *E. coli*, cryptosporidium, and enterovirus Highlights the basic microbiology, clinical features, survival in the environment, and gives a risk assessment for each pathogen Contains new material on antimicrobial resistance and biofilms Covers drinking water and both marine and freshwater recreational bathing waters

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cosmetic products. Included here are INCI names, synonyms, description/definition, CAS and EU numbers, chemical class, function in cosmetics, molecular formula, structural formula and advice on patch tests. A full literature review is given of patch testing in patients, case reports of cosmetic allergic contact dermatitis, irritant contact dermatitis, photosensitivity, immediate contact reactions and systemic side effects. This text is suitable for anyone with an interest in contact allergy, from university students to professionals, and all readers will find this informative and detailed series an invaluable resource. Key Features: Monographs of all known non-fragrance chemicals and substances which have caused allergic contact dermatitis from their presence in cosmetic products Provides lists of all functional groups (such as antioxidants, preservatives, artificial nail building, emollients, hair dyeing, hair colorants) in both the EU and US formats and all chemicals in these groups which have caused cosmetic allergy Presents an alphabetical list of all synonyms indicating their INCI names Reported cross-reactions, pseudo-cross-reactions and co-reactions, patch test sensitization and presence in cosmetic products (including data from FDA's Voluntary Cosmetic Registration Program) and chemical analyses are discussed Covers an extensive amount of information to benefit dermatologists, allergists, and non-medical professionals involved with the research, development and marketing of cosmetic products

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**allergic to contact solution: Contact Lens Complications** Nathan Efron, 2004 The new 2nd edition of this practical manual has been completely updated and revised to reflect the most current knowledge, research findings, technological developments, and updates in contact lens materials. With its broad coverage and systematic approach, it provides an intuitive approach to understanding, diagnosing, and treating contact lens complications. This lavishly illustrated text is recognized as a definitive resource on contact lens for practitioners and students.

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contact dermatitis. The sixth edition is an encyclopedic reference that discusses all aspects of contact dermatitis. It features a full color atlas section as well as color images for the first time. The 6th edition provides updates on the following sections: statistics and sources of rubber allergy; allergy to plastic chemicals, especially epoxies and acrylics; textile dyes and permanent press allergy; photo dermatitis; allergy to newer preservatives and other ingredients in skin and hair care products and cosmetics such as cocamidopropyl betaine, emulsifiers, methyl dibromoglutaronitrile; and metal allergy especially gold, nickel, rare metal allergy and allergy to dental materials, cardiovascular and orthopedic implants.

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pediatricians. Understand the care and treatment of pediatric patients thanks to clinical pearls discussing the best approaches. Easily refer to appendices that list common food allergies and autoantibodies in autoimmune diseases. Apply the newest diagnostic tests available—for asthma, upper respiratory allergy, and more—and know their benefits and contraindications. Treat the allergy at its source rather than the resulting reactions through an understanding of the immune mechanisms underlying allergic diseases. Get coverage of new research that affects methods of patient treatment and discusses potential reasons for increased allergies in some individuals. Better manage potential anaphylaxis cases through analysis of contributing facts and progression of allergic disease. Effectively control asthma and monitor its progression using the new step-by-step approach. Eliminate difficulty in prescribing antibiotics thanks to coverage of drug allergies and cross-reactivity.

**allergic to contact solution:** *Dermatology Made Easy* Amanda Oakley, 2017-05-06 A concise overview of the common dermatological conditions most likely to present in general medicine From reviews: ... a perfect solution to the constant struggle that dermatology diagnosis presents to primary care physicians and other providers... This well-formatted book covers a vast array of topics ranging from common to rare skin disorders. The pictures are immensely helpful in the understanding of various skin rashes.... *Fam Med* 2019;51(5):451-452. "... easy to read and informative. One cannot emphasise enough the quality and comprehensive nature of the photographic content.... As someone who was interested in dermatology even as a medical student my only regret is that this book was not around when I was a student as it would have very adequately guided me into my beloved subspecialty." *Ulster Med J* 2017;86(3):1-1. "The introduction outlines dermatological conditions by symptom, morphology and body site, providing an excellent index prior to delving into greater detail in the following chapters. The logical approach and level of detail make this text perfect for medical students, interns/residents, primary care physicians and other specialists who wish to quickly identify differential diagnoses or refresh their knowledge of dermatological conditions." A Lecturer in Dermatology *Dermatology Made Easy* is based on the hugely popular DermNet New Zealand website and is designed to help GPs, medical students and dermatologists diagnose skin conditions with confidence. The book starts by providing a series of comprehensive tables, complete with over 500 thumbnail photos, to aid diagnosis according to symptoms, morphology, or body site. Once you have narrowed down the diagnosis, cross-references then guide you to more detailed descriptions, and another 700 photographs, covering: common infections inflammatory rashes non-inflammatory conditions skin lesions Every section provides consistent information on the disorder: who gets it and what causes it? what are the clinical features and does it cause any complications? how do you diagnose it? how do you treat it and how long does it take to resolve? The book concludes with a comprehensive section on further investigations and treatment options. *Dermatology Made Easy* combines the essential focus of the Made Easy book series with the authority and knowledge base of DermNet New Zealand's unparalleled resources. Printed in full colour throughout.

**allergic to contact solution: Clinical Contact Lens Practice** Edward S. Bennett, Barry A. Weissman, 2005 This comprehensive text and reference addresses the full scope of contemporary contact lens science and practice. With two expert editors and 100 first-rate contributors, the book presents practitioners and students in optometry and ophthalmology with key facts on corneal anatomy, recent research, contact lens design, patient evaluation, clinical applications, patient education, and complications of contact lens wear. More than 600 illustrations complement the text. *Clinical Contact Lens Practice* will be the standard text for required contact lens courses and will be an invaluable everyday reference for practitioners.

**allergic to contact solution:** *Meyler's Side Effects of Cardiovascular Drugs* Jeffrey K. Aronson, 2009-03-02 Elsevier now offers a series of derivative works based on the acclaimed Meylers Side Effect of Drugs, 15th Edition. These individual volumes are grouped by specialty to benefit the practicing physician or health care clinician. Each year, heart disease kills more people than cancer. Patients are treated by a variety of specialists and primary care practitioners, depending on the

organ system involved. This volume enables practitioners to assess the adverse effects of the complete range of drugs used in cardiovascular medicine, including antihypertensive drugs, and drugs used in the treatment of heart failure, angina, angina pectoris, and cardiac arrhythmia and enable practitioners to prescribe preventative treatments with medications such as blood pressure reducers, aspirin, and cholesterol-lowering drugs, as well as drugs used for more aggressive therapy. The material is drawn from the 15th edition of the internationally renowned encyclopedia, Meyler's Side Effects of Drugs, and the latest volumes in the companion series, Side Effects of Drugs Annuals. Drug names have usually been designated by their recommended or proposed International Non-proprietary Names (rINN or pINN); when those are not available, clinical names have been used. In some cases, brand names have been used. This volume is critical for any health professional involved in the administration of cardiovascular medications. - Surpasses the Physician's Desk Reference © by including clinical case studies and independent expert analysis - Complete index of drug names - Most complete cross referencing of drug-drug interactions available - Extensive references to primary and secondary literature - Also includes information on adverse effects in pregnancy The book is divided into six sections: - Drugs used to treat hypertension, heart failure and angina pectoris - Diuretics - a general introduction to their adverse effects, followed by monographs on individual drugs - Antidysrhythmic drugs - a general introduction to their adverse effects, followed by monographs on individual drugs - Drugs that act on the cerebral and peripheral circulations - Anticoagulants, thrombolytic agents, and anti-platelet drugs - Cardiovascular adverse effects of non-cardiovascular drugs

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Elsner, J.E. Wahlberg, H.I. Maibach, 2013-06-29 A highly practical approach to occupational dermatoses combined with the skill and experience of specialists in clinical and experimental dermatology. Great care is taken throughout to provide the information urgently needed for daily patient management, with concise tables, algorithms, and figures on how to optimise the diagnostic procedure for high-quality patient care and expert opinion. This handbook provides the relevant job descriptions, job-specific diagnostic algorithms and a detailed description of allergens and irritants such that readers can master even difficult and unusual problems in occupational dermatology.

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Smolinske, 2018-12-19 CRC Handbook of Food, Drug, and Cosmetic Excipients provides a comprehensive summary of toxicological issues regarding inactive ingredients in pharmaceutical products, cosmetic products, and food additives. Background information on regulations and labeling requirements for each type of product is provided, and 77 articles critically review human and animal data pertinent to a variety of agents and makes judgments regarding the clinical relevance. The book also identifies at-risk populations, such as neonates, patients with renal failure,

and atopic patients. Inactive common pharmaceutical agents and/or foods containing certain ingredients are listed to help physicians counsel hypersensitive patients who must avoid products containing these excipients.

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that will be of use to other clinicians as well as allergists and dermatologists. In addition to its wide clinical emphasis, the book's mechanistic and structure-activity detail will provide valuable background for researchers and investigators in universities, medical research institutes, drug companies, and regulatory agencies. The second edition of Drug Allergy is an essential reference for practitioners across the medical disciplines from specialist clinicians, surgeons, GPs, residents, and medical students to nurses, pharmacists, dentists, and those taking undergraduate and graduate courses in the biomedical sciences.

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