

## *Giant Papillary Conjunctivitis, an Anecdote*

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Giant Papillary Conjunctivitis (GPC) is a disease associated with hard, gas permeable and soft contact lenses, ocular stitches and false eyes. Evidence indicates that it is an allergic reaction to a foreign body in the eye rather than an injury to the conjunctiva.

The symptoms are decreased contact lens wearing time with increased mucus production. GPC is also characterized by mild itching of the eyes, redness and swelling of the conjunctiva, droopy eyelids, and large (1-3mm) lumps of inflammatory cells grouped on the lining of the eyelids.

Ophthalmologists usually recommend anti-inflammatory drops and discarding of the "offending" contact lenses. Some say that the patient can never wear contact lenses again, while others feel that if the patient is extremely diligent in keeping their lenses clean they may be able to ease back into them. They all agree that at best GPC can only be controlled; it cannot be cured.

In June 1995 a 26 year old woman came to see me. She had been diagnosed with Stage 2 GPC and had been on the anti-inflammatory drops a couple of times. She could no longer wear her hard contacts. Instead she was wearing -10DS soft contacts with -5DS glasses on top to give her 20/30 vision. She was afraid she would be unable to wear her soft lenses for much longer and would have to live in her extremely thick glasses.

She began to sun once or twice a day, to give herself acupressure massages and to palm regularly. We met weekly. Within three weeks we were working primarily on reducing the level of fear in her life; her family were, and are, physically and emotionally abusive.

In two months she had no signs of GPC and her vision with the same correction had improved to 20/20. Her ophthalmologist was surprised at her recovery and has fitted her successfully with some new hard contacts so she doesn't have to wear glasses.

What exactly took care of the GPC is impossible to say. I am, however, sharing this story with you so you can tell anyone who asks, that yes, there are things you can do for GPC.

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