

## Re: Outlook redundant downloading

**Source:** <http://www.tech-archive.net/Archive/Outlook/microsoft.public.outlook.general/2004-06/2176.html>

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Do you have an AV or firewall set to scan incoming/outgoing messages? Try turning off the message scanning part and see if it helps.

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Milly Staples [MVP – Outlook]

Post all replies to the group to keep the discussion intact. Due to the (insert latest virus name here) virus, all mail sent to my personal account will be deleted without reading.

After searching google.groups.com and finding no answer, Moochfish asked:

| This is strange.

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| Outlook 2002 keeps downloading the same emails over and over. I need  
| to have the emails kept on the server, but as a result, since they  
| aren't deleted upon download, they are available for download later  
| on.

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| Well, what happens is that each time I start up Outlook 2002, my inbox  
| goes crazy and it starts downloading everything in all of my accounts.  
| I have about 10 pop3 accounts. This wasn't an issue before, but ever  
| since I transfered my settings over to a new install it has been doing  
| this.

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| What the heck causes it?? I've tried everything I can think of. I  
| don't understand why it only downloads all of the emails \*AFTER\* I  
| restart outlook. If I just keep outlook open, it will not do this.  
| Obviously whatever file keeps track of what emails have been  
| downloaded is corrupt. Or so I think.

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| Does anybody have any idea what's going on here? I'm getting sick of  
| having to delete 1000 emails everytime I start outlook!