These results challenge the established hallmark of SIPE symptom duration of <48 hours. At 30 months, most patients reported unchanged self-assessed general health and physical activity level. These findings add to our understanding of the course of SIPE and can provide evidence-based information to swimmers and health care professionals.

Follow-up study of 165 cases of swimming-induced pulmonary edema (SIPE) from Sweden’s largest open-water swimming event

Telephone interviews conducted at:

10 Days & 30 Months

**10-Day Follow-up**
- 38% reported symptom duration >2 days
- Most common symptoms: dyspnea, cough

**30-Month Follow-up**
- 28% reported recurrence of respiratory symptoms during open-water swimming

- Asthma was independently associated with both symptom duration >2 days and recurrence of SIPE symptoms ($P = .045$ and $P = .022$, respectively)
- 58% had not swum in open water again after the event
- Most participants reported equal or improved general health (93%) and physical activity level (85%) after experiencing SIPE