

What Is the Symptom Duration, Recurrence, and Long-Term Effects of Swimming-Induced Pulmonary Edema?

STUDY DESIGN

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**

RESULTS

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

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.