



Hey! We need your help.

DO YOU TRAIN HARD?

Sign up for our PULMEx study.

What is Exercise-Induced Pulmonary Edema?

Exercise-induced pulmonary edema (EIPE) is temporary build-up of fluid in the lungs after intense **endurance exercise**.

EIPE could cause:

- Difficulty breathing;
- Lower performance;
- Slower recovery.



Athletes can be **affected without symptoms**. We still do not know how EIPE forms and why certain athletes are affected. Our team of dedicated researchers want to find out.

Who are we looking for?

Men and women in endurance sports:

Age 18-35

- Training 10 or more hours per week
- Participating in competitions

Age 60 and older

- With experience in endurance sports
- Still physically active (>150 minutes per week)
- No heart or lung disease

Why should you participate?

You will learn about your:

Exercise performance:



- VO₂max
- Ventilatory thresholds

Heart and lung function:



- Ultrasound
- Lung capacity
- ECG

Body composition:



- Muscle mass
- Fat percentage

Exercise dynamics:



- O₂ saturation
- Lactate production



Universität
Basel



What do you have to do?

We have designed a **1.5 hour exercise protocol** that simulates a **real competition**, adjusted to your **personal maximal performance**. You will perform this protocol during a single appointment at the **Department of Sport, Exercise and Health**.



The entire appointment lasts **5 hours**. By participating, you contribute to endurance sports research and gain insight into your own **cardiovascular and respiratory performance**.

You are well trained.
We are well equipped.
Let's work together.

How do you sign up?

Find more information
and sign up via our
website or social media:



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