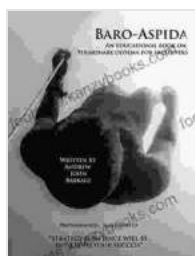


An Educational On Pulmonary Oedema For Freedivers: Your Ultimate Guide to Prevention and Management

Pulmonary oedema is a serious medical condition that can occur during freediving. It is characterized by the buildup of fluid in the lungs, which can lead to shortness of breath, coughing, and even death.



BARO-ASPIDA: AN EDUCATIONAL BOOK ON PULMONARY OEDEMA FOR FREEDIVERS by Geeco

★★★★☆ 4.8 out of 5

Language : English
File size : 1507 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 108 pages
Lending : Enabled



Pulmonary oedema can be caused by a number of factors, including:

* Rapid ascent from depth * Holding your breath for too long * Exceeding your personal limits * Diving while sick or tired * Taking certain medications

Symptoms of Pulmonary Oedema

The symptoms of pulmonary oedema can vary depending on the severity of the condition. Mild cases may only cause mild shortness of breath, while

severe cases can lead to life-threatening respiratory distress.

Common symptoms of pulmonary oedema include:

* Shortness of breath * Coughing * Wheezing * Chest pain * Fatigue *
Rapid heart rate * Cyanosis (blue lips and nail beds)

If you experience any of these symptoms, it is important to seek medical attention immediately.

Prevention of Pulmonary Oedema

There are a number of things you can do to prevent pulmonary oedema while freediving. These include:

* Ascending slowly and gradually from depth * Exhaling continuously as you ascend * Not holding your breath for too long * Avoiding diving while sick or tired * Taking breaks between dives * Drinking plenty of fluids * Eating a healthy diet * Getting regular exercise

Management of Pulmonary Oedema

If you experience pulmonary oedema, it is important to seek medical attention immediately. Treatment will vary depending on the severity of the condition.

In mild cases, treatment may include:

* Rest * Oxygen therapy * Diuretics (medications that help to remove fluid from the body)

In severe cases, treatment may include:

* Mechanical ventilation (breathing assistance) * Intubation (insertion of a tube into the windpipe) * Extracorporeal membrane oxygenation (ECMO) (a machine that takes over the function of the lungs and heart)

Pulmonary oedema is a serious medical condition that can occur during freediving. However, it can be prevented by following the safety guidelines and taking the necessary precautions. If you experience any of the symptoms of pulmonary oedema, it is important to seek medical attention immediately.

By understanding the causes, symptoms, and prevention and management of pulmonary oedema, you can help to ensure a safe and enjoyable freediving experience.

Additional Resources

* [Pulmonary Oedema in Freedivers]

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6173569/>) * [Freediving

Safety](<https://www.deeperblue.com/freediving-safety/>) * [Diving Medicine]

(<https://www.diversalertnetwork.org/>)



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