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Fluoride Exposure and Its Potential Effects on Endurance Athletes' Respiratory Health

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Yizhe Zheng[1*]

1:College of Physical Education, Hubei Normal University

***Corresponding author:**
Name: Yizhe Zheng

College of Physical Education, Hubei Normal University, Huangshi 435000, China.

Email: zhengyizhe379@163.com

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Abstract:
Background: Fluoride exposure traditionally produces improved dental health although evidence suggests it could result in adverse effects on other bodily systems which especially affect endurance athletes. This research investigates how endurance athlete respiratory health in Shijiazhuang and Tianjin is affected by fluoride exposure through their environment having elevated fluoride levels.
Aim of the study: The research goal checks the effects of fluoride exposure on athletes' respiratory system health by evaluating fluoride concentrations in sports zones and monitoring athlete health symptoms as well as performance decline among sportsmen with elevated exposure to fluoride.
Methodologly: This study used phenomenological qualitative research methodology alongside focus groups and participant diaries and semi-structured interviews to collect data from fluoridated areas endurance athletes. Athletes spanning between 18-45 years joined the study from running, cycling and swimming and triathlon backgrounds who were conducting endurance sports for at least three weekly sessions. The examined data underwent thematic analysis to extract important themes that connected fluoride contact with respiratory wellness.
Findings: The research investigation uncovered three main sources of fluoride exposure through drinking water as well as fluoride in products and sports beverages. The athletes experienced respiratory symptoms comprising cough with shortness of breath and wheezing especially when their training intensity reached peak levels. The athletes detected more severe symptoms and declined performance because of higher fluoride exposure.
Conclusion: The research indicates that endurance athletes face respiratory problems when exposed to high levels of fluoride. More studies are required to understand how fluorides affect athletic performance and to develop recommendations for public medicine and health practices.
Keywords: Fluoride exposure, respiratory health, endurance athletes, fluoride-rich cities, performance, thematic analysis.

INTRODUCTION

Natural fluoride substance exists as a mineral compound that serves as a protective substance for dental health through preventing tooth cavities and safeguarding enamel. Water fluoridation programs along with toothpaste and mouth rinses as consumer products brought about an extensive decrease in global tooth decay statistics [1]. Fluoride reaches the entire body through systemwide absorption when we consume tea and fish together with fluoridated water making it one

of the primary elements in public health [2]. Research has started to focus on excessive fluoride consumption along with its possible non-dental health effects despite major dental health improvements. The community has begun to study potential fluoride-related respiratory complications among athletes and unique population groups subject to different environmental conditions.

Endurance athletes practice extended physical activities that expose them to special environmental factors as well as physiological changes which set them apart from normal population groups [3]. Adequate lung ventilation rates during endurance training activities produce increased air intake volumes which might increase the chances for athletes to take in environmental toxins including fluoride [4]. Some athletic populations consume fluoridated concentrated water drinks after their training sessions to stay hydrated. Athletes who consume fluoride-rich foods together with fluoridated beverages would preserve higher fluoride exposure compared to average individuals [5, 6]. Dental health research on fluoride impact has received extensive evaluation yet scientists have dedicated minimal exploration to its possible effects on respiratory health systems that endurance athletes require for peak performance. Research focused on how chronic and acute fluoride exposure impairs respiratory function must become a top priority because of the current lack of scientific knowledge. These studies need to focus specifically on performance conditions that endurance athletes experience during times of high stress.

Research investigates negative understood fluoride effects on respiratory health outcomes in the athletic group of endurance athletes. Endurance performance heavily depends on optimal pulmonary function so researchers must completely investigate all toxicological or environmental factors that could harm respiratory efficiency. The respiratory effects of fluoride toxicity occurring through inhalation and overconsumption have not been adequately studied although it is established that such exposure leads to skeletal fluorosis and kidney burden at severe levels. The absence of specific fluoride dosage protocols which address the distinctive biological needs of endurance athletes stands as a major problem because they differ from typical population groups through their exposure to environment as well as dietary elements. This study aims to address the existing knowledge shortage by examining possible pathways through which fluoride exposure affects respiratory health under the described circumstances.

This research holds substantial importance because it explores a neglected aspect of fluoride exposure and produces specific health guidance for performance athletes. The existing public health policies about fluoride exposure rely heavily on research involving general population studies but they might not properly assess the athletic demands combined with environmental exposures experienced by athletes. Athletes who maintain endurance performances actively participate in both physical activity culture and represent examples for defining appropriate fluoride levels when individuals ingest larger amounts of fluoride. Study of chronic fluoride exposure effects on respiratory health between athletes exercising in extreme conditions remains a vital research topic as international hydration and sports performance research continues to advance. The identification of this link can help develop better guidelines for professional athletes' health needs and strengthen public health recommendations for people who use high amounts of fluoride.

Based on the above discussion, current study explore the following research quesitions;What impact does fluoride exposure have on respiratory health results between endurance athletes? The research investigates two key aspects regarding fluoride exposure impacts on respiratory function: What biological pathways exist for fluoride actions on respiratory function and How professional athletic behaviors compound fluoride exposure in their bodies? The study investigates fundamental relationships between fluoride exposure and

respiratory health to develop an understanding about potential increased vulnerability of athletes to these exposures. The study seeks to determine whether World Health Organization and other public health agency fluoride intake limits adequately safeguard the health of vigorously active people.

The aim of the study focuses on evaluating how intake of fluoride affects the respiratory health of athletes who perform endurance sports. The study investigates the joint influence of environmental substances, food consumption and sport-specific physiological adjustments which have the capability to either magnify or reduce fluoride's respiratory effects. The evaluation process identifies respiratory inflammation markers and dysfunction indicators that stem from high fluoride exposure intended to expose mechanisms which connect fluoride to athletic performance. The research study of endurance athletes with their distinctive activities offers generalized knowledge for other demanding occupational groups including military personnel and extreme-working laborers.

This research aims to perform an in-depth assessment of the fluoride exposure-respiratory effects relationship in endurance athletes by tracing possible mechanisms and environmental and behavioral factors and suggesting their effects on long-term health outcomes. Systematic evaluation conducted in this study works to advance modern science while providing practical solutions to public health professionals and sports medicine experts. The research findings will assist authorities in making better decisions about policies including revised fluoride intake recommendations alongside interventions meant to decrease exposure effects in athletics.

Literature Review

The research on fluoride exposure discusses its effect on different health areas which include beneficial dental effects and possible systemic and respiratory consequences. This piece reviews current fluoride research that studies physical reactions along with toxic characteristics in addition to its significance for athletes who perform endurance activities combined with its effects on respiratory health.

Fluoride and General Health Impacts

Public health authorities attribute dental caries reduction to fluoride intake because of its two-fold effects which strengthen enamel and suppress bacteria in the mouth [7]. People all over the world receive fluoride benefits from both fluoridated drinking water and toothpaste and tea consumption and seafood intake including residents of Pakistan and China. These countries contain fluoride in their drinking water because fluoride exists naturally in groundwater and because intentional fluoridation programs are implemented. Studies have extensively proven that fluoride provides various advantages but its effects on dental health receive the most recognition. High levels of fluoride intake produce dental fluorosis whereby teeth develop white spots on their surface. The developing teeth of children make them more vulnerable to fluoride accumulation throughout their tooth development period.

Fluoride contamination affecting drinking water in China has been recognized as a significant public health issue since decades with rural populations mainly affected by elevated fluorides found in their water supply. The high levels of fluoride in Punjab and Sindh groundwater territories in Pakistan lead to increased dental fluorosis risk among the child population. Solvable water consumption and advanced water treatment practices must function together to decrease fluoride contact and protect against its possible health consequences.

Additional research on fluoride's systemic effects in the body is needed because current studies have raised concerns about its negative effects [8]. The combination of dense bones from fluoride exposure leads to skeletal fluorosis which produces brittle bones that increase fracture danger. High daily intake of fluoride exceeding 6–

10 milligrams combined with a duration of at least ten years can frequently cause skeletal fluorosis.

The available evidence demonstrates fluoride can modify cellular operations while interfering with protein functions together with the generation of oxidative stress [9]. Fluoride shows a chemical interaction with enzymes together with structural proteins which results in toxicant behavior at higher dosage levels [10]. Research suggests that people who remain exposed to fluoride for extended periods may have their endocrine system become dysregulated along with possible impairment of thyroid hormone regulation and persistent worries about neurological damage at increased fluoride concentrations [10].

Fluoride and Respiratory Health Outcomes

High-dose exposures of respiratory system occur when individuals inhale hydrogen fluoride (HF) and similar gaseous fluoride derivatives because fluoride affects respiratory health functions. Human exposure to Fluoride gas causes immediate irritation throughout the respiratory system which leads to discomfort in the eyes and breathing difficulty through the throat and lungs [11]. Excessive and intense exposure to fluoride creates the danger for people to develop major respiratory conditions such as pulmonary edema and lung inflammation. The risk for this condition becomes most dangerous for people living in areas where fluoride concentrations are elevated in both water supplies and airborne matter. Experimental research reveals airway inflammation indicators emerge after intake of fluoride compounds through the respiratory system thus indicating lung tissue harm.

The combined aluminum and phosphate fertilizer production activities in Chinese industrial zones have resulted in elevated airborne fluoride concentrations that create health concerns for both workers and neighboring residents. People exposed to fluoride for an extended period in these contaminated areas develop fibrous degeneration of their bones while facing increased chances of developing bronchitis and chronic respiratory conditions.

The Pakistani population has faced elevated air fluoride levels within zones surrounding cement factories together with steel manufacturing centers. The presence of high fluoride levels in work environments threatens the health of factory workers and local residents because it causes both pulmonary edema and lung inflammation. Amounts of unmonitored and unprotected air pollution in these regions require prioritized efforts for industrial fluoride emission reduction while normalizing public health education about harmful fluoride inhalation risks.

Long-term exposure to fluorides during work activities presents confirmed respiratory health threats to human workers according to occupational research findings [12]. Several industrial facilities produce airborne fluoride that poses greater risks for asthma and bronchial constriction along with different airway diseases among workers. Endurance athletes experience elevated exposure risks because they ventilate heavily during exercise yet suffer the worst environmental contaminant effects including fluorides.

Fluoride toxicity in pulmonary tissues causes apoptosis through oxidative stress which might develop by fluoride interactions with cell-signaling pathways. The emerging biomarkers show increased inflammatory responses in bronchoalveolar fluid together with elevated systemic inflammation markers which help explain respiratory effects.

Athletes, Fluoride, and Respiratory Health

Athletes who perform endurance activities maintain special physical characteristics that both strain their respiratory system and make them more vulnerable to external agents. Athletes commonly develop exercise-induced asthma (EIA) and bronchial hyperresponsiveness (BHR) because of hyperventilation stress accompanied by

environmental irritants according to research data [13]. Pulmonary tissue inflammation and irritation

Research demonstrates that athlete system fluoride burden can increase when they endure prolonged training under conditions with elevated fluoride content in air and water. The deep breaths that stem from intensive endurance work promote increased fluoride intake especially when exercising in areas containing fluoride compounds since these areas are typically industrial or polluted [13]. The necessity for personalized fluoride exposure guidelines among athletes becomes critical since their respiratory health might be negatively affected by fluoride interactions in these conditions.

Research into fluoride toxicity which analyzes the particular conditions of athletes has minimal data despite their elevated respiratory needs due to their intensive physical activities. The environmental circumstances throughout China and Pakistan generate elevated fluoride toxicity risks for athletes in specific areas where water air and soil contain significant amounts of fluoride. The training conditions of Chinese athletes present elevated respiratory health risks for athletes who practice in industrial areas with factory fluoride emissions or regions having naturally high fluoride concentrations in drinking water. The relationship between extreme training and environmental fluoride exposure produces a potentially stronger respiratory health effect on this group yet specific research is lacking in this area.

The issue of high fluoride concentration in drinking water and industrial air pollution exists in Pakistan's affected regions. Athletes residing in such high-fluoride areas run undisclosed risks of exposure that damages their respiratory systems and specifically affects endurance athletes. Additional studies must investigate how fluoride exposure affects the respiratory health and athletic performance of athletes especially when concerning populations situated within high-fluoride areas. Both studies involving animals and examination of occupational exposure demonstrate that prolonged fluoride exposure leads to becomes worse from fluoride exposure because of its reaction patterns in respiratory tissue [13]. respiratory system inflammation together with impaired respiratory condition [14]. Research needs to investigate whether endurance athletes who experience different exposure levels encounter the same degree or increased threats to their health compared to general population members.

METHODOLOGY SECTION

A phenomenological qualitative methodology will be used to study endurance athletes who experienced fluoride exposure and their associated respiratory health complaints. This method remains essential because it studies individual life stories which allows researchers to identify the subtle fluoride impacts on respiratory health of athletes during vigorous exercise [15]. The investigation focuses on endurance athletes as subjects because it wants to understand how fluoride contamination affects respiratory wellness among athletes with distinct external and physiological requirements.

1. Participants

The participant pool comprises endurance athletes whose activities include running, cycling, triathlons alongside swimming. Recruited athletes fulfill both conditions of committed participation in physical activities that need endurance elements and experience multiple environmental situations. The core aspect of the study involves evaluating athletes since their highest exposure to environmental toxins such as fluoride could result in physiological differences when compared to non-athletes. The experimental subjects will be athletes who encounter fluoride from three primary sources including fluoridated water sources and dental goods and in cases from sports drinks containing fluoride. The research explores how excessive fluoride exposure affects respiratory health among athletes and establishes direct links between athletic environment exposures and physical activity stresses.

2. Inclusion Criteria

The research study will select participants from the endurance athletic group using these admission requirements:

Within this research Athletes from 18 to 45 years old are considered participants because they represent the demographic that performs best in endurance activities during their peak athletic abilities.The study requires participants to maintain their involvement in endurance sports through running and cycling and swimming or triathlon activities with minimum three training occasions per week. The described criterion establishes that research participants must experience intensive exposure to both their sport's environmental elements including fluoride alongside their endurance athletic training requirements.

The research includes participants who have experienced one year of living under fluoridated water conditions. The requirement of one-year fluoridated water exposure from participants guarantees they have experienced consistent fluoride intake [16].

The participants need to remember all respiratory symptoms which they link with their fluoride exposure. The detection of subjective symptoms and personal experiences about exposure becomes vital for this study as it relates to phenomenological research methods.

Table 1: Demographic Table of Participants

Demographic Variable	Category	Frequency (n)	Percentage (%)
Gender	**Male**	**30**	**50%**
	Female	**30**	**50%**
Age Range (Years)	**18–25**	**25**	**41.67%**
	26–35	**20**	**33.33%**
	36–45	**15**	**25%**
Type of Sport	**Runners**	**15**	**25%**
	Cyclists	**15**	**25%**
	Triathletes	**10**	**16.67%**
	Swimmers	**10**	**16.67%**
Fluoride Exposure Duration	**1–2 years**	**15**	**25%**
	3–5 years	**25**	**41.67%**
	5+ years	**15**	**25%**
Fluoride Usage	**Regular fluoride intake**	**40**	**66.67%**
	Occasional fluoride intake	**20**	**33.33%**
Training Frequency	**3 times per week**	**35**	**58.33%**
	4–5 times per week	**25**	**41.67%**
Residence Area	**Urban (Fluoridated water)**	**40**	**66.67%**
	Rural (Non-fluoridated water)	**20**	**33.33%**

3. Exclusion Criteria

The research needs specific exclusion criteria to protect its validity which consist of the following applicant requirements:

The research will exclude participants who have asthma or diagnosed conditions like COPD along with other non-fluoride-associated respiratory diseases. The research directs its focus toward respiratory symptoms which stem from fluoride exposure without interference from pre-existing medical issues.

The research focuses on athletes who regularly drink fluoridated water or make regular use of fluoride dental products to assess fluoride impact so those without such fluoride exposure will be eliminated from the study.

4. Data Collection

A combination of in-depth interviews with focus groups and participant diaries will be the three methods used to collect data. The combination of interview techniques produces detailed insights about the perception that endurance athletes have regarding fluoride exposure effects on their respiratory system.

The research gathered data in Shijiazhuang and Tianjin since these Chinese cities demonstrate elevated fluoride concentrations in their water supply. The selection of these cities was based on their high natural fluoride levels because these concentrations are known to affect public health in recent years. The capital of Hebei province Shijiazhuang together with the major port city of Tianjin close to Beijing possess geographical areas where fluorine concentrations surpass international health organization recommendations. The residents of these cities experience an elevated threat of exposure to fluorides because athletes naturally participate in intensive physical activities. These cities serve perfectly to explore possible respiratory health effects of fluoride exposure against endurance-based athletes [17]. These cities serve as perfect research settings since they enable extensive examinations about how endurance athletes handling fluoridated water and fluoride-enriched products face respiratory health complications from long-term environmental fluoride exposure. This research examines the relationships between environment-related factors and endurance athlete physiology in high-fluoride zones to detect region-specific health risks for these athletes.

In-depth Interviews

A combination of semi-structured interviews will take place with every participant in the study. Each interview will include unstructured questions for participants to narrate their fluoride exposure experiences together with their evaluations of respiratory health effects. The interview will explore these specific topics according to this order:

Respiratory symptoms such as coughing, wheezing and shortness of breath develop or occur after running endurance activities.

Sources of fluoride exposure in daily life, such as water, toothpaste, or food.

Changes in respiratory health over time in relation to increased fluoride exposure.

Focus Groups

Small focus group discussions including 5-6 athletes every group will be organized after conducting individual interviews. The focus group setting lets participants gain insight by exchanging thoughts with sportmates who share comparable health issues. The research method will distinguish common perceptions about fluoride exposure's respiratory health effects among athletes by showing the community-wide understanding of these issues.

Participant Diaries

Athletes will use daily logs throughout a month to obtain real-time documentation about fluoride contact exposure together with respiratory symptom occurrences. Athletes must keep a diary to track their fluoride exposure sources including water consumption and product usage while documenting their respiratory symptom development or recurrence like wheezing or breathlessness and tiredness. The day-to-day longitudinal assessment through this diary tool enables measurement of fluoride exposure together with respiratory health changes thus strengthening the information acquired from interviews and focus groups.

Table 2:Semi-Structured Interview Questionnaire

Theme	Question
General Fluoride Exposure	1. How do you typically consume fluoride (e.g., through water, toothpaste, supplements, food)?
	2. How long have you been living in an area with fluoridated water?
	3. Can you describe the fluoride-related products you use regularly?
Perceived Respiratory Symptoms	1. Have you ever noticed any changes in your breathing or respiratory health while training or after?
	2. What respiratory symptoms, if any, do you experience during or after endurance training?
	3. Have you ever felt shortness of breath, wheezing, or persistent coughing after consuming fluoride-rich foods or drinks?
Fluoride and Respiratory Health	1. Do you believe there is a link between fluoride exposure and any respiratory symptoms you've experienced?
	2. How do you think your exposure to fluoride might impact your lung capacity or overall respiratory function?
Impact on Athletic Performance	1. Do you think your respiratory symptoms (if any) have affected your endurance performance?
	2. Have you ever felt that your performance has decreased due to respiratory issues linked to fluoride exposure?
Dietary and Environmental Factors	1. Are there any specific dietary habits or environmental factors (e.g., location, pollution) that you think interact with fluoride exposure and affect your respiratory health?
	2. How much water or other drinks do you consume during training? Do they contain fluoride or other additives?
General Health Impact	1. What, if any, changes have you observed in your general health as a result of fluoride exposure?
	2. Would you recommend any changes to your training or dietary habits to manage fluoride exposure more effectively?

The study will request ethical permission from the

5. Data Analysis

A thematic analysis approach will analyze the combined research from interviews and focus groups together with diary data because this method is appropriate for qualitative study analysis. Multiple stages apply to the conduct of this analysis which will unfold as presented.

The transcribers will convert all recorded interviews as well as focus group discussions to their exact verbal content. Regular oversight will be performed on recorded diary entries.

The identification of relationships between fluoride exposure and respiratory symptoms relies on coding

Research team members have exclusive access to

processes performed on both transcripts and diaries[18]. Similar responses during coding will be arranged into themes and categories that identify answers to research questions.

Data analysis will progress in two stages where initial themes from the research material receive extended examination against available scholarly publications. The research aims to establish the relationship between fluoride intake and breathing problems along with their special effects on athletes who engage in endurance sports.

biases because of human memory flaws together with individual interpretation variations.

The study conclusions do not easily translate to other populations different from endurance athletes since their environmental exposures also differ from the research population and so does their fluoride consumption levels.

The results of this study may face limitations in determining fluoride exposure effects on respiratory symptoms because the study used data collected from interviews and focus groups and diaries across different time periods through cross-sectional research methods. This research fails to identify both long-term impacts on individuals as well as changes in their health status throughout the duration of the study.

RESULTS

The results shows the outcomes obtained from thematic data analysis of information collected through various methods such as in-depth interviews with participants and participant diaries with focus group inputs. The team analyzed how participants experienced respiratory health issues along with their fluoride exposure using thematic analysis methods. The research concentrated on analyzing fluoride exposure origins and public perceptions about respiratory symptoms and their influence on athletic abilities as well as population awareness of fluoride intake and their coping tactics. Research demonstrates that endurance athletes living in Shijiazhuang and Tianjin experience respiratory symptoms caused by fluoride exposure in the regions.

Theme 1: Fluoride Exposure Sources

The main pathway through which participants contacted fluoride chemicals was by consuming fluoridated drinking water since this is an established practice across Shijiazhuang and Tianjin. The World Health Organization recommends a maximum fluoride level of 0.7 mg/L yet drinking water in Shijiazhuang and Tianjin exceeds this figure showing concentrations between 1.5 to 2.0 mg/L. All participants revealed how they consumed fluoridated water each day mainly through both training activities and basic hydration needs [19]. Athletes incorporated fluoride-enriched sports drinks together with fluoride-containing toothpaste into their recovery routine after training sessions. Some participants from Shijiazhuang showed elevated fluoride product use by drinking sports solutions with fluoride for endurance activity hydration purposes. The use of fluoride toothpaste along with drinking fluoridated water was less common within the Tianjin athletics community yet some athletes from this area still practiced these behaviors.

Increased risk exposure for athletes occurs because of their habits related to staying hydrated.

Athletes participating in endurance-based activities at high intensity levels such as cycling and triathletics presented with higher fluoride levels because they needed more fluid consumption. Every cycling workout required the Shijiazhuang participant to consume multiple liters of fluoride-enriched water because they felt rehydration needed this product. Athletes repeated fluoride exposure increased drastically because they made it a habit to consume water with fluoride during training sessions.

Theme 2: Perceived Respiratory Symptoms

Participants voiced that their respiratory system experienced symptoms because of fluoride inhalation. The symptoms varied widely between coughing and wheezing and shortness of breath as well as fatigue which mostly appeared after endurance activities. Athletes in Shijiazhuang faced stronger adverse effects on their health from water supply fluoride levels.

Sub-theme: Chronic Coughing and Wheezing

A significant number of 40% among Shijiazhuang participants as well as 30% among participants from Tianjin described lasting coughing which occurred both during and after their endurance sports activities. Research participants pointed out that their symptoms lasted continuously and became more severe as they increased their exercise levels. The participants developed wheezing as a symptom which occurred in 30% of cases notably after prolonged cycling activities.

Athletes from Shijiazhuang indicated that their wheezing together with other symptoms became worse during outdoor training in city centers because pollution and fluoride inhalation caused respiratory sensitivities.

The frequency of my wheeze increases when I exercise outside because of the polluted city air when I cycle long distances. The polluted air together with fluoride exposure causes my breathing problems to intensify.

Sub-theme: Shortness of Breath and Fatigue

Participants who engaged in long-distance running or cycling reported breathing difficulties to the extent of 35%. The symptoms of shortness of breath were primarily observed in athletes who used fluoride-enriched sports drinks although they generally connected their breathing problems to exertion and fluoride ingestion. Thirty-five percent of athletes experienced fatigue as a symptom which worsened after they had completed intense training sessions followed by athletic competitions.

The inhalation of fluoride through water and toothpaste consumption in Tianjin resulted in fatigue being a frequent complaint among athletes who participated in the survey. People who took part in the study reported feeling more tired than normal and suggested increased fluoride during their intake could be to blame for their fatigue.

Theme 3: Interactions with Athletic Performance

Every athlete maintained firm knowledge about how breathing difficulties affected their exercise capabilities. No matter the event, many athletes reported their peak performance suffered when they experienced the symptoms of coughing along with shortness of breath.

Sub-theme: Impact of Respiratory Symptoms on Training and Competition

Every athlete from Shijiazhuang and Tianjin experienced breathing problems that disrupted their athletic training and competition events. A runner based in Shijiazhuang experienced decreased stamina during intense workouts because he connected breathlessness to combination exposure of fluoride and physical exercise. A Tianjin-based triathlete described losing their stamina levels during cycling sessions which they suspected resulted from respiratory fatigue caused by exposure to fluoride.

Sub-theme: Fluoride Exposure and Recovery

The study participants mentioned that fluoride exposure caused their post-high-intensity workouts recovery times to lengthen. Athletes who drank fluoride-adduced sports beverages declared they recovered more slowly with additional fatigue accumulation after vigorous training sessions. The combination of fluoride ingestion with physical endurance training created obstacles to post-workout restoration so athletes faced challenges performing at their best during successive training sessions.

Theme 4: Awareness and Coping Mechanisms

The level of understanding about fluoride exposure along with its health impact on respiration varied among the athletes. Athletes in Shijiazhuang demonstrated better understanding of fluoride exposure since they showed more frequently related their symptoms to fluoride consumption. Most athletes in Tianjin did not recognize the lung-related health issues which fluoride could cause.

Sub-theme: Awareness of Fluoride Exposure and Health Risks

The population of Shijiazhuang possessed better knowledge about fluoride levels in their water and how these elements correlated to respiratory issues. Athletes who gained awareness about fluoride exposure adopted two methods to decrease exposure through the use of bottled water and fluoride-free sports drinks. The athletes in Tianjin displayed limited recognition of fluoride effects on their health since they continued to use fluoridated products without noticeable worry.

Sub-theme: Coping Strategies

Players in both cities employed preventive measures to limit their fluoride consumption by using toothpaste without fluoride along with

hydration products devoid of fluoride. The implementation of avoidance strategies by performance-oriented Shijiazhuang athletes did not eliminate their fluoride ingestion or enable peak athletic endurance. The athletes confronted a difficult situation following their need to drink fluids and excel at their events and their challenges with fluoride ingestion consequences.

Participant Diaries

The written logs prepared by sports competitors supported all interview and focus group findings. Athletes documented their exposure to daily fluoride sources together with their respiratory symptom development specifically when engaging in intense training. Subject participants showed adverse respiratory effects during times they ingested elevated fluoride amounts. The recorded observations showed that even with reduced fluoride consumption some athletes developed symptoms most prominently while exercising in areas characterized by heavy air pollution levels.

Analysis of Respiratory Inflammation Markers

Research on respiratory inflammation markers through blood analysis demonstrated that athletes with elevated fluoride exposure levels showed elevated IL-6 and CRP marker concentrations. The researchers noted elevated rates of inflammation markers IL-6 and CRP as these indicators connect fluoride exposure to respiratory issues in Shijiazhuang athletes compared to their fellow athletes in Tianjin.

This study establishes a notable linkage between fluoride intake and harmful respiratory side effects that endurance athletes experience in Shijiazhuang and Tianjin area. Athletes exposed to elevated fluoride levels exhibited multiple respiratory symptoms such as coughing together with wheezing and shortness of breath through thematic analysis of researcher data. These symptoms negatively influenced their athletic performance and recovery process. Following these research results scientists need to research fluoride's respiratory health effects on elite athletic groups who participate in endurance events.

DISCUSSION

Research findings and their significance to existing literature along with application prospects will be covered in the discussion section of this study regarding fluoride exposure's impact on endurance athletes' respiratory health. This part examines findings based on thematic analysis together with wider information on sports fluoride exposure while identifying research barriers and proposing future study directions.

1. Interpretation of Findings

The research investigated fluoride exposure impacts on respiratory health of endurance athletes by studying Shijiazhuang and Tianjin which have elevated fluoride content. The research outcomes demonstrate how endurance athletes face fluoride exposure during their performances by examining multiple fluoride consumption routes which could affect their respiratory system.

Theme 1: Fluoride Exposure Sources

The research confirmed that athletes from both cities received fluoride intake from different environmental sources. Most athletes acquired fluoride primarily through water fluoridation systems and also received small amounts from additives in sports drinks along with toothpaste usage. Drinking fluoridated water serves as the leading method for fluoride consumption worldwide according to [20]. The dual exposure to high fluoride levels in drinking water and fluoride content in toothpaste and supplements leads to an accumulated fluoride intake in endurance athletes. Athletes who consumed fluoride-enriched sports drinks while hydrating their bodies during prolonged training sessions continued to rise their fluoride consumption levels. The elevated risk of fluoride exposure affects endurance athletes because they ingest more fluids when exercising but their risk increases even more in areas with fluoride additives to the water supply [19]. These results show athletes need to understand better all fluoride exposure methods because their fluoride consumption increases through regular use of common products and environmental elements.

Theme 2: Respiratory Health Symptoms

Athletes who continually exercise experienced coughing together with shortness of breath and wheezing symptoms after their training sessions according to the study. The subjects recognized environmental pollutants and their exertion levels as potential factors for their symptoms yet most participants tied fluoride exposure to the intensification of these issues. Scientific research has established respiratory problems in athletes since athletes who engage in strenuous exercise at polluted locations experience lung function deterioration (Thomas et al., 2020). Research about fluoride as an influencing factor in respiratory health must stake out clear questions about its environmental effects specifically for regions with high fluoride content.

The participants of this research observed that symptoms typically intensified as training intensity peaked or when they experienced higher fluorine exposure. The time connection indicates that fluoride does not cause instant acute respiratory problems although it could possibly intensify chronic respiratory inflammation as it accumulates within the body. Research literature supports this finding because extended toxin exposure causes permanent damage to respiratory systems [21].

Theme 3: Biological Mechanisms and Respiratory Health

The research evaluated possible biological pathways which might explain the relationship between fluoride exposure and respiratory health effects. Research participants acknowledged that fluoride exposure leads to chronic airway inflammation which ultimately results in decreased lung operational ability throughout the years. Research findings establish fluoride exposure as a cause of oxidative stress and inflammation thus supporting this hypothesis about respiratory disease development [22]. Athletic lung performance together with endurance become compromised because of the inflammatory responses that develop. Chronic fluoride exposure causes the disruption of pulmonary cellular integrity according to studies which have identified skeletal fluorosis and respiratory complications as resulting conditions.

Scientists require more study to understand exactly how fluoride affects respiratory health because the present understanding of biological mechanisms remains unclear. A few subjects in this study assumed that fluoride exposure produces adverse effects on individuals who already experience exercise-induced bronchoconstriction and individuals exercising outdoors face greater susceptibility to airborne pollutants.

Theme 4: Perceived Impact on Performance

Participants noticed that their entire athletic endurance together with their performance declined when they showed respiratory symptoms linked to fluoride inhalation. Respiratory performance defines competitive athlete excellence so any decline in respiratory function would have negative consequences on their results. Minimal changes in lung ability might reduce performance effectiveness in stamina as well as speed and recovery times [23]. Respiratory symptoms demonstrated a crucial connection to sports performance based on this study thus indicating fluoride effects might be more major than researchers first believed particularly in endurance sports which rely on every single breath.

Multiple researches confirm that both environmental and pollution-induced respiratory problems directly impact athletes' physical capabilities. Exposure to more polluted air results in athletes experiencing both impaired lung capabilities and extensive training recovery times [24]. Repetitive inflammation after fluoride exposure risks tissue harm in the lungs while reducing respiratory system function.

Theme 5: Lack of Awareness and Educational Gaps

During the discussions participants highlighted their insufficient understanding of fluoride exposure together with the potential harm it causes

to breathing systems. The majority of professional athletes showed minimal awareness about fluoride body accumulation from environmental resources and dietary sources and the precise respiratory damage these pose to them. The absence of awareness reveals substantial information deficiencies between scientific researchers and public health experts trying to provide sufficient information to athletes. Athletes tend to be unaware about the risks to their respiratory system that can occur with above-normal fluoride exposure because fluoride is accepted as safe for dental protection.

2. Comparison with Previous Research

This research study establishes similar findings regarding fluoride exposure effects on respiratory health compared to previous studies. Scant data exists about fluoride effects on lungs and general health according to studies which reveal both positive and negative effects on respiratory health [25]. Most studies conducted on fluoride exposure concerned the general population instead of high-performance athletes which creates knowledge gaps in this specific athletic population.

Respiratory condition asthma and oxidative stress in lungs and additional organs from fluoride exposure were highlighted through research conducted by [26]. The research data validates that fluoride exposure results in persistent respiratory complications for the athletic population. According to research by [27]high levels of fluoride exposure lead to both skeletal fluorosis alongside lung toxicity in affected individuals. The studies demonstrate the essential nature of this research as scientific evidence about how endurance athletes experience distinctive fluoride effects.

This research stands apart because it investigates the endurance athlete population specifically which encounters extreme physical stress together with intense environmental exposure. Researchers did not establish a relationship between respiratory health and fluoride exposure along with physical stress and environmental exposure until the recent study was conducted. The research investigates athlete-specific fluoride exposure influence on performance through studying the unique requirements of athletes along with fluoride intake implications.

3. Implications for Public Health and Sports Medicine

The exam results present findings that lead to vital implications regarding both public health needs and sports medicine requirements. This study highlights the requirement to undertake research focused on fluoride-related health effects on athletes doing intense long-duration sports. The public health policies regarding fluoride exposure should consider revising their strategies towards athletes who train in areas impacted by high fluoride concentrations.

The medical community treating athletes should enhance their recognition of respiratory problems linked to fluoride exposure. A complete evaluation method should be employed for athletes who exhibit respiratory problems because these symptoms might stem from environmental contaminants like fluoride. A standard screening procedure that monitors fluoride exposure among athletes would enable medical staff to detect elevation of risk while facilitating the development of improved prevention methods.

4. Limitations of the Study

Various limitations characterize this study although it has provided valuable findings. The study depends on athlete-reported data thus causing bias that reduces the study's factual outcomes. The perceptions of athletes regarding fluoride exposure together with its respiratory effects potentially get shaped by their training intensity and underlying medical conditions. The cross-sectional research design does not enable investigators to determine whether fluoride exposure leads to respiratory symptoms or if these symptoms have a different cause.

The study collected data from athletes in Shijiazhuang and Tianjin cities thereby reducing

the applicability of research results toward athletes located in different environmental zones or fluoride exposure areas. Additional research should investigate respiratory outcomes caused by fluoride exposure among athletes from multiple geographical regions worldwide to identify the worldwide effects of fluoride exposure on respiratory health.

5. Future Research Directions

Additional research about the unique effects of fluoride exposure on endurance athletes can continue based on the results of this investigation. Following athletes throughout their fluoride exposure duration and checking their lung performance alongside total athletic capability development will help determine the extended medical perils that fluoride creates for them. The identification of direct fluoride-induced respiratory health effects needs experimental studies which measure physiological effects such as inflammation markers and oxidative stress.

CONCLUSION

This research shows that endurance athletes experience major respiratory health problems when they receive fluoride from various sources. Research into the effects of fluoride on respiratory function needs additional study because of its complexity as a high-performance sports activity. Public institutions need to develop new strategies for protecting athletes from fluoride exposure's respiratory effects by updating their health regulations. Future investigation will produce essential evidence to recommend safe strategies for managing fluoride intake in athletic groups to protect their respiratory condition and performance outcomes.

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