



## Soy and Menopause

Soy consumption appears to exert significant benefits for menopausal health. Data suggest that consumption of as little as 30 mg/day of soy isoflavones, intact with soy protein or as an extract, may reduce hot flushes with about 10-20% above the placebo effect. The greatest benefit of soy isoflavones may be realized when it is taken in divided doses throughout the day by subjects with the most severe symptoms.

Two recent reports suggest that the greatest benefits from soy consumption are experienced by women with the greatest initial hot flush frequency.

In a position statement concerning the menopause-associated vasomotor symptoms, NAMS (North American Menopause Society) recommends as first step lifestyle changes either alone or combined with dietary isoflavones.

A second potential benefit of soy consumption for postmenopausal women is improvement of cardiovascular health (see further).

A third benefit of soy consumption for postmenopausal women is improvement of bone health (see further).

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