



## Soy and cancer (breast/prostate)

Consumption of soyfoods is significantly related to a lower risk of breast cancer in women.

Soy food consumption is related to a significant decrease in prostate cancer risk.

### Effects of soya products on breast cancer

The incidence of breast cancer varies throughout the world. The death-rate of breast cancer in China and Japan is 3 to 4 times lower than the Western world. Migration data suggest that the diet could be an important element.

A recent meta-analysis of 14 publications of epidemiological studies that examined the relationship between soy intake and breast cancer in women, demonstrated that consumption of soyfoods is significantly related to a lower risk of breast cancer in women. The exact mechanisms of action by which soy can decrease this risk is not yet fully understood. Apparently consumption from early adolescence throughout life confers most benefit.

### Effects of soya products on prostate cancer

The mortality from prostate cancer is remarkably lower in Asia than in the Western world. Migration data indicate that this is not due to genetic differences. Dietary differences could contribute to this observation and in particular soy.

Findings from epidemiological studies suggest that soy is associated with a reduced risk of prostate cancer.

A meta-analysis of 8 epidemiological studies revealed that soy food consumption is related to a significant decrease in prostate cancer risk.

Mechanism may include an effect on angiogenesis, apoptosis and cell proliferation.

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### References

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