

HOW DOES SOY PREVENT BREAST CANCER?



High estrogen is a well-known risk factor for breast cancer after menopause. Soy contains 3 important isoflavones. These isoflavones look like estrogen in the body. When released into the body, these soy isoflavones compete with natural estrogen and limits estrogen activity. This is just one of the ways which soy isoflavones could reduce breast cancer risk.



"WOMEN WHO CONSUME MORE SOY IN THEIR DIET MAY HAVE LOWER RISK OF BREAST CANCER"



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Cancer Research Malaysia is an independent non-profit organisation that is dedicated to conduct impactful research and find ways to prevent, detect, diagnose and cure cancer. Participating in research studies at Cancer Research Malaysia is voluntary.

CAN SOY PREVENT BREAST CANCER?



HELP US FIND OUT!

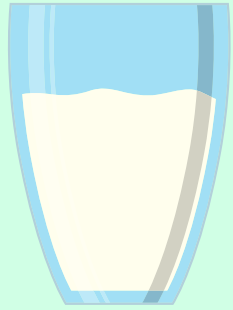


Call us at:



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WHY SOY?



Researchers have been studying the anti-cancer properties of soy since 1991. In countries such as Japan and China, normal soy isoflavone consumption is about 50 - 75mg/day (that translates to about 2 glasses of soybean milk a day!). In these countries, women who consume the most amount of soy are least likely to be diagnosed with breast cancer, compared to women who take little-to-no soy in their diet.

JOIN OUR SOY STUDY TODAY!

MISO or The Malaysian Soy and Mammographic Density Study, is a breast cancer prevention study to determine whether women who consume a lot of soy have a **LOWER RISK** of breast cancer.

We are looking for **300 women** who:

- Are between 45-65
- Have not experienced menstrual period for at least 3 months
- Have not been diagnosed with any cancer, stroke, serious health conditions or had any surgery on the breast
- Have not been diagnosed with gout, hypothyroidism or diabetes
- Have not taken hormone replacement therapy or smoked in the past 6 months
- Currently do not consume soy products daily

If you are interested to participate, we will ask you to:

- Visit us at Subang Jaya Medical Centre for a discussion about this programme
- Undergo a mammogram now and one year after
- Follow the instruction within your assigned group (either consume a high soy diet, soy supplements or neither) for one year
- Stay in touch with us throughout the year

