

Will *Soy* or Soy
Products Cause
Breast Cancer?

The
LATEST

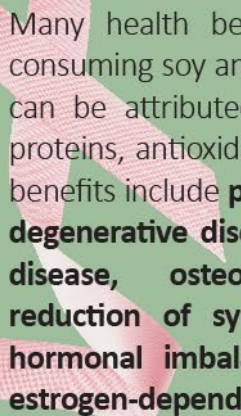
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WILL *Soy* OR SOY PRODUCTS CAUSE *Breast Cancer?*

DR AMIR FARID ISAHAK



Soy and soy products are very popular in eastern cultures. It is widely consumed in Asia, especially China and Japan. The per capita intake in Japan is more than 10 times that of USA and Europe. They are consumed in various forms, the **most popular being soy milk, soy drinks, soy bean curds, and various fermented soy foods**, unique to the different cultures.



Many health benefits have been linked to consuming soy and its products. These benefits can be attributed to soy being a source of proteins, antioxidants and phytoestrogens. The benefits include **protection against age-related degenerative diseases such as cardiovascular disease, osteoporosis and dementia; reduction of symptoms related to female hormonal imbalance and menopause; and estrogen-dependent cancers.**

The influence of soy on breast cancer has received much attention lately, not only because breast cancer continues to be the top killer-cancer for women in many countries, but also because there have been conflicting and confusing results of studies done on soy and its influence on breast cancer.




This observation led to studies to establish more clearly the relationship between soy and breast cancer. Many studies have now established that the earlier (eg. before adolescence) the **women start high consumption of soy-based foods, the higher is the protection.** And this protection is enhanced if the women continue the consumption into later life. However, if the high consumption of soy starts only in later life, then the protection is less.



It has been observed that women in the countries where soy (and soy products) are regularly consumed get breast cancer less often than those in Western countries. For example, the prevalence of breast cancer in China is much less than in USA. Among the reasons could be that the Chinese women consume much more soy milk, while the US women consume more cow's milk (cow's milk protein is a known cancer promoter).



A woman with long brown hair, wearing a white tank top, is smiling and pouring milk from a white bottle into a white bowl. She is sitting at a white table. In the background, there are some fruits, including an apple and a banana. The image is part of a newsletter layout with text boxes overlaid.

The active ingredients of soy that affect breast cancer development, progress, recurrence and prognosis are its isoflavones, which are a class of phytoestrogens – which means they are phytochemicals which have a weak effect on the estrogen receptors of cells (particularly of the female organs such as breasts, uterus and vagina, and also other organs like the brain, heart, skin and bones).

Controversy has arisen because the results of studies on the effect of soy isoflavones on breast cancer cell growth have been conflicting.

Some studies showed that soy isoflavones protect against breast cancer, while others showed that they promote cancer growth. It is therefore important that we understand the science behind all this, so that we have the right picture, and know exactly when it is beneficial for women to consume soy products, and when it is not.

The latest research, which has led us to a better understanding of the conflicting study results, showed that soy isoflavones can have both estrogenic (mimics estrogen) or

anti-estrogenic (opposes estrogen) effects on those cells and organs. So the net result is the balance between these opposing effects.

Many laboratory studies show that soy isoflavones stop breast cancer cell growth or induce their death (apoptosis), and studies on humans consistently show that soy isoflavones reduce the risk of breast cancer, and women who continued to consume soy after being diagnosed with breast cancer had significantly lower rates of recurrence compared with women who consumed less or no soy.

A large study showed that breast cancer incidence and mortality decreased with higher soy intake.



The different and confusing results obtained in the lab may also be because of the different test lab environments, different types of soy food or soy products used, and many other factors that operate in the living person (compared to the lab animals) that may account for the opposite responses.



In other words, soy isoflavones metabolism differs between humans and animals and therefore the outcomes of animal studies may not be applicable to humans.

Apart from the phytoestrogen effects, isoflavones have other (non-hormonal) anti-cancer actions. **Isoflavones can prevent cancer development or progress by inhibiting the enzymes required for DNA replication and metastasis;** disabling growth factors that promote angiogenesis (growth of new blood vessels to feed the cancer); and activating the immune system.

So on one hand there is worry that soy isoflavones may worsen breast cancer. On the other hand soy isoflavones are also being studied as possible treatment for breast cancer!

Obviously, more research is needed to settle this confusion.



“For now, we can confidently say that soy and soy products containing isoflavones *do not* cause breast cancer.”



1 Instead: Soy isoflavones can help **prevent the development of breast cancer**, especially if regular consumption starts from young. The earlier, the better! Regular consumption means consuming soy or soy products almost every day.

2 Soy isoflavones give **stronger protection from breast cancer** if women continue consuming soy isoflavones from young to later life.



3 Soy isoflavones can protect (although less effectively) from breast cancer if women only start consuming soy isoflavones later in life.

4 Although lab results have been conflicting, the current evidence on human studies is that it is **beneficial even for women with breast cancer (who have been consuming soy isoflavones)** to continue consuming isoflavones.



5 **Women with breast cancer who are not regular consumers of soy** since young may have to be cautious about taking soy isoflavones (until more research settles the controversy). Some experts extend the caution to include women without breast cancer but who are at high risk.

6 **Post-menopausal women** who do not have breast cancer may benefit from reduction of menopausal symptoms, reduction of breast cancer risk, plus other benefits (for the heart, brain, bones, etc.)

7 Soy isoflavones are known to affect thyroid hormone metabolism, but this does not affect those with healthy thyroid function. However, those with hypothyroidism (low thyroid function) are not encouraged to consume soy or soy products.

In conclusion, **ALL women** – from adolescents to post-menopausal (except for those with breast cancer who are not already regular consumers of soy foods or soy products, and those with hypothyroidism) – **can benefit from soy isoflavones.**

OTHER HERBS AND NUTRIENTS THAT ARE BENEFICIAL TO *Women's Health*



PUERARIA MIRIFICA

Contains miroestrol and deoxymiroestrol, which are types of phytoestrogens that **help in overall women figure.**

Helps in breast firming and enlargement.

Effective in **decreasing vaginal dryness** and increase sexual pleasure by increasing libido in women.

It can also reduce the menopausal symptoms including **hot flashes, frustration, sleep disorder and night sweats.**

Prevent osteoporosis by **preventing bone loss and increase bone formation** in menopausal women.



KACIP FATIMAH

Health tonic for women,
known as **female version of
Tongkat Ali.**

Unique
disinfection
properties, used
for **contracting
a uterus after
childbirth.**

In overall, Kacip Fatimah can
boost a women's energy by
stimulating her immune
system and eliminate fatigue.

It contains high amount
of antioxidants such as
Apigenin, which can
help to **fight against
oxidative stress.**



MANJAKANI

Prevent and **reduce** smelly vaginal discharge.

Manjakani mainly **benefits** women's vagina.



Because it contains tannin (an astringent agent) which **provide the tightening effect** on vaginal wall and muscle.

It can reduce white fluid discharge, **kill bacteria and fungus** to prevent infection by microorganisms.

Tighten and **improve the elasticity of vaginal muscle.**

It contains organic acid such as gallic acid and ellagic acid which are **useful in treating inflamed tissues.**



SOY ISOFLAVONES

Help to regulate menstrual cycle, relieve menopausal symptoms, **regulate fat metabolism/weight management, prevent breast cancer**, ovarian cancer, cardiovascular disease, prevent osteoporosis.

Suitable for women with polycystic ovary syndrome (PCOS) who are having hormone imbalance.

A class of phytoestrogens, which are substances derived from plant that have a weak estrogen action.

Symptoms of hormone imbalance include **heavy, irregular or painful periods, hot flashes, night sweats, weight gain, acne** during or just before menstruation.

When estrogen levels are low, Soy Isoflavones help to fill in the gaps whilst they will **compete with estrogen in the body when levels are high.**

Although phytoestrogens are not as strong as estrogen, however they can mimic the properties of estrogen, hence **help regulate hormone level** and maintain it at a safe and healthy level.



THE BENEFITS OF *Soy*



Words Dr Amir Farid Isahak, Chan Siew Meng

A good source of Vitamins and Minerals.

Soy has a high amount of minerals and vitamins.

It has high amount of vitamin B complex such as vitamin B12, riboflavin, thiamine, pyridoxine, pantothenic acid and niacin. Vitamins and minerals are also crucial in maintaining good health.

Moreover, it is high in fiber, calcium, iron and other minerals.

It is high in phytochemical, Soy Isoflavones.

Soy contains phytoestrogen called Soy Isoflavones.

Phytoestrogen is extremely important in hormone regulation especially menopause women. This is because as a woman hits 50, estrogen and progesterone levels in their body start to decline.

Although phytoestrogen's effects are not as strong as estrogen, however, this can help to reduce menopause symptoms and improve overall general health in women.

Helps to fight osteoporosis.

Soy can aid in preventing osteoporosis in menopause women.

As mentioned earlier, phytoestrogen can help in hormone regulation in menopausal women. The level of estrogen in menopausal women is very low and can increase the risk of bone loss. Hence, with phytoestrogen, it can act like an estrogen but with a weaker stimulation, reducing the risk of osteoporosis.

It is a good protein source.

Soy is a plant based food and it is high in protein which is suitable for vegan who wish to take in more protein especially vegan body builder.

Soy is a complete protein source whereby it contains all the essential amino acid that our body cannot produce. Athletes can reduce muscle loss, increase muscle mass and aid in muscle recovery.



THE BENEFITS OF *Soy*



Prevents cardiovascular disease.

Soy contains very low saturated fat which is bad for us, it is a good source of polyunsaturated fat such as omega-3 fatty acid.

This can increase high density lipoprotein cholesterol and decrease low density lipoprotein cholesterol, this can reduce the risk of cardiovascular disease.

Soy is free of cholesterol as it is a plant based food, hence this can reduce the risk of atherosclerosis (narrowing of the arteries caused by a build-up of plaque).

Reduces the risk of Breast Cancer.

Soy in some situation can aid in reducing the risk of breast cancer.

This is because it contains soy isoflavones, which is the component that helps in overall women's health. Women who had a high soy diet in their adolescence was found to have a reduced risk in breast cancer.

Q: What are Soy Isoflavones?

A: Soy Isoflavones are a type of phytoestrogen which can be largely found in soy beans. They are the active substances derived from plants that have weak estrogen-like actions.

Q: Do soy or soy products increase the chance of breast cancer?

A: No. Soy Isoflavones protect against breast cancer, especially if taken since young (ie: if start late, less or no protection). The confusion arises because those with ER+ Breast Cancer can get worse with Soy Isoflavones. Simple rule- take soy products if you don't have breast cancer. Avoid if you already have breast cancer.

Q: Will Soy Isoflavones increase the risk of ovarian cancer?

A: No. Some studies show it is likely to reduce risk of getting ovarian cancer, and if already have cancer, it may help inhibit the ovarian cancer.

Q: What is the recommended dosage for Soy Isoflavones?

A: According to the University of Maryland Medical Center, those who have hot flashes and high blood pressure health concerns should take 40-80mg of Soy Isoflavones supplement, whereas 50mg is sufficient for those who have high cholesterol and for bone health.

Q: Will a person get overdose of estrogen when consuming soy isoflavones in a large amount?

A: Less likely, this is because Soy Isoflavones (phytoestrogen) only have weak estrogen stimulation effect, hence it is less likely to cause harm to a person.

Q: What are the contraindications for taking Soy Isoflavones?

A: Those with hypothyroidism and those who

have high amount of calcium in urine or those who have kidney stone should avoid soy isoflavones. Other than that, those who are allergic to lecithin should stay away from Soy Isoflavones too. Lastly, those who are diagnosed with breast, endometrium and ovarian cancer should avoid Soy Isoflavones.

Q: Do soyfoods help to lower the risk of cardiovascular diseases?

A: High cholesterol is one of the major causes of cardiovascular disease. Soy is one of the food that can lower cholesterol level and hence reduce risk of cardiovascular disease. The USFDA (U.S. Food and Drug Administration) approved the health claim that 25 grams of soy protein per day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Q: Can children consume soymilk?

A: Yes, soymilk contains high amounts of calcium and Vitamin D which are suitable for them to build strong and healthy bones.

Q: Will phytic acid in soy product affect the bioavailability of minerals? Will it affect the absorption rate?

A: It will not affect the absorption rate when a person's diet is adequate in zinc, iron and calcium.

Q: Can people taking blood-thinning medication consume soy products?

A: Yes, it is safe to be consumed.



DR AMIR FARID ISAHAK

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- Specialist Qualification:

•National University of Singapore

•Royal College of Obstetrician & Gynaecologist

- Consultant to the Health and Beauty Industries for over 2 decades.



Asia Honesty Award 2018

15th December 2018

Wellous is honoured to be an achiever in Asia Honesty Award 2018.

Wellous had obtained 4 categories of awards in this marvelous event, which are:

Asia's Top 100 Honesty Brand Award

Asia Honesty Enterprise Award

Asia Honesty Product Award

Asia Honesty Entrepreneur Award

Wellous is earnestly grateful for the recognition and hope to strive harder in the coming years.



Malaysia Hari Ini

24th December 2018

Wellous's first appearance on TV. Wellous was featured in Malaysia Hari Ini on TV3. Malaysia Hari Ini is a morning talk show in TV3 covering latest information, daily live updates, various topics about health, family issues and even entertainment news.

M-COLL was featured in this talk show due to its ability to intensify one's captivating appearance and health.



Wanita Hari Ini

8th January 2019

In January 2019, Wellous was featured in Wanita Hari Ini, one of the talk show in TV3.

Wanita Hari Ini is a women talk show empowering women across all ages. This talk show covers various topics with valueable information, confronting discussion and inspirational stories.

M-COLL was introduced in the talk show as a beauty product which unleash the beauty within women.

World's Most Competitive Chinese Brand Award in 2018 2018全球最具竞争力华裔品牌奖

15th – 16th January 2019

Wellous is honoured to receive "World's Most Competitive Chinese Brand Award in 2018". Wellous has entered a new journey through the "Reform and Innovation" Business Economic Summit in China!

It means Wellous obtained the recognition of 1.3 billion populations in China market, and it also represents that we have successfully won the unanimous affirmation and status within domestic and foreign consumers.



Rumah Kita

22nd February 2019

Wellous is not just about healthcare, we do charity as well.

Wellous believe "the more we give, the more we receive" and action speaks louder than words, hence, Wellous had donated a Perodua Alza to Rumah Kita to ease their transportation.

With the Perodua Alza, single mothers and babies are able to travel back and forth from hospital easily.



A new Wellous product has been launched!

1st March 2019

American Ginseng Tablet, the root of Qi! Bringing the Root of All Power Back! American Ginseng can help to replenish one's energy and improve one's brain power as it contains an active ingredient called Ginsenoside, which can improve cell energy and reduce fatigue.