WEBVTT

NOTE duration:"00:06:19.5750000"

NOTE language:en-us

NOTE Confidence: 0.76093644

00:00:00.000 --> 00:00:02.424 Hello I'm supercharged Downey,

NOTE Confidence: 0.76093644

00:00:02.424 --> 00:00:05.454 the outpatient oncology dietitian at

NOTE Confidence: 0.76093644

00:00:05.454 --> 00:00:08.767 Smilow Cancer Care Center in Greenwich.

NOTE Confidence: 0.76093644

00:00:08.770 --> 00:00:12.109 The myth I'd like to address is that soy

NOTE Confidence: 0.76093644

00:00:12.109 --> 00:00:15.330 causes cancer and that people with cancer,

NOTE Confidence: 0.76093644

00:00:15.330 --> 00:00:17.530 especially with breast cancer,

NOTE Confidence: 0.76093644

00:00:17.530 --> 00:00:19.180 should avoid soy.

NOTE Confidence: 0.76093644

00:00:19.180 --> 00:00:22.019 It's clear to see how this

NOTE Confidence: 0.76093644

00:00:22.019 --> 00:00:24.384 myth arose 25 years ago,

NOTE Confidence: 0.76093644

00:00:24.390 --> 00:00:27.504 studies showed that isoflavones in soy

NOTE Confidence: 0.76093644

00:00:27.504 --> 00:00:31.129 caused breast cancer cell growth in rodents.

NOTE Confidence: 0.76093644

00:00:31.130 --> 00:00:35.694 Spoiler Alert the lab animals were rats.

NOTE Confidence: 0.76093644

00:00:35.700 --> 00:00:36.772 Researchers then,

NOTE Confidence: 0.76093644

00:00:36.772 --> 00:00:38.916 recognizing that isoflavone molecules

NOTE Confidence: 0.76093644

00:00:38.916 --> 00:00:42.350 were similar to the hormone estrogen.

NOTE Confidence: 0.76093644

00:00:42.350 --> 00:00:45.083 Called them phytoestrogens,

NOTE Confidence: 0.76093644

00:00:45.083 --> 00:00:47.816 meaning plant estrogens.

NOTE Confidence: 0.76093644

00:00:47.820 --> 00:00:50.406 Since high blood levels of estrogen

NOTE Confidence: 0.76093644

00:00:50.406 --> 00:00:53.139 are linked to breast cancer risk,

NOTE Confidence: 0.76093644

00:00:53.140 --> 00:00:56.494 they concluded that soy isoflavone flavones

NOTE Confidence: 0.76093644

00:00:56.494 --> 00:00:59.978 could increase breast cancer risk in humans.

NOTE Confidence: 0.76093644

00:00:59.980 --> 00:01:03.028 Did you catch the flaws in their reasoning?

NOTE Confidence: 0.76093644

00:01:03.030 --> 00:01:05.830 It wasn't until soy research moved from

NOTE Confidence: 0.76093644

00:01:05.830 --> 00:01:08.817 lab animals to humans that scientists

NOTE Confidence: 0.76093644

00:01:08.817 --> 00:01:11.667 realized that humans metabolize soy

NOTE Confidence: 0.76093644

00:01:11.667 --> 00:01:14.518 isoflavonoids much differently from rats.

NOTE Confidence: 0.76093644

00:01:14.520 --> 00:01:17.720 Instead of increasing estrogen levels.

NOTE Confidence: 0.76093644

00:01:17.720 --> 00:01:21.255 So I also offer isoflavones more often,

NOTE Confidence: 0.76093644

00:01:21.260 --> 00:01:22.823 do the opposite.

NOTE Confidence: 0.76093644

00:01:22.823 --> 00:01:25.949 They bind to an estrogen receptors

NOTE Confidence: 0.76093644

00:01:25.949 --> 00:01:28.669 which blocks estrogen action.

NOTE Confidence: 0.76093644

00:01:28.670 --> 00:01:29.486 In fact,

NOTE Confidence: 0.76093644

00:01:29.486 --> 00:01:32.342 recent studies show that a diet that

NOTE Confidence: 0.8647662

00:01:32.350 --> 00:01:34.804 includes soy may even reduce the

NOTE Confidence: 0.8647662

00:01:34.804 --> 00:01:38.290 risk of developing breast cancer.

NOTE Confidence: 0.8853017

00:01:38.290 --> 00:01:41.034 So what about the risk for other

NOTE Confidence: 0.8853017

00:01:41.034 --> 00:01:43.680 cancers and for cancer survivors?

NOTE Confidence: 0.8853017

00:01:43.680 --> 00:01:46.482 Population studies show that short either

NOTE Confidence: 0.8853017

00:01:46.482 --> 00:01:49.926 no effect or decreased effect of on

NOTE Confidence: 0.8853017

00:01:49.926 --> 00:01:54.310 prostate cancer in men who eat soy foods.

NOTE Confidence: 0.8853017

00:01:54.310 --> 00:01:56.458 There is limited evidence that soy

NOTE Confidence: 0.8853017

00:01:56.458 --> 00:01:58.659 might help protect against lung cancer.

NOTE Confidence: 0.8853017

00:01:58.660 --> 00:02:00.975 And population studies don't link

NOTE Confidence: 0.8853017

00:02:00.975 --> 00:02:04.329 soy with the risk of any cancer.

NOTE Confidence: 0.8853017

00:02:04.330 --> 00:02:07.505 Similarly, studies of breast and

NOTE Confidence: 0.8853017

00:02:07.505 --> 00:02:10.045 prostate cancer survivors showed

NOTE Confidence: 0.8853017

00:02:10.045 --> 00:02:13.107 no harmful effects from soy.

NOTE Confidence: 0.8853017

00:02:13.110 --> 00:02:15.732 Population studies show that women who

NOTE Confidence: 0.8853017

00:02:15.732 --> 00:02:18.622 eat moderate amounts of soy may even

NOTE Confidence: 0.8853017

00:02:18.622 --> 00:02:20.738 have improved overall survival and

NOTE Confidence: 0.8503859

00:02:20.740 --> 00:02:23.059 decreased recurrence rates.

NOTE Confidence: 0.8503859

00:02:23.060 --> 00:02:25.725 Some preliminary studies suggest that

NOTE Confidence: 0.8503859

00:02:25.725 --> 00:02:29.130 soy foods may be protective against.

NOTE Confidence: 0.8503859

00:02:29.130 --> 00:02:31.730 Breast cancer protective for those

NOTE Confidence: 0.8503859

00:02:31.730 --> 00:02:33.810 with breast cancer survivors

NOTE Confidence: 0.8503859

00:02:33.810 --> 00:02:36.049 who are taking tamoxifen.

NOTE Confidence: 0.8503859

00:02:36.050 --> 00:02:38.738 Controlled clinical trials of men with

NOTE Confidence: 0.8503859

00:02:38.738 --> 00:02:41.600 prostate cancer who used soy protein or

NOTE Confidence: 0.8063711

00:02:41.600 --> 00:02:44.156 soy isoflavones showed either no effect

NOTE Confidence: 0.8063711

00:02:44.160 --> 00:02:45.444 or decreased program.

NOTE Confidence: 0.8063711

00:02:45.444 --> 00:02:47.150 Progression of their cancers.

NOTE Confidence: 0.8054537

00:02:49.840 --> 00:02:52.300 But aren't processed soy foods unhealthy?

NOTE Confidence: 0.8026467

00:02:59.670 --> 00:03:04.500 Minimally processed soy foods like these.

NOTE Confidence: 0.8026467

00:03:04.500 --> 00:03:07.207 Immature. Sleeping pods.

NOTE Confidence: 0.8026467

00:03:07.207 --> 00:03:10.266 Called by the Japanese name Iida Mommy.

NOTE Confidence: 0.67209256

00:03:12.630 --> 00:03:15.780 Roasted and canned mature soybeans.

NOTE Confidence: 0.620528

00:03:16.910 --> 00:03:22.660 And toasted eda mommy. Are rich

NOTE Confidence: 0.828396133333333

00:03:22.660 --> 00:03:25.300 sources of. Nutrients

NOTE Confidence: 0.8781352

00:03:25.300 --> 00:03:27.988 including fiber, protein B,

NOTE Confidence: 0.8781352

00:03:27.988 --> 00:03:30.679 vitamins, magnesium and potassium.

NOTE Confidence: 0.7869935

00:03:35.030 --> 00:03:37.606 Well, tofu and soymilk are lower

NOTE Confidence: 0.7869935

00:03:37.606 --> 00:03:39.735 in fiber due to processing.

NOTE Confidence: 0.7869935

00:03:39.735 --> 00:03:42.285 There's still good sources of calcium

NOTE Confidence: 0.7869935

00:03:42.285 --> 00:03:44.810 and plant based protein and their

NOTE Confidence: 0.7869935

00:03:44.810 --> 00:03:47.900 cholesterol free and low in saturated fat.

NOTE Confidence: 0.7227594

00:03:50.060 --> 00:03:54.603 So oil, soy sauce and soy lecithin

NOTE Confidence: 0.7227594

00:03:54.603 --> 00:03:57.899 are also processed soy foods.

NOTE Confidence: 0.7227594

00:03:57.900 --> 00:04:01.900 They contain little or no

NOTE Confidence: 0.7227594

00:04:01.900 --> 00:04:05.100 protein and no phytoestrogens.

NOTE Confidence: 0.7227594

00:04:05.100 --> 00:04:07.998 So my protein isolate is a

NOTE Confidence: 0.7227594

00:04:07.998 --> 00:04:10.490 very highly processed soy food.

NOTE Confidence: 0.7227594

00:04:10.490 --> 00:04:13.914 You may have seen it as an ingredient

NOTE Confidence: 0.7227594

00:04:13.914 --> 00:04:17.349 in high protein drinks and shakes,

NOTE Confidence: 0.7227594

00:04:17.350 --> 00:04:20.290 and in meatless burgers and sausages.

NOTE Confidence: 0.8404965

00:04:23.900 --> 00:04:25.710 Until recently, it was assumed

NOTE Confidence: 0.8404965

00:04:25.710 --> 00:04:28.050 that foods made from soy protein

NOTE Confidence: 0.8404965

00:04:28.050 --> 00:04:30.325 isolate could be risky because

NOTE Confidence: 0.8404965

00:04:30.325 --> 00:04:32.145 they would contain unnaturally

NOTE Confidence: 0.8404965

00:04:32.215 --> 00:04:34.390 high levels of isoflavones higher

NOTE Confidence: 0.8404965

00:04:34.390 --> 00:04:36.565 than those that occur naturally.

NOTE Confidence: 0.8404965

00:04:36.570 --> 00:04:38.546 In foods like traditional

NOTE Confidence: 0.8404965

00:04:38.546 --> 00:04:41.016 foods like edamame and tofu.

NOTE Confidence: 0.8404965

00:04:41.020 --> 00:04:43.558 But when they were actually analyzed,

NOTE Confidence: 0.8404965

00:04:43.560 --> 00:04:46.168 it turns out that soy protein

NOTE Confidence: 0.8404965

00:04:46.168 --> 00:04:48.922 isolates are no higher in isoflavones

NOTE Confidence: 0.8404965

00:04:48.922 --> 00:04:51.449 than plain old boiled soybeans.

NOTE Confidence: 0.8404965

00:04:51.450 --> 00:04:54.366 It turns out that up to 80% of

NOTE Confidence: 0.8404965

00:04:54.366 --> 00:04:56.946 isoflavones are lost in processing.

NOTE Confidence: 0.8404965

00:04:56.950 --> 00:04:59.128 So foods made with soy protein

NOTE Confidence: 0.8404965

00:04:59.128 --> 00:05:01.543 isolate can be another way to add

NOTE Confidence: 0.8404965

00:05:01.543 --> 00:05:03.608 plant protein to your diet so it

NOTE Confidence: 0.8404965

00:05:03.678 --> 00:05:06.128 will be lower in fiber and other

NOTE Confidence: 0.8404965

00:05:06.128 --> 00:05:07.862 nutrients than the less less

NOTE Confidence: 0.8404965

00:05:07.862 --> 00:05:09.908 processed soy foods you see here.

NOTE Confidence: 0.83879817

00:05:12.620 --> 00:05:14.498 Check the ingredient list and nutrition

NOTE Confidence: 0.83879817

00:05:14.498 --> 00:05:16.757 facts to see how they fit in your.

NOTE Confidence: 0.83879817

00:05:16.760 --> 00:05:19.400 If they suit you.

NOTE Confidence: 0.83879817

00:05:19.400 --> 00:05:23.840 In summary, soy is safe for cancer survivors,

NOTE Confidence: 0.83879817

00:05:23.840 --> 00:05:26.012 including breast cancer survivors,

NOTE Confidence: 0.83879817

00:05:26.012 --> 00:05:28.727 a position supported by the

NOTE Confidence: 0.83879817

00:05:28.727 --> 00:05:30.500 American Cancer Society.

NOTE Confidence: 0.83879817

00:05:30.500 --> 00:05:34.250 The American Institute for Cancer Research

NOTE Confidence: 0.83879817

00:05:34.250 --> 00:05:38.808 check out their great website at aicr.org.

NOTE Confidence: 0.83879817

00:05:38.810 --> 00:05:40.520 Harvard TH school.

NOTE Confidence: 0.83879817

00:05:40.520 --> 00:05:45.020 Harbitz TH Chan School of Public health.

NOTE Confidence: 0.83879817

00:05:45.020 --> 00:05:49.059 The Dana Farber Cancer Institute and my

NOTE Confidence: 0.83879817

00:05:49.059 --> 00:05:51.799 professional organization of oncology

NOTE Confidence: 0.83879817

00:05:51.799 --> 00:05:55.467 addition dietitians at oncologynutrition.org.

NOTE Confidence: 0.83879817

00:05:55.470 --> 00:05:58.697 Including soy foods in your diet can

NOTE Confidence: 0.83879817

00:05:58.697 --> 00:06:02.779 help you to increase your fiber intake.

NOTE Confidence: 0.83879817

00:06:02.780 --> 00:06:05.328 Add starting so I foods in your

NOTE Confidence: 0.83879817

00:06:05.328 --> 00:06:07.880 diet can help you to add fiber,

NOTE Confidence: 0.83879817

00:06:07.880 --> 00:06:09.332 decrease saturated fats and

NOTE Confidence: 0.83879817

00:06:09.332 --> 00:06:11.147 increase your plant protein intake.

NOTE Confidence: 0.83879817

00:06:11.150 --> 00:06:13.470 Don't let outmoded ideas about

NOTE Confidence: 0.83879817

00:06:13.470 --> 00:06:16.340 soy foods keep you from enjoying

NOTE Confidence: 0.83879817

00:06:16.340 --> 00:06:19.574 them as part of your healthy diet.