

Mayo Clinic Minute: Does soy increase breast cancer risk?

It has sparked numerous debates. Is there a connection between soy and breast cancer? Soy contains isoflavones, which are plant estrogens. High estrogen levels have been linked to an increased risk of breast cancer. However, [studies](#) show that soy isoflavones do not increase the risk of breast cancer.

[Dr. Dawn Mussallem](#), a lifestyle medicine expert at Mayo Clinic, says consuming soy products in moderation can be beneficial.

Video	Audio
	Many people eat soy products like edamame, tofu and soy nuts, but could these foods increase your risk of developing breast cancer? Dr. Dawn Mussallem says no.
Dawn Mussallem, D.O. Integrative Medicine Mayo Clinic	"For years, I've been trying to dispel the myth about soy and breast cancer. And it seems that the message still isn't out because almost every day, every patient I see is worried about consuming soy products."
	Soy is packed with isoflavones, which are plant estrogens. They have a chemical structure that is similar to human estrogen. But unlike human estrogen, isoflavones don't increase breast cancer risk and might actually help to suppress tumors.
	"Soy consumption after a breast cancer diagnosis not only is a great way for you to get a plant-based protein, but it also improves your breast cancer outcomes."
	Eating soy in moderation, with plenty of fruits, vegetables, whole grains and nuts, can be beneficial in preventing and surviving breast cancer.
	For the Mayo Clinic News Network, I'm Sonya Goins.
