**Abstract**

**Background:** Breast cancer is the most highly diagnosed cancer among women worldwide. In Canada The breast cancer mortality rate is 2.2/100,000 women. The role of phytoestrogens in the prevention of breast cancer arises from the significant differences in breast cancer incidence between American and Asian women. One key difference observed between these two populations is the amount of soy consumed: Asian women are reported to consume a mean daily intake of 15-50g of soy, while American women are reported to consume a mean daily intake of 1-5g of soy. Soy isoflavones, the third main class of phytoestrogens, merit further investigation in breast cancer research as they are structurally similar to estrogen hormones, estrogen, and, upon heat and antigenic effect, estrogen receptors.

**Objective:** The purpose of this review is to evaluate the literature and investigate whether the ingestion of phytoestrogens found in soy products decreases a woman’s risk of developing breast cancer.

**Methodology:** A search of the PUBMED, Google Scholar, and PubMed was conducted using search terms such as phytoestrogens, phytoestrogens, isoflavones, isoflavones, daidzein, genistein, and genistein. Observational, cohort, and case-control studies were identified. Studies published between December 1996 and 2013, which were reviewed for our review. The search was limited to articles published in English.

**Results:** Eight articles were identified for review. Two studies were excluded because they did not meet inclusion criteria. Two studies were excluded because they did not meet exclusion criteria. Six studies were included in our review. The results from these studies are presented in Table 1.

**Limitations:** Articles were accessed only in the English language, published after the year 2000, and those accessible online in full text.

**Future studies:** Further studies are necessary to be conducted to clarify the relationship between soy intake in premenopausal women compared to soy intake in postmenopausal women and the associated risk of breast cancer.

**Implications:** More research is needed to understand why soy intake during early life may both reduce breast cancer risk and risk of recurrence.

**Conclusion:** Future studies are necessary to understand why soy intake may reduce breast cancer risk and the associated risk of breast cancer.

**Awards:** More research is needed to understand why soy intake during early life may both reduce breast cancer risk and risk of recurrence.

**References:**


