

Mark Messina, PhD, MS

The Myths (Misunderstandings) and Science of Soy

About the Speaker

Dr. Messina is a senior research fellow, Soy Nutrition Institute Global and an adjunct associate professor at Loma Linda University. Dr. Messina has devoted his time to the study of the health effects of soy foods and soybean components such as soybean oil and soybean isoflavones. He writes extensively on these subjects, having published more than 125 articles and book chapters for health professionals, and has given more than 800 presentations to both consumer and professional groups in 58 countries. Dr. Messina is the chairperson of the editorial advisory board and writes a regular column for The Soy Connection, a quarterly newsletter that reaches over 250,000 health professionals. He has also organized and chaired nine international symposia on the role of soy in preventing and treating chronic disease and has organized soy meetings in China, India, Brazil and Italy. Dr. Messina is the co-author of three books, *The Simple Soybean and Your Health* (Avery Publishing Group), *The Vegetarian Way* (Crown Publishers), and *The Dietitian's Guide to Vegetarian Diets: Issues and Applications* (Jones and Barlett).

Session Description

This presentation will discuss the macronutrient composition of soybeans, the quality of soy protein and its ability to lower blood cholesterol levels. The role of soy foods in helping to meet the new Dietary Guidelines for Americans will also be briefly discussed. Considerable time will also be spent on isoflavones and their possible role in breast cancer prevention and facial wrinkle reduction. Finally, concerns that soy foods, because they contain isoflavones, adversely affect the prognosis of women with breast cancer and cause male feminization will also be addressed.

Learning Objectives

At the conclusion of this session, participants will be able to:

- Attendees will be able to provide women with breast cancer information on whether soy foods are prudent additions to the diet
- Attendees will be able to address concerns that soy causes male feminization
- Attendees will gain insight into the FDA's perspective on the cholesterol-lowering effect of soy protein