



WOMEN'S HEALTH

Hot Flashes Keeping You Awake At Night? Many Women Try Soy Protein

(NAPSA)—Until recently, many doctors prescribed hormones to alleviate menopausal symptoms and prevent the progression of heart disease.

Now a MedPanel physician study shows that doctors have reduced new hormone replacement therapy (HRT) prescriptions from 52 percent to 12 percent and that up to 80 percent in some practices have discontinued HRT. These doctors report that inquiries about “natural alternatives have increased dramatically.”

HRT has come into serious question after a study of 16,000 women was canceled. The study ended after some women taking hormones showed a higher risk of cardiovascular disease, stroke and breast cancer.

“The Early Show” medical contributor Dr. Emily Senay reports that a new study in the *Journal of the American Medical Association* shows that postmenopausal women with heart disease do not get any benefit from taking hormones or from taking megadoses of vitamins C and E. In fact, both treatments showed a potential for harm.

The Women's Angiographic Vitamin and Estrogen (WAVE) trial, sponsored by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH), found that postmenopausal women with heart disease who took hormone therapy and high doses of antioxidant vitamins—either alone or in combination with hormones—did not have fewer heart attacks,



Many women are increasing their consumption of soy protein to alleviate hot flashes.

deaths, or progression of coronary disease. “This study adds to the growing body of evidence that hormone therapy is not helpful in the treatment, or in the prevention, of heart disease” said NHLBI Director Claude Lenfant, M.D.

In response to this bad news, women are looking for more natural ways to alleviate menopausal symptoms—such as hot flashes—and minimize associated health risks—such as bone loss.

The Johns Hopkins medical letter, *Health After 50*, states that “Soy appears to be one of the most promising remedies to overcome menopausal discomfort.” This conclusion is supported by a report issued by the American College of Obstetricians and Gynecologists (ACOG), which notes that dietary soy “is a staple in Asia” and has

been proposed as “one reason for the lower rate of perimenopausal symptoms reported by Asian women.”

Many women have found that including more soy protein in their diets may help reduce hot flashes.

A 1998 clinical trial found a 45 percent reduction in the number of hot flashes in postmenopausal women with 40 grams of soy protein daily.

Not all sources of soy are created equal. Some women have tried soy isoflavone pills, which placebo-controlled clinical studies have found to have no effect on bone health or hot flashes when soy protein was absent. The daily consumption of 25 to 50 grams of soy protein may be required for optimum results, say guidelines from the American College of Obstetrics and Gynecology.

Fortunately, there are many tasty ways to incorporate more soy protein in the diet from a complete soy protein supplement such as Naturade Total Soy Menopause Relief powder and ready-to-drink shakes, to soy protein-rich foods such as soy protein burgers, soymilk, soy protein bars, soy yogurt and soy nuts.

The greatest concentrations of soy protein are found in soy protein shakes (10 to 25 grams) or soy protein burgers (6 to 18 grams).

Some of the best-tasting brands carry the Solae brand ingredient logo on the label.

For more information, www.Naturade.com or call 1-800-367-2880.