

TLGX Clinical Update- Study Shows Soy Isoflavones Lessen Side Effects of Radiation Therapy for PCa

Previous research has shown that soy isoflavones potentiate the effects of radiation against prostate cancer (PCa) cells. In a recently published study, 42 men with localized prostate cancer (PCa) scheduled to receive radiation therapy were randomized to either 200mg of Novasoy soy isoflavones (two 50mg tablets, bid) or placebo.

Physical exams were performed at baseline, 3, and 6 months, and a follow-up exam was conducted one month after completing radiation. Quality of Life (QOL) questionnaires were given at 3 and 6 months, and PSA was measured.

Among men taking soy, there was less dripping and/or urine leakage, and better erectile function at 3 and 6 months, and less urgency at 3 months. Gastrointestinal symptoms were similar at 3 months, but men taking soy had less rectal cramping, diarrhea, and pain with bowel movements at 6 months compared to men on placebo.

PSA level decreased more in the soy group (75.7%) than in the placebo group (59.2%).

While tablet compliance was excellent (100%), only 62% of men returned the QOL questionnaires, therefore statistical analysis was not attempted. The authors state that these results should be considered hypothesis generating and not hypothesis testing.

Read the [PubMed abstract](#) of this study.

Please let me know if you have questions, comments, or suggestions.

Prostate 2.4 contains 50 mg soy isoflavones from Novasoy. Our new Women's Health soy isoflavone product, IsoRel, is now available and contains 100 mg soy isoflavones (also from Novasoy) per tablet.