

Soy and Calcium Supplementation Reduces Postmenopausal Problems

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ABSTRACT This was a purposive randomized intervention trial which assessed the occurrence of postmenopausal symptoms/problems and effectiveness of soy protein isolate and calcium supplementation on overcoming these symptoms in 100 postmenopausal subjects. Questionnaire cum interview schedule was used to collect required information and intervention trials were carried out for a period of 100 days each. Large number of subjects reported a variety of problems associated with menopause. Somatic complaints were reported by 49.43% to 70.78% of the women and were significantly ($p < 0.05$) more prevalent than psychological complaints (17.97% to 98.87%) and urogenital problems. Majority of the subjects (83.14%) had moderate degree of problems. Soy protein isolate intervention was effective in reducing most of the somatic problems in 8.00% to 58.82% of the subjects. Maximum improvement was reported on flushes, heart problems and sleep disturbances. Calcium supplementation was effective in reducing mainly joint pain in the subjects (57.89%). Thus, dietary interventions in the form of soy protein isolate and calcium help in decreasing postmenopausal problems.