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THE RELATIONSHIP BETWEEN THE CONSUMPTION OF ISOFLAVONES AND THE DEVELOPMENT OF BREAST CANCER

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Objectives: The present study investigates the association between the consumption of isoflavones and the development of breast cancer. **Methodology:** This is a literature review conducted through the search of scientific articles in the PubMed, Lilacs, and SciELO databases, from December 2018 to March 2019. **Results:** Dietary intake of isoflavones has been increasing and has been cited as a protective factor against breast cancer. Isoflavones are organic compounds derived from plants, estrogen agonists, and are related to the regulation and control of the major cell multiplication pathways. Studies show that the consumption of isoflavones may be related to breast cancer prevention. Comparing the studies selected (15), some defended the thesis that there is an association between isoflavone consumption and cancer development. Observational studies show that among Asian women, a soy-rich diet is associated with a 30% reduction in the risk of developing cancer; other authors have reported that there is no relationship between dietary intake of isoflavones and cancer development, since there were no associations in women with hormone receptor positive tumors and women receiving hormone therapy. **Conclusion:** Although the current study demonstrate a reduction in breast cancer cases associated with dietary intake of isoflavones, the results will not lead to an immediate change in the prevention of this type of cancer, given the need for more comprehensive studies that determine the precise relationship between isoflavone consumption and development of breast cancer.