

## **Soy Responsive CVD Risk Biomarkers in Hypercholesterolemic Individuals**

The current view of cardiovascular disease is that risk factors can be partially modified through lifestyle choices, exercise and diet, including phytochemicals. Flavonoids from a wide variety of foods and beverages, such as soy, have been associated with protection against cardiovascular disease. However several questions still exist regarding the purported beneficial effects of soy. Using a human clinical trial and cell culture experiments, Dr. Steinberg's research group will examine the potential mechanisms by which soy may exert its cardioprotective effects. It is anticipated that results from these studies will provide a better understanding of how soy foods can lower cardiovascular risk factors.