

Appendix Table F119. Urinary incontinence after a diet high in soy protein (individual RCT)

Reference	Active	Control	Definition of outcome	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Manonai, 2006 ⁵⁶⁶	Self-selected diet with low-fat and low-cholesterol foods and soy protein 25 g in various forms of soy foods containing more than 50 mg/day of isoflavones	Self-selected diet with low-fat and low-cholesterol foods	% of women reported stress incontinence after treatments	36/36	18/51	0/0	37.00 (2.31; 591.54)	0.50 (0.33; 0.67)	2 (2; 3)	500 (335; 665)
Manonai, 2006 ⁵⁶⁶	Self-selected diet with low-fat and low-cholesterol foods and soy protein 25 g in various forms of soy foods containing more than 50 mg/day of isoflavones	Self-selected diet with low-fat and low-cholesterol foods	% of women reported urge incontinence after treatments	36/36	6/17	8/22	0.75 (0.29; 1.94)	-0.06 (-0.24; 0.13)		