

# Chicago Tribune

## LETTERS TO THE EDITOR

### **Schedule that mammogram**

*October 21, 2011*

Early detection is the best way to improve a [cancer](#) prognosis.

In honor of National [Mammography](#) Day today, Friday, Oct. 21, I encourage all women over the age of 40 to make their annual mammogram appointment this month. Women younger than 40 but considered to be at high risk should also be screened annually or as recommended by their doctor.

A mammogram is one of the easiest, smartest investments a woman can make to protect her health. Coverage is available through private health insurers in Illinois (who are required to cover the cost of mammograms as recommended by the American Cancer Society), Medicaid and Medicare for women over the age of 65. Uninsured women may be eligible for free mammography services through the Illinois Breast and Cervical Cancer Screening Program.

With all that women today have on their plates, it is easy to forget to make that yearly appointment. Please -- remind your friends, sisters, daughters, wives and mothers to make that appointment this month. Mammograms save lives -- it's as simple as that.

-- [Sara Feigenholtz](#), State Representative, 12th District