

Opinion

San Jose Mercury News
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Health screenings critical for poor

Your Oct. 3 editorial, "Free screenings help uninsured, raise awareness," eloquently articulated how the availability of free and low-cost health resources is critical to the well-being of our community. Given the state of our health care system, residents need every opportunity to learn how to protect themselves from a growing number of health threats. That's why events like the Open Air

Health Fair (Oct. 14-15 at the San Jose Flea Market) are so important. It offers a wide variety of tests, screenings and educational information to help individuals learn about potential health problems such as asthma, diabetes and breast cancer. As health care costs continue to soar, we must support community events that are committed to ensuring that all local residents can lead full and healthy lives.

Margo Sidener, MS, CHES
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How to have your say

Letters of up to 125 words will be considered for publication. All letters must include name, any affiliation that would place your opinion in context, address and daytime number. Addresses and phone numbers are not published. Letters are edited for length. The Mercury News reserves the right to publish and republish your submission in any