

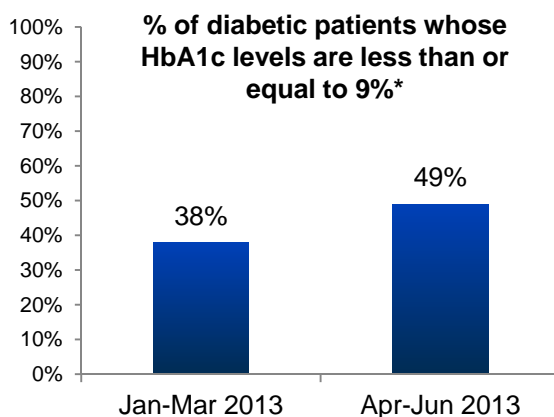
healthcare measures

At Legacy, we are committed to improving our patients health along a variety of parameters. Below are just a few examples of the data we review and seek to improve to help ensure that our patients are as healthy as possible.

DIABETES

HbA1c is a recognized marker used to monitor long-term glycemic control, adjust therapy, and predict risk for the development of complications related to diabetes. The importance of the HbA1c marker has been emphasized by the research studies and the American Diabetes Association (ADA). The ideal HbA1c level depends on the patient's general health and whether or not insulin is used. Patients should consult their doctor about their most appropriate control-range.

For more information: www.diabetes.org

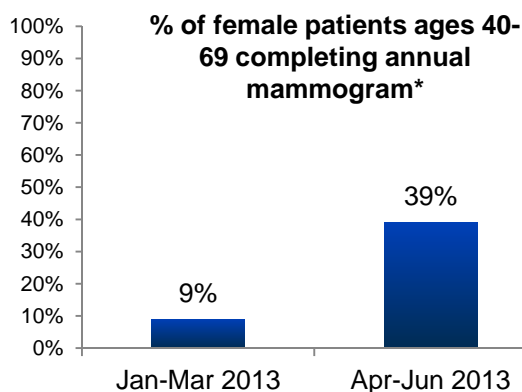


BREAST CANCER

The American Cancer Society recommends these screening guidelines for early detection of breast cancer:

- Yearly mammograms at age 40
- Clinical breast exam (CBE) every 3 years for women in their 20s and 30s and every year for women 40 and over

For more information: www.cancer.org

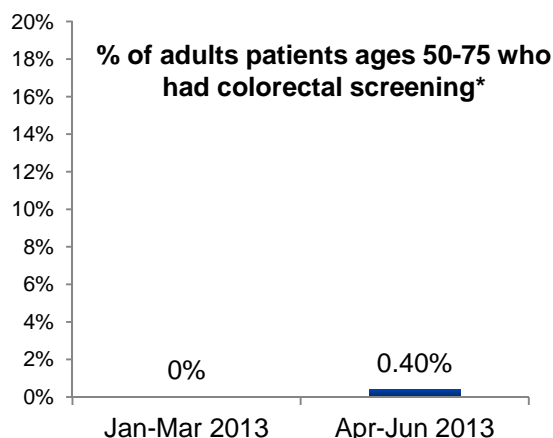


COLORECTAL CANCER

The American Cancer Society recommends these screening guidelines for early detection of colorectal cancer and polyps. Beginning at age 50, both men and women should follow one of these testing schedules:

- Flexible sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years, or
- Double-contrast barium enema every 5 years, or
- CT colonography (virtual colonoscopy) every 5 years

For more information: www.cancer.org



*Data referenced is a sample of patients from Legacy Community Health Services Lyons Clinic during the referenced time periods.