

be well

We're all trying to be healthier, feel better and live longer. It's a tall order, however, and some factors (such as genetics) are outside anyone's control — for now. Still, there is plenty that you can do to impact your well-being in a positive way. In the following pages, you'll read about what coffee may do for you (pg. 36), the benefits of yoga (pg. 40), and whether supplements might be worth adding to your daily regime (pg. 44).

You'll also read about the specialties of area hospitals (pg. 52), making this special section one to hang onto!



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Standing left to right: Scott Blinkoff, M.D. (Top Doctor) and Bryan Contreras, M.D. (Top Doctor)
Seated left to right: Kavitha Tipirneni, DO and Larissa Allen, M.D. (Top Doctor)
Photo by Thomas Veneklasen

Arizona Gastroenterology

Arizona Gastroenterology is a multi-generational practice delivering high-quality care to Tucson for more than 45 years, made up of five award-winning Physicians, two extensively trained GI Nurse Practitioners and a Physician Assistant licensed Doctor of Pharmacology. Three of Tucson's Top Doctors are with Arizona Gastroenterology — Scott Blinkoff, M.D., Bryan Contreras, M.D and Larissa Allen, M.D. The practice also proudly includes Kavitha Tipirneni, DO and founding member Frederick Klein, M.D.

When it comes to choosing a qualified gastroenterologist to perform your colonoscopy, there's one item that matters most: Adenoma Detection rate (ADR). Arizona Gastroenterology has proudly reported a 38.5-46.17% rate collectively as a group since 2020, with 2025 being our highest year to date at 46.17%. This increase, in part, can be attributed to Dr. Tipirneni's 50.70%

consistently reported average. ADR is a numeric value that represents the percentage of times your Gastroenterologist detects precancerous polyps during screening colonoscopies. This number is considered a benchmark of quality and care, which we strive to consistently maintain and exceed. The American College of Gastroenterology (ACG) has determined the benchmark rate should be at least 25% in men and 15% in women.

Although several screening tests exist, a Physician-performed colonoscopy remains the most effective screening modality because it both detects cancer and prevents it through removal of precancerous polyps.

7566 N. La Cholla Blvd., Suite A, Tucson, AZ 85741
(520) 742-4139 | azgastroenterology.com

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ask an expert

Welcome to our Ask an Expert section, where trusted professionals in health and wellness share their insight, experience, and guidance. This Q&A series features a range of local experts including physicians, physical therapists, mental health providers, and more.

Each profile offers thoughtful answers to common questions, helping you make informed decisions about your care and overall well-being. Whether you are seeking preventive advice, exploring treatment options, or looking to better understand a specific condition, these experts are here to support you.

Your path to better health begins with knowledge and the confidence to take the next step.



Bryan Contreras, M.D.
Gastroenterologist

Q: I plan every outing around the nearest bathroom because of accidental bowel leakage. Is there anything that really works?

A: Absolutely. Accidental bowel leakage, also known as fecal incontinence, affects millions of people but is rarely discussed because of embarrassment. Many patients suffer for years without realizing there are effective treatments available.

For individuals who have not found relief with diet changes, medications or pelvic floor therapy, InterStim® therapy can be life-changing. The treatment uses gentle electrical stimulation of the sacral nerves to improve communication between the brain and the muscles that control bowel continence.

Before committing to a permanent device, patients undergo a Peripheral Nerve Evaluation (PNE) — a temporary trial that helps determine whether the therapy is likely to be successful. If bowel control improves during the trial, patients may choose to proceed with a permanent InterStim® implant.

For many people, this treatment restores confidence and independence, helping them travel, exercise, enjoy meals out and participate in activities.

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