

Tucson Lifestyle

Medical Guide

2022-2023

Your guide to area
Hospitals
& their services



plus
To CBD, or
Not to CBD

Underwritten by Banner University Medicine



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Arizona Gastroenterology and Arizona Digestive Institute

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 proudly reported a 40.50% ADR collectively as group in 2021, and is striving to maintain that rate and exceed it for 2022.

ADR is a numeric value that represents the percentage of times your gastroenterologist detects a precancerous polyp during screening colonoscopies. This number is considered a benchmark of quality and care, as it indicates how thorough your doctor will be during your examination.

For decades, the screening colonoscopy has been recognized as the most effective modality to prevent and detect colorectal cancer. By identifying and removing precancerous polyps (adenomas), colonoscopies save thousands of lives each year. Regularly scheduled screening colonoscopies are crucial for

adults aged 45 and older. However, it's important to note that the effectiveness and quality of each colonoscopy varies from doctor to doctor.

Although gastroenterologists undergo the most extensive training in performing colonoscopies, their rates of polyp detection can vary significantly. When interviewing gastroenterologists to perform your procedure, look for a physician with an ADR of at least 25% in men and 15% in women. The higher the ADR, the better. Research shows that for every 1% increase in a physician's ADR, your risk of developing colon cancer over the next year decreases by 3%.

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