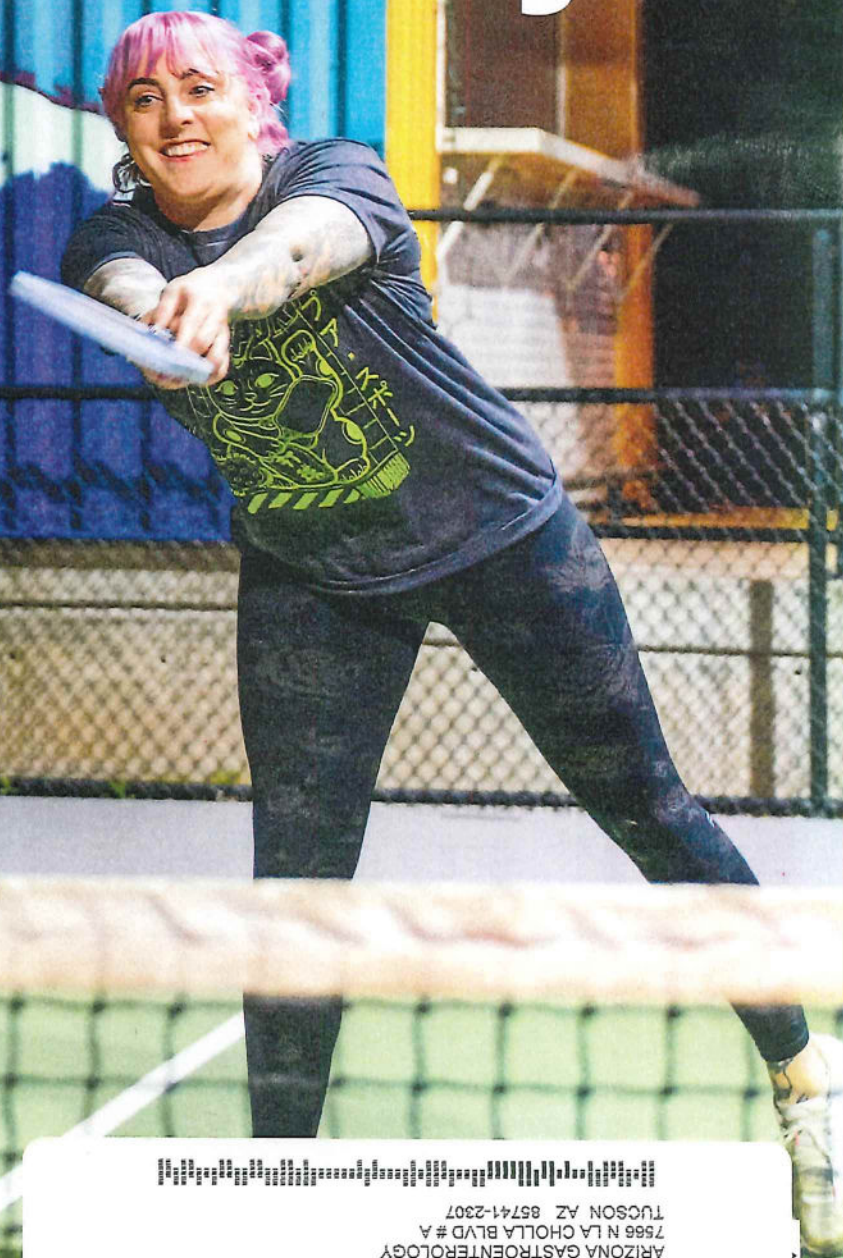


KITCHEN GETTIN' HOT! THE RISE OF PICKLEBALL

INSIDE:
**TOP
DOCTORS**

Tucson Lifestyle



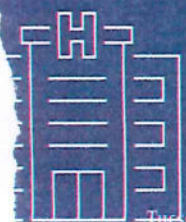
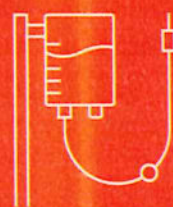
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TOP 2026 DOCTORS

Having the right team of physicians to diagnose and treat you — from your scalp down to your toes — may be more important now than ever. This list, created by Castle Connolly, features some of the best doctors currently working in a variety of specialties in Southern Arizona. Read on to learn how they were chosen.





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.

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