



Mount Graham Minute

September 2022

Committed to our community since 1973

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Our Mount Graham Minute (MGM) is one of our ways to keep you informed and up to date on happenings at MGRMC. This month you will learn more about a surgical procedure that is done here at MGRMC, TIF, Transoral Incisionless Fundoplication – it relieves GERD, Gastroesophageal Reflux Disease. We are one of very few hospitals in the state and country that offer this relief for a very common condition. You will also read the data on how many patients we served in 2021 – a very busy year! Have access to additional stories and meet two physicians new to MGRMC: a new Physician in our emergency room and a well known community Physician that joined Copper Mountain Clinic. I hope you enjoy the read and pass on a good word about MGRMC and our efforts to serve the healthcare needs of our community.

Yours in Good Health
- Roland Knox



“Patients choose the TIF procedure because it is effective at treating the symptoms of acid reflux, and it has an excellent safety profile, one that is much better than surgical alternatives.”

Dr. Ken Chang is the Chief of Gastroenterology and Director of the Comprehensive Digestive Disease Center, University of California Health System, Orange, CA

Do you suffer from GERD?!

We've all experienced it, lying down ready to get a good night's rest when suddenly it hits; the pain in your chest, heartburn, a dry cough, or a sour taste in your mouth. Suddenly, your peaceful night turns into tossing and turning, sitting up in bed, and trying to take any indigestion medication in sight. For some, these symptoms only occur occasionally. However, for others, this pain and acid reflux takes over their daily life no matter what they've eaten.

Gastroesophageal Reflux Disease, or GERD, affects the lives of millions of Americans, leaving them constantly worried about what they're eating, what is causing these problems, or what medication they can take to mask the problem. Has GERD taken over your life, taken you away from enjoying your friends and family? Has GERD taken away good sleep and, in turn, caused other serious health concerns? There's an option for you located right here in the Gila Valley. Our General surgeons, Dr. Bart Carter, MD, FACS, and Dr. Jorden Marble, MD, have been trained to perform the TIF Procedure, an effective and non-invasive procedure that has helped thousands of Americans find relief. Dr. Carter and Dr. Marble are highly skilled surgeons and have performed the TIF procedure for years here at MGRMC.

They are trained to restore your esophageal valve's natural shape, location, and effectiveness with an innovative procedure, stopping your reflux. The TIF procedure uses an oral pathway, so no incisions are needed- and allows the patient a more comfortable and faster recovery process.

The TIF procedure, or Transoral Incisionless Fundoplication, is designed to reposition and reconstruct a durable anti-reflux valve while tightening the Low Esophageal Sphincter (LES) to restore the body's natural protection against reflux. It is performed endoscopically through the mouth, meaning there are no incisions. It ensures a quicker recovery time of 6-8 weeks.

The TIF procedure has been performed on more than 27,000 patients worldwide to date. Due to the unique nature of the TIF procedure, most patients return to work and normal activities within a few days after the procedure, allowing them to get back to life sooner, free of the discomfort of GERD and acid reflux.

For some, PPIs (medicines that work by reducing the amount of stomach acid made by glands in the lining of your stomach) may be managing your GERD symptoms. But when managing your symptoms requires increasing your daily dose of PPIs and the duration, it's time to schedule an appointment with one of our surgeons.

Reflux, or GERD, is a progressive, chronic disease that hurts and affects the lives of millions of Americans. But reflux doesn't need to control your day-to-day forever; visit your primary care physician to see if the TIF procedure is an option for you. Dr. Carter and Dr. Marble work out of Mt. Graham Surgical Associates, a Mount Graham Regional Medical Center department. Mt. Graham Surgical Associates is located at 2175 W. 16th St., Suite A, in the brand-new Medical Office Complex behind MGRMC. For questions or more information, visit GERDhelp.com, or call 425-215-1440.

[Take our Community Health Needs Survey](#)



In 2021, MGRMC did continue to grow and expand to meet the needs of our community. Our pre-planning ensured we kept enough equipment, supplies, and staff to meet patient needs when our hospital was filled to capacity for an extended period.

MGRMC also met our financial goal by generating a 5.8% surplus for 2021. By meeting this goal, we were able to move forward with the scheduled construction of the new

of the new Medical Office Complex, which houses Mt. Graham Surgical Associates and Copper Mountain Clinic. We also upgraded our MRI equipment, remodeled our Emergency Department, and added infection control elements to the hospital.

Here's a look at our 2021 Numbers:

Net Operating Revenue: \$79,029,496
Net Operating Expenses: \$73,477,767
Total Employee Benefits & Salaries: \$38,452,395
Total Inpatient Admissions: 1,397
Total Outpatient Visits: 81,873
Total ED Visits: 20,919
Total Births: 560
Total Surgeries: 1,763
Total Imaging Procedures (Radiology, MRI, Nuclear, CT): 30,026
Total Laboratory Tests: 184,812

We are grateful for the service we have been able to provide our community since 1973, and we look forward to serving you and yours for many years to come.

2021 by the Numbers!

[READ MORE MGRMC NEWS HERE >](#)



[Tell Us What Our Community Needs](#)



[Robert Ketchum Excellence in EMS Award](#)



[Welcome to the MGRMC Family, Jim and Kip!](#)



[Copper Mountain Clinic's New Home!](#)

Meet our Providers



Taz Brinkerhoff, MD

- Born and raised in Safford.
- Graduated from Nursing school and worked at MGRMC.
- Attended Ross University School of Medicine, located in Dominica.
- Completed Emergency Medicine Residency at Kingman Regional Medical Center in Northwest, AZ.
- He is excited to be home in the Gila Valley with his three girls, serving the community he loves so much!



Brad Montierth, MD

- Born and raised in Safford, AZ.
- Graduated from Safford High School, Eastern Arizona College (where he met the love of his life, Jeanette!), and the University of Arizona
- Attended medical school at the University of Arizona, graduating in 1996.
- Completed Family Medicine residency at St. Peter's Hospital, Olympia, Washington, in 1999.
- Married with five children - Enjoys working outside, hiking, and traveling -Close friends with Dr. Hargis and even graduated together at SHS.



[See More MGRMC Providers>](#)

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