



# FEMININE MYSTIQUE

World-renowned physician **Red Alinsod, M.D.**, helps ease pain and restore the beauty of women, one patient at a time

BY WENDY ALLEN

## SPECIALIZED CARE

### Specialties at South Coast

#### Urogynecology:

- + Gynecology
- + Urogynecology
- + Reconstructive pelvic surgery
- + Aesthetic Vaginal Surgery
- + Aesthetic Lasers
- + Bio-identical Hormones

#### Procedures performed by South Coast Urogynecology:

- + Vaginoplasty (vaginal rejuvenation)
- + Perineoplasty (Perineorrhaphy)
- + Labiaplasty Minora (Labial Reduction)
- + Labiaplasty Majora
- + Clitoral Hood Reduction
- + Hymenoplasty
- + Laser Resurfacing
- + Incontinence Sling
- + Cystocele Repair (Bladder Repair)
- + Rectocele/Enterocele Repair (Rectal Repair)
- + Vaginal Vault Suspension
- + Uterine Suspension
- + Vaginal Hysterectomy
- + Laparoscopic Hysterectomy
- + Endometrial Ablation
- + Essure Sterilization

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Throughout the world, countless women are in pain. They suffer from ailments that may be difficult to discuss with loved ones or even their physicians. For many of these women, their quality of life has become impacted.

Urinary incontinence and pelvic organ prolapse affect millions of American women each year. Women with these urogynecological conditions experience a wide range of difficulties—from mild discomfort to severe pain. According to the American Medical Association, urinary incontinence, or leakage of urine, affects up to 56 percent of women over the age of 65. Pelvic organ prolapse occurs when pelvic structures, like the rectum or bladder, protrude into the vaginal wall.

This can make walking, standing, sexual intercourse and/or urination problematic. These disorders may stem from a number of factors—from damage to the pelvic floor following childbirth to heavy lifting to severe constipation.

### UNIQUE SERVICES AND CARE

Urogynecology is the study and treatment of female pelvic medicine and pelvic floor reconstruction. South Coast Medical Center is fortunate to have the expertise of world-renowned physician Red Alinsod, M.D., FACOG, FACS, ACGE. Dr. Alinsod, a urogynecologist and aesthetic vaginal surgeon, specializes in the diagnosis and treatment of incontinence and pelvic organ prolapse. This highly sought-after surgeon is the founder of South Coast

Urogynecology—the first aesthetic vaginal surgery center and chronic pelvic pain center in South Orange County.

“We are a full-service clinical care center for women,” says Dr. Alinsod, who has been on staff at SCMC for several years. “We are not merely a gynecology office, or a med spa or laser center—we are all of that and more. We offer impeccable medical care in a luxurious setting.”

In order for Dr. Alinsod to treat urinary incontinence, he first determines the type of incontinence his patients have:

- Stress incontinence—abdominal pressure that comes from a laugh or sneeze.
- Urge incontinence—a sudden urge to urinate.
- Overflow incontinence—the inability to fully empty the bladder.
- Functional incontinence—physical problems such as arthritis may delay the trip to the bathroom.

### BIG BREAKTHROUGHS

The cutting-edge development that Dr. Alinsod uses for treating incontinence involves the use of a device called a “MiniTape.” This MiniTape, which is made from ultra lightweight mesh, is placed under the mid-urethra to act as a backboard when one sneezes or coughs. This then blocks the urethral opening and either decreases or stops the leakage of urine. This procedure is called “tension-free” because the sling is not sutured into muscle, fascia or bone. Also, the

construction of the sling allows for the patients' healing tissues to grow into it and hold the mesh sling in place. Due to its thinness and very low weight, complications have been exceedingly few with results that are outstanding.

Dr. Alinsod also has a very high success rate with his treatment of pelvic organ prolapse, of which there are three different forms: Rectocele, the prolapse of the rectum; Cystocele, the prolapse of the bladder; Uterine Descensus, the prolapse of the uterus; and Enterocele, the prolapse of the small bowel. Dr. Alinsod is able to zero in on the different types of prolapse to treat the specific needs of each patient.

Mpathy Medical is a medical device company that develops a range of surgical solutions used to restore pelvic health to women. Restorelle™, Mpathy's pelvic floor restoration product line, uses the ultra lightweight Smartmesh™ with its products. Smartmesh, which is among the thinnest mesh in the world, has revolutionized the field of urogynecology.

Furthermore, not only does Dr. Alinsod use Smartmesh exclusively, he has also conducted a study on the long-term outcomes of this product. This retrospective study, which included 201 women and took place November 2005 to October 2008, found that the new erosion rate using Smartmesh is less than 1 percent. This is a dramatic finding, compared to the 15 to 25 percent erosion rates from the thicker mesh materials.

If this weren't enough, Dr. Alinsod has created custom designs out of the Smartmesh. These designs are used for vaginal surgeries, bladder and rectum prolapse repair, and minimally invasive incontinence surgeries. Whereas previously the mesh pieces were cut into square shapes, Dr. Alinsod has designed pre-cut shapes that are then tailor made for each patient.

## DOCTOR SPOTLIGHT

### RED ALINSOD, M.D.

Dr. Red Alinsod graduated from Loma Linda University School of Medicine and completed his OB/GYN residency at Loma Linda University Medical Center. His focus in those early years was pelvic surgery. He was the first Rutledge Fellow at MD Anderson Cancer and Tumor Institute and was also selected as a Galloway Fellow at Memorial Sloan Kettering Medical Center. Dr. Alinsod was accepted to Yale's Gynecologic Oncology fellowship but was unable to attend due to a military commitment with the US Air Force. He headed the Gynecologic Services at George Air Force Base, CA, and Nellis Air Force Base, NV, as he concentrated on benign gynecology, urogynecology, and pelvic surgery. Dr. Alinsod provides the highest quality of care to his patients in a trustworthy manner.

Patients travel from as far away as Australia, Greece and Nigeria for the chance to be treated by Dr. Alinsod. Fortunately for the South County community, this internationally renowned surgeon is nearby. If you are in need of the services of Dr. Alinsod and his team at South Coast Urogynecology, then do what thousands of satisfied patients have done and call their office today at **949-499-5311**.



Red Alinsod, M.D.

His exclusive use of Smartmesh, coupled with his custom designs, has changed the face of urogynecology and it's why patients come from all over the world to see Dr. Alinsod. "I believe we will dramatically improve the success rates with our patients, while at the same time decreasing complication rates," he says.

### VAGINAL REJUVENATION

Over the last few of decades, cosmetic surgical procedures have become more commonplace. Women throughout the United States are seeking ways to improve themselves with a wide range of procedures, including facelifts, breast augmentation and, with increasingly more frequency, vaginal rejuvenation. Vaginal rejuvenation, also known as aesthetic vaginal surgery or vaginoplasty, aims

to tighten lax muscles and tissues, and remove excess vaginal skin. This procedure narrows the diameter of the vagina, resulting in a smaller and tighter opening and vaginal canal. The first step for the decision to undergo aesthetic vaginal surgery is also the one that is the most important: choosing the right physician.

"My goal is to make each patient feel feminine again," Dr. Alinsod says. "Women come to me because they want experienced hands they can trust. They want choices and alternatives, and a doctor who will provide the best solutions."

Dr. Alinsod has refined the in-office vaginal rejuvenation surgery so that it does not require an IV and is done under mild sedation and local anesthesia. Dr. Alinsod's vaginal rejuvenation services are unparalleled. He aims to restore patients throughout the world. "My patients become functional and beautiful," he says.

Dr. Alinsod is the National Instructor in Aesthetic Vaginal Surgery for The American Academy of Cosmetic Gynecologists. He has trained numerous gynecologists, urologists, plastic surgeons, and cosmetic surgeons.

It's widely known that Dr. Red Alinsod is an internationally recognized physician. But what some don't know is that he is also a teacher. Dr. Alinsod brings his wisdom and expertise to fellow physicians. He has founded the Alinsod Institute for Aesthetic Vaginal Surgery, which is a national surgical training center. The Institute, which is located in his offices on the SCMC campus, provides training to physicians seeking to learn more about pelvic prolapse reconstruction, incontinence surgeries, and vaginal rejuvenation. ❖



From left: Connie Azar, Kerry Walker, Maria Islas, Dr. Red Alinsod, Laureen Campana, Diane Watson and Janet Valencia