

SOUTH COAST

MAGAZINE

HEALTH & HOME 2008

a new
paradigm
for women's
health

SOUTH COAST UROGYNECOLOGY

seasons
goes
green



a new paradigm for women's health

*South Coast Urogynecology's Women's Center
specializes in total care for women*

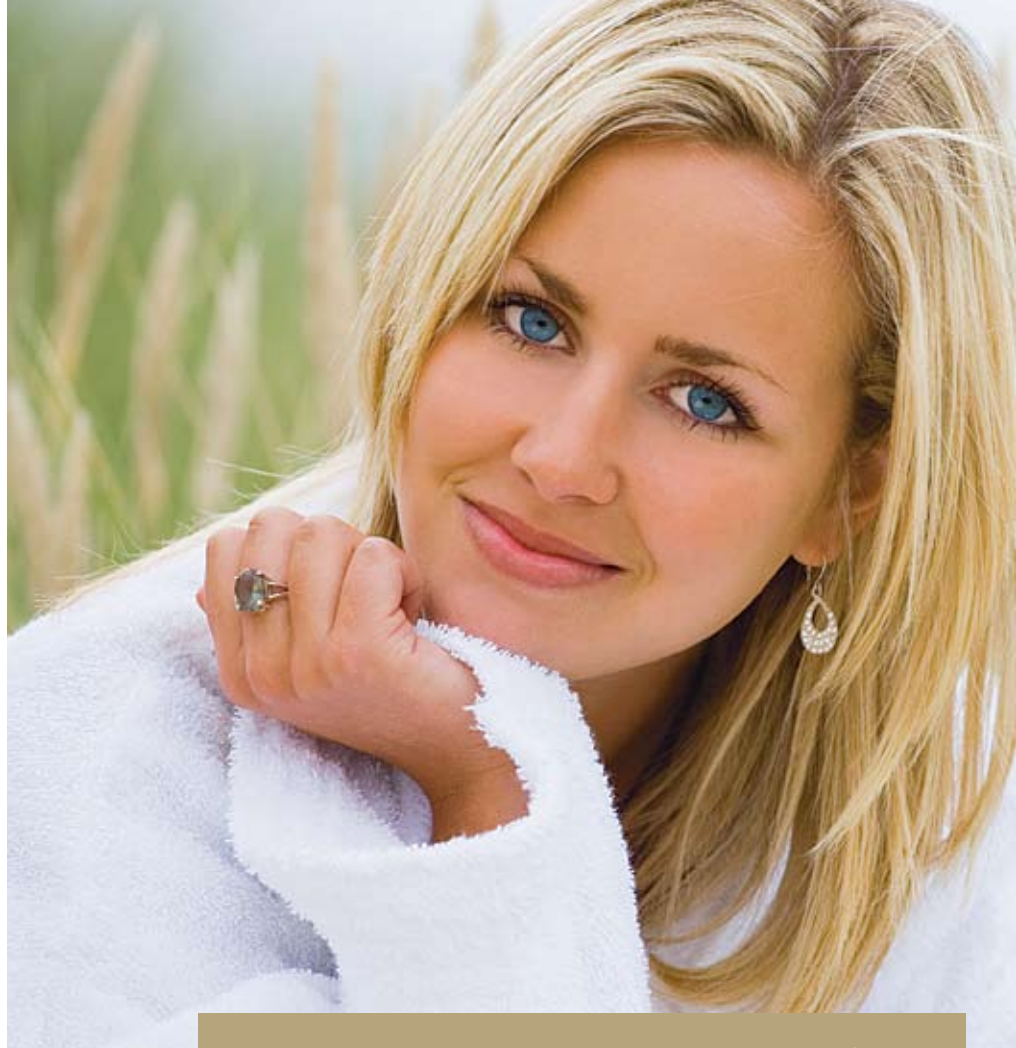
We are more than a Med Spa, more than a plain Laser Center. We are more than a cosmetic dermatology practice and more than a plastic surgery service. Nowhere else can you come in for your annual physical examination, Pap smear, mammogram, birth control, bio-identical hormones, Botox/Fillers, total laser skin care, and aesthetic vaginal surgery. We are available to you 24 hours, 7 days a week, by phone and by email, at your fingertips, direct to a doctor or Physician's Assistant, to provide answers to your questions and care for your feminine needs. We are the new paradigm for Women's Healthcare. Privacy. Discretion.

WHO WE ARE:

We are surgical sub-specialists for women's health issues such as urinary leakage, fallen bladder/rectum/vagina/uterus, abnormal vaginal bleeding, pelvic pain, failed prior surgeries, and unappealing vaginal appearance or function. **We are the premier Aesthetic Vaginal Surgery Institute on the West Coast.**



Red M. Alinsod, M.D.,
FACOG, ACGE,
brings a highly distinguished
record of accomplish-
ments as both a surgeon
and teacher in his area of
specialization. He graduated from Loma
Linda University School of Medicine and
completed his OB/GYN residency at Loma
Linda University Medical Center. Dr. Alinsod
trains physicians from major universities all
over the world in incontinence and pelvic
reconstructive surgery. To learn more
about the physician, visit Dr. Alinsod's Web
site at www.urogyn.org.



what is urogynecology?

The field of urogynecology is a subspecialty within the field of obstetrics and gynecology that is dedicated to the treatment of women with pelvic floor disorders. Diagnosis and treatment includes conditions such as urinary incontinence and pelvic organ prolapse.

WHAT WE DO:

We specialize in gynecology, urogynecology, pelvic surgery, and aesthetic vaginal surgery or vaginal rejuvenation. We perform complete workups for referring doctors and private patients. Most of our surgeries are quick, outpatient, or just overnight stays. We also provide an extensive aesthetic laser service to our clientele.

WHY WE ARE UNIQUE:

We are a one stop Women's Health Center. Our surgical sub-specialty is unique in that it enables one physician to integrate the skills of a gynecologist, urologist, and aesthetic surgeon. Our practice is one of the very few practices that offer secure communications with patients along with rapid response. We use the Blackberry device to provide instantaneous secure and timely responses.

CARE PHILOSOPHY:

Our staff offers timely, compassionate, and personalized care. We strive to provide you with answers and options, as quickly as possible, and to assist you in understanding the personal solutions best suited to meeting your individual needs. We are one of only a very few West Coast practices to offer the convenience of advanced endoscopic procedures inside the office. This resource reflects our ambitious efforts to cater to your desires and diligently meet your scheduling needs.



South Coast Medical Center welcomes urogynecologist and reconstructive pelvic surgeon Red Alinsod, M.D., FACOG, ACGE, to the South Orange County community.

Dr. Alinsod opened the Women's Center on the South Coast Medical Center campus where he provides women with the following services:

- Gynecology & Orange County's First Pelvic Pain Center
- Urogynecology & Reconstructive Pelvic Surgery
- Aesthetic Vaginal Surgery
- Minimally Invasive Surgery
- Aesthetic Lasers

The Women's Center
31852 Coast Highway, Suite 200
Laguna Beach, CA 92651

rubbing, pulling sensation, vulvar pain, and an inability to wear certain types of clothing such as tight jeans or swimsuits. Most women simply live with these symptoms but now help is available. Femininity can be restored.

Vaginoplasty and perineoplasty procedures developed by Dr. Alinsod can increase friction during intercourse and can enhance intimacy. Furthermore, labial contouring, commonly referred to "labiaplasty," can be performed in the office setting to give the vulva a pleasing appearance. Patients fly in from the Americas and overseas seeking his expertise.

make an appointment

Dr. Alinsod welcomes new patients and accepts most major insurance plans. He offers flexible office hours featuring early morning and late evening appointments.

Call today for an appointment at (949) 499-5311 or 877-4-UROGYN

Visit our web site at www.urogyn.org

the laguna institute

for aesthetic vaginal surgery

One of the fastest growing segments in medicine is women's health. More than 30 million American women suffer from symptoms of pelvic relaxation and urinary incontinence. Prolapse of pelvic organs such as the bladder, rectum, bowel and uterus have rapidly increased over the years as the baby boomer generation ages and the traumas of child-bearing become apparent.

Many women are either too shy or too embarrassed to even bring up the problem with their physicians. While it might be an embarrassing topic, living with these conditions without seeking medical help has consequences.

Dr. Red Alinsod offers highly specialized surgery to restore and enhance the appearance and function of the vaginal area. These procedures, frequently referred to as "Vaginal Rejuvenation" and "vaginoplasty," tightens tissues to reclaim youthful function. Dr. Alinsod has developed and pioneered many techniques in this field of aesthetic surgery and is world renowned for his innovations and surgical skills. Red has taken the precision of neurosurgery and has applied it to his vaginal surgeries. He is not limited by the use of lasers and in fact has spearheaded the use of the extremely precise "Ellman" device for his vaginal surgeries. He is the principal Instructor for The American Academy of Cosmetic Gynecologists with an active Preceptorship program in Laguna Beach.

Due to the effects of childbirth, aging, trauma, and/or genetics, the vaginal tissue and surrounding muscles can become stretched and lose their strength and tone. The loose and unsatisfying feeling that many women feel can also be felt by their male partner during intercourse. Labial enlargement, unevenness, traumatic birth, and fallen pelvic organs may affect vulvar function. This can result in discomfort with intimate contact, chronic



**LAGUNA INSTITUTE FOR
AESTHETIC VAGINAL SURGERY**

*31852 Coast Highway
Laguna Beach, California 92651
Women's Health Center - Suite 200
Laguna Laser Center - Suite 203*



the laguna laser center

We are proud to announce the opening of our Laguna Laser Center. Available to you now is a broad array of light based therapies to improve the look, feel, and touch of your skin. The safest, most comfortable lasers and Intense Pulsed Light (IPL) systems on the market are up and running and giving amazing results to our patients. The newest Palomar StarLux system, the most powerful of all aesthetic laser/IPL machines available, has become the standard by which all others compare to. With the addition of Southern Orange County's top medical aesthetician and Clinical Nutritionist to our team you now have choices and solutions in total aesthetic skin care. Whether it is an intensive six month series of skin therapies or a single lunch time peel we will be here for you at your convenience. From annual exams and bio-identical hormones, to complex gynecologic problems, from skin rejuvenation to vaginal rejuvenation, we have you covered.

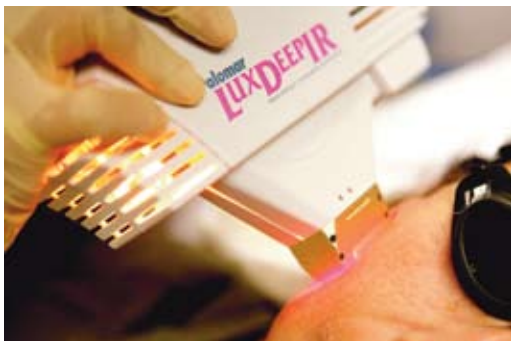
maggie carpio PA-C

Maggie is a supremely trained gynecologic physician's assistant with advanced training in fractional laser resurfacing, infrared skin tightening, scar and stretch mark reduction, fotofacials for sun damage and vascularities, acne treatments, laser hair removal, laser vein therapy, sclerotherapy, mesotherapy, advanced botox cosmetics, and dermal fillers.

FRACTIONAL LASER RESURFACING TREATMENTS

The Palomar Lux1540 Fractional Erbium Laser is a unique skin sparing laser that provides amazing results without loss of time from school or work. It uses laser energy to rejuvenate and smoothen the skin, remove pigmentation, irregularities, acne scars, surgical scars, keloids, and stretch marks. We are also the first in Orange County to have the amazing Palomar Lux2940 Erbium Laser that offers an aggressive resurfacing that can be completed in only one treatment and with recovery times of only 4-7 days, much less than the weeks or months when compared to a CO2 laser. This laser is excellent for reducing lines around the mouth, eyes, and general face. It is considered the Gold Standard in scar reduction.

Palomar LuxDeepIR Skin Tightening



NON-INVASIVE DeepIR SKIN TIGHTENING TREATMENT

Infrared light is used to rejuvenate and tighten your skin from the inside out. The energy stimulates your body's natural production of collagen and elastin, the building blocks for healthy, youthful skin. Excellent for face and neck, loose arms, thighs, and abdomen.

INTENSE PULSED LIGHT TREATMENT

This innovative technology treats conditions associated with aging and active outdoor lifestyles. It can treat acne, sun damage, brown spots, freckles, birth marks, and redness such as Rosacea, Port wine stains, red spots such as hemangiomas, wrinkles, and enlarged pores.

ACNE SKIN PROGRAM TREATMENT

A unique therapeutic Palomar V and Fractional Laser and ALA treatment for inflammatory acne. Photodynamic therapy destroys acne causing bacteria. This program is beneficial in shrinking oil glands and pores.

LASER HAIR REMOVAL

A series of treatments to reduce unsightly, inconvenient, or embarrassing hair from your body. This permanent hair reduction is de-

signed for women and men of all ages. We also have Palomar's YS hand piece for lighter and finer hair.

LASER VEIN THERAPY TREATMENT

Treats your visible vessels, broken capillaries, spider veins, vascular lesions and discoloration of your skin. It is excellent in combination with sclerotherapy.

SCLEROTHERAPY TREATMENT

A medical procedure conducted on unsightly veins. This procedure causes the vein to gradually fade away over time.

MESOTHERAPY / LIPPODISSOLVE

Targeted microinjections of medications and botanicals for non-surgical fat reduction of targeted areas. It works on fat and cellulite and lipomas.

BOTOX COSMETIC & MEDICAL

A basic and advanced treatment which gently relaxes muscles and eliminates lines, suitable for all areas of the face and neck.

DERMAL FILLERS

Injected under the skin to fill creases and restore natural skin volume that has been lost over time. We offer Radiesse, Juvederm, and Restylane.

The Laguna Laser Center Laser Room



Private and Luxuries Dressing Room



kerry walker

laguna laser centers'
medical aesthetician



Kerry is a board certified aesthetician with extensive training and certification in SilkPeel Dermal Infusion, Obagi, Fenix, Skin Medica, NeoCutis, Colorescience Minerals, NaturaLash Extensions, and camouflage makeup artistry. "Having healthy, radiant skin is important for one's self confidence and overall well being." Working under the supervision of Dr. Alinsod, Kerry is able to treat your skin at the cellular level using medical grade technology & pharmaceutical grade products. Kerry provides a detailed skin care evaluation and builds a customized regimen assisting each patient in achieving the best possible results. She is the lead clinician in charge of pre and post operative skincare treatments.

Kerry offers a deep level of compassion and honesty to her clients and is grateful to be in a field that is extremely rewarding. Kerry enjoys continuing her aesthetic education attending advanced training courses in skincare, makeup artistry, and cosmeceuticals. A strong believer in nutrition, fitness and exercise, she fits in a walk on the beach or practices yoga daily in her personal time.

laguna laser center skin rejuvenation services:

- Complete Laser/IPL service
- SilkPeel Dermalinfusion
- Personalized Facial
- Detox Gel Deep Pore Treatment
- Vitalize Peel
- Enhanced Jessner's Treatment
- TCA Peel
- Pumpkin Peel
- Oxygenating Trio
- Eyelash Extensions
- Colorescience Mineral Cosmetics
- Clinical Nutritionist services

SILKPEEL DERMALINFUSION

The SilkPeel is a breakthrough system that combines precision non-invasive, non-crystalline exfoliation with Dermalinfusion. The procedure is essentially "two treatments in one" exfoliating and hydrating the skin.

PERSONALIZED FACIAL

This luxurious treatment is best suited for the individual in need of a little rest and relaxation. This one-hour treatment is completed with the application of sun protection and a hydrating lip serum.

DETOX GEL DEEP PORE TREATMENT

This is the ideal treatment for the detoxification of all skin types. It effectively penetrates pores to kill bacteria, reduce inflammation and remove excess debris leaving the skin hydrated, purified and clear.

VITALIZE PEEL

With the Vitalize Peel, patients may achieve dramatic improvement in texture, tone and lessening of superficial lines. A healthier, more youthful look and feel is achieved with minimal downtime.

Natural Lash Extensions



ENHANCED JESSNER'S TREATMENT

This peel will even skin tone and provide more exfoliation for oilier, thicker, more resilient skin types. It is extremely effective for sun-damaged skin.

TCA PEEL

This medium depth chemical peel reduces the discomfort normally associated with traditional TCA peels. It offers immediate soothing, brightening, and firming to create glowing and healthy skin.

PUMPKIN PEEL

The Pumpkin Peel is a powerful antioxidant treatment that brightens and rejuvenates the skin. This treatment exfoliates and draws out impurities while introducing vitamins, enzymes and nutrients to the skin.

OXYGENATING TRIO

Oxidative and environmental stress are the most significant contributors to the aging process. This treatment helps stimulate respiration and circulation as an antioxidant therapy to correct and prevent further free radical damage.

EYELASH EXTENSIONS

NaturaLash Professional Extensions are single synthetic lashes that are attached to each of your individual natural eyelashes one at a time. The added length, thickness, and fullness cannot be achieved with traditional makeup and can save you precious time - no more mascara!

"COLORESCIENCE"

MINERAL COSMETICS

This natural anti-inflammatory makeup is uniquely formulated to protect and correct skin imperfections. It is used for post laser cover or everyday skin protection. The foundation primers act as non-surgical dermal fillers, mattify pores, camouflage lines, and brightens or bronzes the appearance of the skin.

In addition to offering the above services we also carry Neocutis, Fenix, Obagi, Results RX.

For your free VISIA complexion analysis and skin rejuvenation appointment please call (949) 499-5311.



SOUTH COAST
UROGYNECOLOGY

THE LAGUNA LASER CENTER

(949) 499-5311

31852 Coast Highway

Laguna Beach, California 92651

www.lagunalasers.org