

# Feel 21 again...

Dr. Alinsod, a specialist in urogynecology and reconstructive pelvic surgery, is now practicing in the beautiful city of Laguna Beach. Women's health services provided by Dr. Alinsod include:

## *aesthetic vaginal surgery*

Dr. Alinsod is highly trained in this specialized cosmetic surgery designed to restore and enhance the appearance of the vaginal area. In ordinary terms, the procedure is essentially a "face lift" for the vulva and vagina, restoring their youthful appearance and function. Due to childbirth and even aging, the vagina and the surrounding muscles can become stretched and lose their strength and tone. These surgical procedures result in tighter skin and muscles, offering a more pleasing appearance. These procedures are also known as labiaplasty, vaginoplasty and Vaginal Rejuvenation™. Dr. Alinsod has developed and pioneered many innovative techniques in this newly evolving field of cosmetic vaginal surgery.

## *urogynecology & reconstructive pelvic surgery*

Urogynecology is the treatment of pelvic floor disorders, including urinary incontinence, overactive bladder and fallen pelvic organs.

## *gynecology*

Dr. Alinsod handles diagnosis and treatment of all gynecologic conditions.

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www.urogyn.org

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**SOUTH COAST**  
UROGYNECOLOGY

LAGUNA INSTITUTE FOR  
AESTHETIC VAGINAL SURGERY

*...choices & solutions for women.*

## *Meet Dr. Alinsod*

The following free women's health lectures are presented by Dr. Alinsod at South Coast Medical Center, 31872 Coast Highway, Laguna Beach.

**Abnormal Vaginal Bleeding**  
Tuesday, April 26 - 6:30-8:00pm

**Treatment for Overactive Bladder**  
Tuesday, May 17 - 6:30-8:00pm

**Finding Balance Between  
Women's Health and Hormones**  
Tuesday, June 28 - 6:30-8:00pm

**Treating Pelvic Organ Prolapse**  
Tuesday, July 26 - 6:30-8:00pm

**Preventing & Treating  
Urinary Tract Infections**  
Tuesday, August 23 - 6:30-8:00pm

**Menopause Lecture**  
Tuesday, September 20 - 6:30-8:00pm

**Urinary Incontinence Lecture**  
Tuesday, September 27 - 6:30-8:00pm

**To RSVP, call (949) 499-7202  
or register online at  
[www.SouthCoastMedCenter.com](http://www.SouthCoastMedCenter.com)**

To make an appointment,  
call (949) 499-5311.  
Additional information is also  
available at [www.urogyn.org](http://www.urogyn.org).

*Dr. Alinsod completed his degree and residency at Loma Linda School of Medicine. He is a clinical instructor for Harbor-UCLA Urogynecology Fellowship and trains physicians worldwide in incontinence and pelvic reconstructive surgery.*

