



**SOUTH COAST**  
UROGYNECOLOGY

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LAGUNA INSTITUTE FOR  
AESTHETIC VAGINAL SURGERY

**Red M. Alinsod, M.D., FACOG, FACS, ACGE**  
**Urogynecology & Reconstructive Pelvic Surgery**  
**Aesthetic Vaginal Surgery**

Dr. Red Alinsod graduated from Loma Linda University School of Medicine in 1986 and completed his OB/GYN residency from Loma Linda University Medical Center in 1990. 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 accepted as a Galloway Fellow at Memorial Sloan Kettering Medical Center. Red was accepted to Yale's Gynecologic Oncology fellowship but was unable to attend due to a military commitment with the US Air Force during this time of global strife in the Middle East. His career took a 180 degree turn as 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. His colleagues affectionately called him a "Combat Gynecologist". During his 12-year military career he was able to train extensively in hysteroscopic and advanced laparoscopic surgery. He accumulated a substantial number of cases and became one of the first fellows of the Accreditation Council of Gynecologic Endoscopy. He was the first surgeon to achieve this distinction in Nevada. He left the Air Force as a Major in 1994 and joined Facey Medical Group in Southern California. For ten years Red built a large and successful urogynecology, pelvic reconstructive surgery, and aesthetic vaginal surgery following. He was on the Board of Directors at Facey, Chaired Risk Management, and was a Pension Trustee. He was fortunate enough to train residents and urogynecology fellows from UCLA as well as a large cadre of physicians who flew in for his very successful hands-on preceptorships.

Dr. Alinsod is instrumental in bringing endometrial ablative techniques for abnormal vaginal bleeding to the San Fernando Valley over 13 years ago. He is the first gynecologist in the San Fernando Valley to use bone drills for incontinence procedures, use tension-free-tape, radiofrequency bladder neck suspensions, use graft material for pelvic prolepses, and use staplers for vaginal hysterectomies. He was one of the very first surgeons in the United States to perform and teach the innovative, safe, and efficacious "trans-obturator tape" incontinence sling and Posterior IVS vaginal suspension. Currently, he is the only physician performing endometrial ablations, tubal sterilizations, labiaplasty, clitoral hood reduction, vaginoplasty, perineoplasty, hymenoplasty, and laser treatments in the office without I.V.s in the United States.

In 2004, Red was recruited by South Coast Medical Center in Laguna Beach, CA, to develop the Women's Center and head up the urogynecology services. He has dedicated his efforts to open and expand South Coast Urogynecology, Inc. This unique center of excellence has served the women of Orange County with distinction. It has become the one Center able to cater to the needs of women from annual pap and physicals, incontinence and prolapse treatments, to bioidentical hormones and menopause, to vaginal rejuvenation, Botox/Fillers, and total laser skin care. South Coast Urogynecology has become a new model for Women's Healthcare Services.

Red is also highly sought after in presenting talks locally and nationally and in teaching physicians the art and science of pelvic reconstructive surgery. His one-on-one surgical preceptorships have had profound effects in the practices of many gynecologists and urologists. Red's focus on aesthetic vaginal surgery to improve patient lives have led to innovations and inventions of devices (such as the Lone Star 3715 APS Vaginal Retractor) that have had a major impact on how pelvic reconstructive surgery is performed worldwide. Several Patents Pending surgical devices are due for release in 2007 – 2008. Red's professional memberships include ACOG, ACS, ACGE, CMA, AUGS, IUGA, AAGL, ICS, and ASLMS. His lecture and teaching affiliations are with Caldera Medical, Boston Scientific, BARD, Gynecare, Ethicon Endosurgery, Tyco/US Surgical, Cooper Surgical, Lone Star/Cooper Surgical, ConMed, and Palomar Medical. He welcomes your correspondence.

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