

Enhance. Enlighten. Enjoy.

NEW YOU

ATLANTA

LINGERIE
THAT'S
SURE TO
SEDUCE

Chocolate
escapades

Better
SEX *with*
LVR
PAGE 78

Achieve
Ageless
Style

Dare to be
Sexy

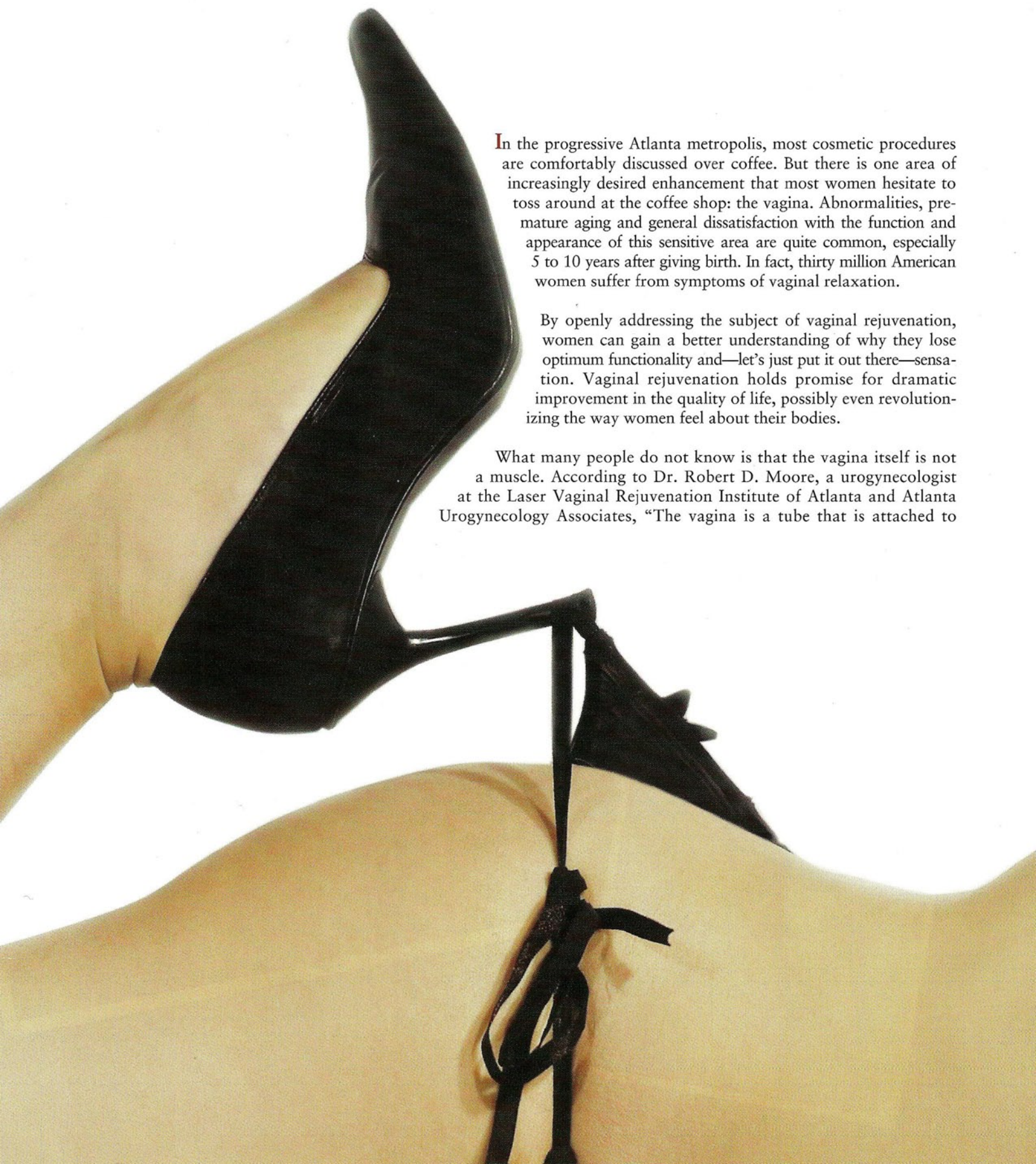
February/March 2007

\$4.99



Empowerment in Unexpected Places

By Angela Braden and Julie Pye



In the progressive Atlanta metropolis, most cosmetic procedures are comfortably discussed over coffee. But there is one area of increasingly desired enhancement that most women hesitate to toss around at the coffee shop: the vagina. Abnormalities, premature aging and general dissatisfaction with the function and appearance of this sensitive area are quite common, especially 5 to 10 years after giving birth. In fact, thirty million American women suffer from symptoms of vaginal relaxation.

By openly addressing the subject of vaginal rejuvenation, women can gain a better understanding of why they lose optimum functionality and—let's just put it out there—sensation. Vaginal rejuvenation holds promise for dramatic improvement in the quality of life, possibly even revolutionizing the way women feel about their bodies.

What many people do not know is that the vagina itself is not a muscle. According to Dr. Robert D. Moore, a urogynecologist at the Laser Vaginal Rejuvenation Institute of Atlanta and Atlanta Urogynecology Associates, "The vagina is a tube that is attached to

the pelvic floor muscles and, over time, can become stretched out or relaxed, or can actually separate away from the muscles—that's when you start experiencing loss of sensation.”

Although they may not be talking about it, women have come from 40 states and 15 countries to seek the expertise of Dr. Moore and his partner, Dr. John R. Miklos. Through the precise technique of Laser Vaginal Rejuvenation (LVR), these internationally acclaimed specialists can recover desired friction and restore optimum functionality to the vaginal area. *New You* sat down with Drs. Miklos and Moore to get the vital details on this mysteriously intriguing procedure.

NY: Why do women want laser vaginal rejuvenation?

Miklos & Moore: Many women suffer from vaginal relaxation following childbirth. This can be caused by tears in the connective tissue within the walls of the vagina, or the tissues can stretch and relax over time. When relaxation occurs, it also allows for relaxation of the entire cavity, and sometimes the tissues actually tear away from the pelvic floor muscles, which makes Kegel exercises [squeezing the pelvic floor] useless. Relaxation ultimately affects the function of the vagina during intercourse. Many women suffer from decreased sensation, have difficulty achieving orgasm, or simply feel sex is not what it used to be. When vaginal relaxation is more severe, the bladder and/or uterus may even fall into the vaginal area and create a bulge on the exterior of the body, as it slips down and out of the vaginal cavity.

Using a laser, we can lift and repair the fallen areas of the vagina and rejuvenate the vaginal canal with great precision and excellent results. Our method produces a more youthful-like vaginal canal, which can also enhance sexual function. While we repair the interior of the vagina, we also tighten the cavity, restore the opening of the vagina, and aesthetically repair the external structures. Patients appreciate the careful attention in repairing the opening, which is where two-thirds of all vaginal nerve sensation is located.

From one satisfied customer

Cindy*, a satisfied patient of Drs. Miklos and Moore, says vaginal restoration and rejuvenation through LVR changed her life three years ago. After having her fourth child, Cindy underwent various surgeries. Still, she wanted to feel tighter and restore the discoloration of the outer area of her vagina.

“I did it for myself,” Cindy says. She recommends LVR to any woman who has suffered the traumatic effects of childbirth. “I am a very active woman, and after having several children, I just wasn’t the same,” she explains. “Now, I am much more comfortable with my appearance; I don’t leak urine anymore, and my sex life is back to being fabulous!”

**Patient’s name has been changed to protect her identity.*

NY: Vaginal rejuvenation is becoming quite popular. What advice do you have for women considering the procedure? Who is a good candidate?

Miklos & Moore: Typically, women undergo vaginal rejuvenation to address the loss of vaginal and pelvic muscle tone and thus, sensation and friction during intercourse; however, other structural problems in their anatomy are often missed by non-urogynecologists. Because lack of friction can be an early indication of additional weakness in the vaginal area, such as a dropped bladder or uterus, women should seek out a surgeon who has specialized training in urogynecology.

Correcting the relaxation that causes lack of sensation can theoretically prevent future decline in the overall integrity of the surrounding female anatomy, so vaginal rejuvenation may take place at an earlier age. Any woman who suffers from vaginal relaxation due to childbirth or aging, or who is unhappy with the appearance of her external genitalia, is a candidate for LVR.

Generally, like most aesthetic surgeries, LVR has a varying degree of reported improvement and pleasing outcome. However, because Miklos and Moore are highly trained urogynecologists, they have witnessed excellent results, with an estimated 96 percent satisfaction rate in patients who underwent the LVR procedure.

Look for a surgeon who adheres to the following three-step process:

1. The surgeon should first check the interior of the vagina for medical attention and anatomical integrity. Then, he or she should ensure that the pelvic organs—the bladder, uterus and rectum—have proper support and are in their correct anatomic position. If they are not, then the surgeon must repair the support of these organs prior to any rejuvenation procedure.
2. After all repairs are complete, the vaginal canal and the opening of the vagina can then be rejuvenated or

tightened, which results in greater sexual friction and thus, greater pleasure.

3. The final step is to recreate a more aesthetically pleasing outer vaginal area through labial reduction or reshaping.

Drs. Miklos and Moore point out that an ideal candidate for LVR is one who is undergoing the procedure for herself. In fact, most of their patients do not undergo LVR at the urging of their sexual partners, as is a common criticism of the procedure. "Patients are seeking us out of their own volition, to improve their quality of life," says Dr. Miklos.

Additionally, Drs. Miklos and Moore routinely explain to patients the importance of having a healthy relationship aside from the issues addressed by LVR. Depending on the surgery to promote sexual activity is not a solution for other marital problems. "We're not going to fix your marriage by fixing your vagina," Dr. Moore emphasizes. ❀

Why the trend?

Causes of vaginal relaxation can be attributed to childbirth and genetics. In the past, women experienced childbirth in their teens and early 20s, allowing their bodies to recuperate quickly with little to no complications. (Ah, the advantages of youth!) Because women are now having children in their 30s and early 40s, it is more distressing to the body, and the vagina may not be as resilient in its recovery. This has led to the increasing popularity of LVR.

Drs. Miklos and Moore's practice is dedicated to vaginal reconstructive and aesthetic surgery. They perform more than 500 pelvic and vaginal reconstructive surgeries and 200 external cosmetic surgeries annually. Their office serves as a training center for vaginal rejuvenation surgeons worldwide, and they have written a book on the subject [*Vaginal Rejuvenation*; NuWay Publishers; January 2006]. For more information, call 770.475.4499 or visit LVRAtlanta.com.

the perfect gift...

THE SOLACE CENTER

The Day Spa at Eagles Landing

200 Village Center Parkway
Stockbridge, GA 30281
770 · 389 · 9495
www.solacecenterspa.com

I-75 South to Exit 224,
Turn left
and Spa is 1 mile on right

Featured In:
ALLURE
SALON TODAY

BODY TREATMENTS · AROMATHERAPY · MASSAGE · PERSONALIZED SKIN FITNESS · FULL SERVICE SALON