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# NATIVE SON DENIED

Coach Ted Nolan's kid says 'racist'  
 border guards humiliated him **PAGE 3**



Hockey player Brandon Nolan, son of lakes coach Ted Nolan, shows his native status card.

VEP/MI/AN/MB/DA/10/04



## Mats' new squeeze

Mats Sordin's new girlfriend, Josephine Johansson, walks her dog yesterday in Stockholm. The two had just been at an upscale cafe, when Mats left to get the car. He soon returned to pick up Josephine.

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# TORONTO SUN Life

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## How women can keep in sexual trim

Surgery 'downstairs' is on the increase as interest deepens

It was rarely given its proper name until recent times.

Vagina was a word that made everyone uncomfortable, with many women referring to it as their "private parts" or "down there." It also garnered a wild assortment of nicknames, mostly male terms and almost always derogatory.

In fact, the book *The Bald-Headed Hermit: An Erotic Thesaurus* lists hundreds of vulgar terms for the vagina, few of them female-friendly or inspired.

Society has finally and slowly been dragged into facing its embarrassment about the most private of female parts with books such as *The Vagina Monologues*, later a stage production that not only brought the word vagina into mainstream usage but had women celebrating the female orifice.

Another popular book followed, *Vaginas: An Owner's Manual*, by a U.S. gynecologist and her daughter, that sought to demystify vaginas and how they work (and give pleasure) in our daily life.

But while the new focus on women's most private of parts has brought light to a hitherto dark place, it has also brought increased inspection by the owners and a deepened interest in its function.

Although as can happen with focused attention and

intensive inspection of the female body, it not only brings with it more awareness, but also produces personal criticism and, often, dissatisfaction.

Sadly, most women hate some part of their body. Added to the possible list now is the vagina.

Questions that maybe women were very reticent about asking are now openly queried — such as "Are the labia too big, too small, too ugly? It it too loose? Why do I have pain during intercourse? Why don't I have orgasms any more since I had my kids?"

And whereas women had to accept their lot when it came to their parts and also the often inevitable vaginal changes and difficulties after childbirth, there's a growing recognition of an area of corrective and reconstructive surgery that offers hope and restoration.

The result has been nicknamed the designer vagina by the media. The medical term is vaginal rejuvenation and it's a relatively unknown surgical procedure that is an important tool in sexual health.

The surgery can be various procedures, both vaginal and vulvar, that correct often serious difficulties that can diminish a woman's self-esteem as well as her sex life

with her partner.

Toronto-based Dr. Robert Stubbs has specialized in such surgery for 20 years and is especially famous for one of his commonest procedures, the reduction of oversized labia known as The Toronto Trim.

However, Dr. Stubbs says a major part of his surgical work is the correction of vaginal and clitoral problems that are "robbing women of their sexual pleasure and affecting their marital relationship."

He explains that for many women who experience childbirth, the vaginal muscles can rip, tear or stretch. Bladder difficulties can also follow.

### Tighten, repair

"Tightening and repairing the area can give a couple back their sexual intensity and intimacy," Dr. Stubbs says.

One of his biggest patient groups is women, 35-45 years of age, who've had their babies, are now single and don't want any more children.

"They don't feel comfortable about their next sexual experience," he says.

Leading U.S. doctors John R. Miklos and Robert D. Moore ("all we do is reconstruct vaginas"), co-directors of the Atlanta Center for Laparoscopic Urogynecology, help women with severe problems due to giving birth, aging and genetics (visit their website at [tvtsling.com](http://tvtsling.com)).

They are also two of four doctors who are authors of a newly published book *Vaginal Rejuvenation* (a look at the new exciting designer vagina surgical procedure in easy to read detail).

In a telephone interview, the doctors firmly point out that, contrary to some people's perception, women who have vaginal surgery are not coerced by their partners to do so.

"These women are bright and intelligent, have done their research and want to improve the quality of their life."

They explain they tell all patients there are multiple factors to a good sexual life and that the patients have to have a healthy overall relationship before having surgery.

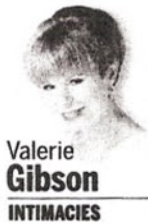
The procedures, they say, are usually not just "a nip and tuck" but can be major reconstructive work. A typical vaginal rejuvenation operation can take from 45 minutes to over an hour, or far more.

Drs. Stubbs, Miklos and Moore all acknowledge the subject is a controversial one for many people.

In the preface to *Vaginal Rejuvenation*, the U.S. doctors ask the following question: "A man's need for sexual rehabilitation was never placed under societal scrutiny. Why the difficulty with women's sexuality?"

Why indeed.

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INTIMACIES



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