

7 IVF attempts, 7 failed surrogacies then I got pregnant naturally!

# woman

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## Real Life

My gruesome **EYE** op  
**I woke up on  
the operating  
table!**

I paid  
**£4,000**  
for good  
sex



*My sister  
married the **LOVE**  
of my life*

# Fatal attraction!



## Real Style



**Tips for  
sexy lips**



**Scrumptious  
dessert**



**Escape for  
the weekend**



**Kids' party  
TIPS**



**Pretty  
florals**

# I paid £4,000 to have good sex

**ANOTHER  
AMAZING  
REAL-LIFE  
STORY**

*Childbirth left Trina Greenfield with a less-than-satisfactory love life, so she took drastic action*

It's not uncommon for new mothers to lose their sex drive. After all, no sleep and dirty nappies aren't renowned for their aphrodisiac qualities. But

Trina Greenfield's problem was of a more delicate nature—it started after the birth of her second child and got steadily worse.

'In the beginning, making love with my husband was great,' recalls 37-year-old Trina. 'But after having our son Ryan 15 years ago, sex left me unsatisfied.

He was a big baby, weighing 9lb 3oz. Afterwards, my muscles became so loose it was hard to grip properly. It was no fun having to squeeze the whole time.

'My husband began to complain about my lack of interest. I was avoiding his advances, which led to arguments. I couldn't bring myself to tell him how embarrassed I was about my vagina—though he must have noticed. I felt

hopeless, thinking that it was just what happened after childbirth and I had to put up with it.'

Trina, a sales co-ordinator and mum of three, tried pelvic-floor exercises to improve her muscle tone, but they didn't help much. She couldn't even use tampons after she'd had Ryan—they fell out.

'After we had our third child,

Katelyn, three years ago, it seemed to have got even worse,' says Trina. 'I totally lost interest in sex—it's impossible to relax and enjoy it when it feels like such hard work.

'I also suffered from stress incontinence, and every time I sneezed I had to squeeze my muscles really tight.'

Then came another blow—the

breakdown of her six-year marriage weeks after Katelyn's birth.

'We grew apart, and our lack of a sex life definitely contributed to that,' explains Trina.

Suddenly she was thrown back into the world of dating.

'The thought of being intimate with a new man was terrifying,' she says. 'I dated a couple of men, but things came to a crisis when I met

a great guy I really liked months after my marriage ended, and things got serious quite quickly. I was nervous about sleeping

with him, but didn't say anything—I thought maybe it would be better with another man. But it didn't go well, and afterwards he said, in what he thought was a reassuring way, 'Don't worry—the more sex you have, the tighter you'll get.' I was so humiliated.'

Trina saw her doctor, with little result. She was too embarrassed to discuss her problem with friends

but knew she couldn't carry on worrying any more.

'I decided I wasn't going to accept mediocre sex,' she recalls. 'I'd never find a new partner feeling as I did.'

She read on the internet about a new laser surgery which restored vaginal muscles without any bleeding.

'It sounded just what I needed,' says Trina. 'I didn't want to be a 'loose goose' for the rest of my life.'

Trina was nervous when she rang up to make an appointment at the clinic, and even more so on her way to New York from her home in Oregon, USA, in January this year.

After an initial consultation with the surgeon Dr Jacobson, when they discussed Trina's expectations and what the 90-minute laser op would involve, her surgery was scheduled for 7am the next day.

'I had a general anaesthetic, so I didn't feel a thing while they tightened my vagina with lasers,' recalls Trina.

'I did feel some pain when I woke up, and it stung quite a bit after I went home. I had to sit gently until the swelling went down, which it

did in a few days, although it took about six weeks to heal.'

Trina was delighted with her new, tighter

muscles. 'The change was so dramatic,' she says. 'I didn't need to go to the loo so much and could sneeze without problems, which was such freedom. It also felt much tighter.'

Trina hasn't put her new muscles to the ultimate test yet—she's waiting for the right partner.

'But I feel so much more confident knowing that inside I'm toned,' she says. 'It cost \$7,000 (about £4,000), but it was worth it. Now I'm making an extra effort when I go out, and am no longer shy about returning men's smiles. I can't wait to get going!'

## What is this treatment?

*Gynaecological cosmetic surgeon Dr Edward Jacobson says: 'For many women, the effects of childbirth and ageing can make sexual experience less enjoyable. We found that nearly 45 per cent of UK women are unhappy with the changes resulting from childbirth, and one fifth found sex after childbirth less pleasurable. 'Laser vaginal rejuvenation is basically a modification of a standard gynaecological surgical procedure, only it uses a laser to perform bloodless incisions. These then heal with minimal scarring.' The laser cuts away excess vaginal tissue, then it's sewn together again more tightly. The procedure decreases the internal and outer vaginal diameters and builds up the perineum—the area between vagina and anus. ■ For more information, visit: [www.lvrdoc.com](http://www.lvrdoc.com)*