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Huron Regional Med. Ctr. – Women’s Wellness Center

**1 - FRONT COVER**

[Hero Image]

***Caring for your mind, body and spirit throughout every stage of life.***

[Logo]

**Women's Wellness Center**

**Huron Regional Medical Center**

**2 – PHOTO**

[Image]

**3 – INTRO COPY**

Knowing you have someone you can turn to makes all the difference; don’t let pain, anxiety, depression or other health issues stop you from living your best life. Your healthcare needs are important and unique, and they reach far beyond reproductive health—our all-female doctors and staff understand that. Drs. Sara Castellanos and Elyse Brock are specialized in the diagnosis and treatment of mood, anxiety and sexual health disorders commonly influenced by reproductive hormones.

Whether you’re raising a family or working outside the home, women often experience high levels of stress that, over time, can cause innumerable physical and mental illnesses. That is why we encourage each woman we treat to take an active role in her healthcare. We are passionate about education and providing any guidance, resources or information you need to make the best decisions about your health through every stage of your life.

Our board-certified physicians have more than 30 years combined experience specializing in the obstetrics, gynecology and osteopathy, something you won’t find anywhere else in Huron, SD. We are dedicated to and employ the latest, most innovative healthcare solutions from family planning and pregnancy to menopause and longevity.

Feel good, be healthy and live well with advanced and compassionate care for your mind body and spirit — throughout every stage of your life.

***Compassionate healthcare for the whole woman***

• Well Woman exams, health screenings & other preventive care

• Pregnancy & childbirth, including high-risk pregnancy

• Birth control & family planning

• Infertility testing & treatment

• Osteopathic treatment to relieve pelvic & postpartum pain

• Evaluation & treatment of urinary incontinence

• Menopause management

• Hysterectomy & advanced alternatives

• Minimally invasive gynecologic surgery

• Osteoporosis prevention & initial treatment

[Logo]

**Women's Wellness Center**

**Huron Regional Medical Center**

**4 – CoMPREHENSIVE / ADVANCED**

***Complete, advanced and compassionate care for every stage of life***

When you need a doctor who understands exactly what you’re going through, you can lean on the skilled doctors at HRMC – Women’s Wellness Center. Our all-female doctors and staff offer a holistic approach to care, providing our patients with the most comprehensive treatment and preventive care possible in a caring, family-friendly environment. We walk beside you throughout your entire wellness journey to ensure you understand conditions and treatment options and provide encouragement in decision-making and self-management.

Our services extend beyond standard OBGYN practice. We provide in-house osteopathic manipulative treatment (OMT) to help ease pain, promote self-healing and increase overall mobility. OMT is safe, effective, nonsurgical option can often compliment, and sometimes replace, medication or surgery.

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***Providing the highest standard of care with leading-edge technologies***

* First OBGYN practice offering a prenatal CenteringPregnancy program
* State-of-the-art, minimally invasive gynecologic surgery
* Board-certified doctors specially trained in high-risk pregnancy
* Dedicated to staying current on all leading-edge techniques through continuing education courses, seminars & industry publications
* In-house intrauterine insemination (IUI)
* In-house ultrasounds & non-stress tests
* In-house colposcopies, endometrial biopsies, pessaries & incontinence therapies

**5 – WELl-WOMAN CARE / GYNECOLOGIC CARE**

***Giving you the tools you need to live a long and healthy life***

Education is our top priority. We are passionate about disease prevention, health management and the techniques and practices to live healthy. Our aim is to empower you to make the best decisions for your healthcare so you can enjoy a well-focused path to longevity.

***Well-Woman Care***

* Birth control & family planning
* Infertility testing & treatment
* Menopause management
* Osteoporosis prevention & initial treatment

***Gynecologic Care (clinical & surgical)***

* Hysterectomy & advanced alternatives
* Evaluation & treatment of urinary incontinence
* Osteopathic treatment to relieve pelvic & postpartum pain
* Minimally invasive gynecologic surgery
* Most desired surgeries: hysterectomy and sling

**6 – OBSTETRICS / COMPASSIONATE CARE**

***We partner with you during your family planning and pregnancy journey***

Deciding to start a family can be one of the most exhilarating experiences in your life, but it can also cause unexpected frustration, worry and anxiety if things don’t go exactly as planned. Our board-certified doctors are uniquely specialized in all aspects of pregnancy and childbirth—including high-risk pregnancies. Having experienced high-risk pregnancies themselves, our doctors are committed to you through each step of your emotional, physical, mental and spiritual journey. Once your baby arrives, we want to make sure you feel well. That’s why we check in with you at regular intervals to determine whether you need relief from pelvic or postpartum pain or other postpartum assistance.

Our all-female doctors and staff are sensitive to your needs and will help create a personalized healthcare and birth plan that best fits your wants, needs and personal preferences. Our services also include group prenatal care program called CenteringPregnancy. This program brings together women (who are due at about the same time) out of exam rooms and into a safe, comfortable group setting for learning, development and delivery. Throughout the program we focus on nutritional education, breast-feeding information and tips after the baby arrives. Sometimes, just knowing you’re not alone can make all the difference.

We want you to have the best experience possible, one that is full of compassion and care in a distinctively family-friendly environment.

**7 – DOCTORS / CONVENIENCES**

“I am a board-certified physician specializing in obstetrics and gynecology. I am also certified in Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS) and the Neonatal Resuscitation Program (NRP). As a wife and mother, I understand the physical and emotional challenges women face every day. It is my life’s work to help women maintain their own health and awareness through empowerment and education. During my residency I quickly realized that having a personal connection with my patients helps me serve them better and puts them at ease. Ever since, it has been my priority to get to know the person—not just the medical history. I believe in looking at, and understanding, the whole person before making a diagnosis or recommending treatment.”

## **Sara Castellanos, DO**

*Obstetrician-Gynecologist*

## “I am a board-certified physician specializing in obstetrics and gynecology. As a wife and mother of two children, I have an immediate and personal connection to the moms and moms-to-be that we welcome to our center. I want each woman we treat to experience the very best pregnancy she can, from her preconception counseling and early obstetric ultrasounds all the way to her labor, delivery and postpartum care. Our center is equipped to perform procedures that you won’t find at other women’s wellness centers. It’s essential that we offer a high-quality continuum of care to ensure the health and well-being of our patients before, during and after their pregnancy.”

## **Elyse Brock, MD**

*Obstetrician-Gynecologist*

***Patient-first, family-friendly care & convenience***

• State-of-the-art care close to home

• All-female doctors and staff

• Compassionate, individualized care

• Focused on patient education & service

• Most insurance plans accepted

• Visa & MasterCard welcome

• Se habla Español

Need call to action with phone number and URL.

**8 – BACK COVER**

## [Image]

## **Sara Castellanos, DO**

*Obstetrician-Gynecologist*

### ****Board-Certified:** American Osteopathic Board of Obstetrics & Gynecology**

### ****Residency:** Obstetrics & Gynecology, Henry Ford Health System Residency Hospital, Michigan State**

### ****Board-Certified:** American Osteopathic Board of Obstetrics & Gynecology**

### ****Residency:** Obstetrics & Gynecology, Henry Ford Health System Residency Hospital, Michigan State University, Detroit, MI**

### ****DO:** Kansas City University of Medicine & Biosciences, College of Osteopathic Medicine, Kansas City, MO**

### ****MBA:** Healthcare Leadership, Rockhurst University, Kansas City, MO**

## [Image]

## **Elyse Brock, MD**

*Obstetrician-Gynecologist*

### ****Board-Certified:** American Board of Obstetrics & Gynecology**

### ****Residency:** Obstetrics & Gynecology, University of Iowa Hospitals and Clinics, Iowa City, IA**

### ****MD:** University of Minnesota Medical School, Minneapolis, MN**

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**At Huron Regional Medical Center – Women’s Wellness Center you’ll feel right at home**

From the moment you walk into our office we want you to feel comfortable, safe and understood. It is our goal and true desire to help you feel good, be healthy and live well. Call us today to learn more or to schedule your FREE consultation.

**Women's Wellness Center**

**Huron Regional Medical Center**

**Call 605-554-1020**

142 3rd St. SE, Suite 2 • Huron, SD 57350

*(A block and a half east of Dakota Ave. on Third Street.)*

www.HuronObGyn.org