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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**

***Compassionate, personal, safe, whole woman care in Huron, SD***

Don’t let pain, anxiety, depression or other health issues stop you from living your best life. Our board-certified physicians have more than 30 years combined experience specializing in obstetrics and gynecology, something you won’t find anywhere else in Huron, SD. We are dedicated to providing the most innovative healthcare solutions from family planning and pregnancy to menopause and longevity.

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 all gynecologic and obstetric health issues. We are ready to partner with you and help you achieve and maintain your optimal health.

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.

***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**

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**4 – CoMPREHENSIVE / ADVANCED**

***Comprehensive, advanced 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 Women’s Wellness Center. Our all-female doctors and staff offer a whole-woman approach to care in a safe, caring, family environment. We walk beside you throughout your entire wellness journey to ensure you understand your treatment options and to provide encouragement in your decision-making process.

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***Providing high quality care and leading-edge technologies***

* First OB/GYN 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
* In-house intrauterine insemination (IUI)
* In-house ultrasounds & non-stress tests
* In-house colposcopies, endometrial biopsies, pessaries & incontinence therapies

***Specialized services you won’t find anywhere else in Huron, SD***

Our services extend beyond standard OB/GYN practice. Dr. Castellanos provides 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 complement, and sometimes replace, medication or surgery.

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

***Live a long and healthy life with compassionate well-woman and gynecologic care***

We are passionate about disease prevention, health management and the techniques and practices you need to live a healthy life. Our aim is to empower you to make the best decisions for your well-woman and gynecologic care so you can enjoy a well-focused path to longevity.

***Well-Woman Care***

* First gynecologic visit for teens
* Annual well-woman exams
* Contraceptive counseling
* Prenatal obstetrical visits
* Blood pressure and cholesterol screening
* Mammogram Screening
* Colorectal Screening
* Cervical Cancer Screening
* Sexually transmitted infection counseling & screening
* Immunizations
* Menopause management
* Osteoporosis prevention & initial treatment

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

* Hysterectomy
* Endometrial ablation
* Uterine myomectomy
* Colposcopy
* Hysterotomy
* Tubal Reversal
* Labiaplasty
* Biopsy
* Ultrasound
* Dilation & Curettage (D&C)
* Evaluation & treatment of urinary incontinence

**6 – OBSTETRICS / COMPASSIONATE CARE**

***Your partner through every phase of family planning, pregnancy and delivery***

Deciding to start a family can be one of the most exhilarating experiences of your life, but it can also cause unexpected frustration, worry and anxiety if things don’t go exactly as planned. Our board-certified doctors provide full pregnancy care, from conception through delivery and beyond. We’re excited to support you each step of the way on your amazing journey to motherhood. 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 personal preferences.

In addition to our general obstetrical services, we also provide care for high-risk pregnancies, including women with pre-existing medical conditions or multiple births. We specialize in caring for women with an increased risk of complications from gestational diabetes, high blood pressure, thyroid disorders, heart disease, cancer and more.

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.

***Innovative prenatal care that enhances support and learning***

One of the services we provide is the CenteringPregnancy program. This new program brings together women (due at about the same time) out of exam rooms and into a comfortable group setting. This creates a safe, welcoming space 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 family environment.

**7 – DOCTORS / CONVENIENCES**

***Feel safe, comfortable and understood from your first visit***

“I am a wife and mother, so I completely 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. I’m most passionate about getting 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.”

## [Image]

## **Sara Castellanos, DO**

*Obstetrician-Gynecologist*

## “I have an immediate and personal connection to the women we welcome to our center. I want each woman we treat to experience the very best pregnancy she can, from preconception counseling to postpartum care. Our center is equipped to perform procedures you won’t find at other women’s wellness centers. We offer a high-quality continuum of care that ensures the health and well-being of our patients before, during and after their pregnancy.”

## [Image]

## **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

We are ready to help you feel good, be healthy and live well.

Call **605-554-1020** today to learn more or to schedule your consultation.

**8 – BACK COVER**

## **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**

## **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**

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

• Well Woman exams  
• Health screenings & other preventive care

• Pregnancy & childbirth, including high-risk pregnancy

• Birth control & family planning

• Infertility testing & treatment

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**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