

## Supporting your obstetric needs through every phase of family planning, pregnancy and delivery



When you and your partner decide to start a family, you begin a brand new, exciting phase of life. A positive pregnancy test changes everything in an instant and **your mind fills** with happiness, hope and excitement for what the future will bring. You need a partner that will walk alongside you during those crucial first few weeks to make sure you're healthy and your baby is growing well. You also need someone who is prepared to treat any potential challenges along the way. Our board-certified OB/GYN doctors provide full pregnancy care, from conception through delivery and beyond. Our all-female doctors and staff are sensitive to your needs and will help create a personalized pregnancy and birth plan that best fits your unique situation.

### Experienced care for high-risk pregnancies

In addition to general obstetrical services, the Women's Wellness Center specializes in caring for women with high-risk **pregnancies right** here in Huron, SD. Women who suffer from pre-existing medical conditions like diabetes, high blood pressure, thyroid disorders, heart disease or cancer, are at a heightened risk for complications like preeclampsia, anemia, seizures or stroke. It is our mission to provide exceptional physical, emotional and mental support and help you enjoy a safe pregnancy and delivery.

### Providing a unique support network during your pregnancy

We are the only practice in Huron, SD offering the innovative CenteringPregnancy prenatal care program. Our new program brings **together women (due at about the same time)** out of exam rooms and into a comfortable group setting. Together, healthcare providers and pregnant women take time to invest in each other's **well-being, health** and the health of their babies. The CenteringPregnancy program provides a safe place for women to learn about nutrition, breast-feeding and at-home tips **after** the baby arrives.

### Compassionate, personal, and safe pregnancy care in Huron, SD

We are ready to help you and your baby feel good and be healthy. Our board-certified physicians have more than 30 years' combined experience specializing in obstetrics, something you won't find anywhere else in Huron, SD. We are dedicated to providing leading-edge healthcare solutions to help you achieve and maintain optimal health throughout your pregnancy and beyond.

**Contact us today to schedule your obstetric appointment! Call 605-554-1020**



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142 3rd St. SE, Suite 2 • Huron, SD 57350  
(A block and a half east of Dakota Ave. **on Third Street.**)

[www.HuronObGyn.org](http://www.HuronObGyn.org)

## Enjoy a long and healthy life with innovative, compassionate gynecologic care



We are Huron, South Dakota's premier Women's Wellness Center offering comprehensive and convenient women's healthcare. We are dedicated to providing thorough explanations regarding your medical conditions and the procedures we'll use to treat them. We believe this practice not only educates, but also empowers you to make the best health care decisions for your life. You deserve to enjoy every stage of your life and we're passionate about helping you achieve optimal gynecologic health so you can.

### Offering complete **whole-woman** and gynecological care

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

### High-quality, personal therapy you won't find anywhere else in Huron, SD

Dr. Castellanos provides in-house osteopathic manipulative treatment (OMT) to help ease pain, promote self-healing and increase overall mobility. This manual therapy is used to help women improve their whole-body wellness through strengthening techniques aimed at improving range of motion and relieving pain from arthritis, or osteoporosis.

### Caring, safe and individualized whole-woman care in Huron, SD

Your needs are specific and unique—and you deserve exceptional attention and individualized, state-of-the-art gynecologic care. We are ready to help you feel good and be healthy. Our board-certified physicians have more than 30 years' combined experience specializing in gynecology, something you won't find anywhere else in Huron, SD. We are dedicated to providing the most innovative healthcare solutions to help you achieve and maintain your optimal health throughout every stage of your life.



**Call today for compassionate gynecologic care close to home. Call 605-554-1020**



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## SURGERY & MINIMALLY INVASIVE TREATMENT

Leading the way in  
minimally invasive gynecologic **problems**



There are times when a woman may need advanced gynecologic care to treat her condition. Our all-female doctors and staff offer the latest, least invasive gynecologic procedures available today. Drs. Sara Castellanos and Elyse Brock are OB/GYN surgical specialists who utilize today's most advanced laparoscopic and hysteroscopic technologies to ensure you get the most appropriate and effective care.

We are passionate about providing leading-edge care that is a safer, more effective alternative to traditional open surgery. We are in a constant state of learning and refining the latest, least invasive techniques to ensure faster recovery times, significantly less post-operative pain, smaller incisions, shorter hospital stays and a faster return to your normal daily activities.

### **Your partner for the least invasive gynecologic procedures**

- Biopsy
- Ultrasound
- Hysterectomy
- Fibroid removal
- Reversal of female sterilization
- Genital rejuvenation
- Dilation & curettage (D&C)
- Endometrial ablation (to ease menstrual bleeding)
- Evaluation & treatment of urinary incontinence

Our board-certified physicians offer their utmost care to you and your future needs, whether it is family planning or whole-woman health and longevity. We are dedicated to providing you the most advanced healthcare solutions to help you achieve and maintain your optimal health through all stages of your life.

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## Your fertility success story starts here



It is our top priority to give you the best chance of success when it comes to building your family. Our board-certified OB/GYN specialists combine clinical expertise, a long track record of success and compassion to **give** you the best possible care during your journey to motherhood.

Your first visit to Women's Wellness Center is dedicated to getting to know you better. We want to understand your struggle, your medical history and complete a comprehensive infertility **work up**. Once we understand why you're not getting pregnant naturally, we'll share in-depth explanations and answers to your questions as well as recommend appropriate treatment and next steps.

### Individualized fertility services, designed just for you

Providing help and guidance along your journey to motherhood.

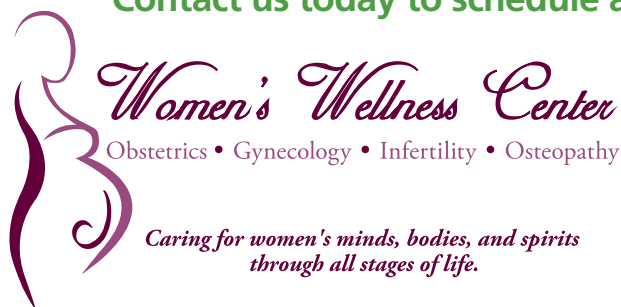
- Fertility evaluations & treatment
- Infertility treatment monitoring
- Patient education & resources for infertility

If you've been trying to conceive for at least 12 consecutive months and are concerned about your fertility, Women's Wellness Center can help. And we're right here in Huron, SD, so you won't need to travel far for access to high-quality, specialized, effective care.

### Increasing fertility through balancing osteopathic techniques

Our services extend beyond standard fertility practices. Dr. Castellanos provides in-house osteopathic manipulative treatment (OMT) to help increase joint mobility, improve spinal and soft-tissue health, improve circulation and reduce stress. Her goal is to help your body perform the most natural and normal processes of conception and pregnancy through hands-on osteopathic treatment. OMT is a safe, effective, nonsurgical option that can often complement fertility treatments.

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