



Sara Castellanos, DO
Obstetrician-Gynecologist

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
- Osteopathic treatment to relieve pelvic & postpartum pain
- Evaluation & treatment of urinary incontinence
- Menopause management • Hysterectomy & advanced alternatives
- Minimally invasive gynecologic surgery • Osteoporosis prevention & treatment

WOMEN'S WELLNESS CENTER

Obstetrics • Gynecology • Infertility • Osteopathy

www.HuronObGyn.com

Call 605-554-1020

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



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



WOMEN'S WELLNESS CENTER
 Obstetrics • Gynecology • Infertility • Osteopathy



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

We are ready to help you feel good and be healthy so that you can live your best life. Our doctors are board-certified obstetrician-gynecologists, something you won't find anywhere else in Huron. We are dedicated to providing the most innovative healthcare solutions from family planning and pregnancy to menopause and beyond.

Your healthcare needs are important and unique, and they reach far beyond reproductive health. Our experienced, all-female doctors and staff understand that. Drs. Sara Castellanos and Elyse Brock are truly specialized in pregnancy, childbirth and the diagnosis and treatment of all gynecologic 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 that 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 & treatment



Comprehensive, advanced care for every stage of life

When you need a doctor who just “gets” you, you can depend on the skilled specialists at Women’s Wellness Center. Our all-female doctors and staff offer a whole-woman approach to care in a safe, supportive, family-focused environment that’s close to home. We walk beside you throughout your entire wellness journey to ensure you understand your treatment options and have what you need to make informed decisions about your own health.

Providing high-quality care and leading-edge technologies

- 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
- First OB/GYN practice in South Dakota to offer a prenatal CenteringPregnancy program
- In-house intrauterine insemination (IUI)
- In-house ultrasound & non-stress testing
- In-house colposcopy, endometrial biopsy, pessaries & incontinence therapies

Specialized therapy 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 a safe, effective, nonsurgical option that can often complement, and sometimes replace, medication or surgery.

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 wellness and gynecologic care so you can enjoy a lifetime of good health.

Well-Woman Care

- First gynecologic visit for teens
- Annual **well woman** exams
- Contraceptive counseling
- Prenatal visits
- Implantable contraceptives
- Blood pressure, cholesterol, thyroid & diabetes screenings
- Breast cancer screening
- Cervical cancer screening
- Sexually transmitted infection counseling & screening
- Immunizations
- Menopause management
- Osteoporosis prevention & treatment

Gynecologic Care (clinical & hospital)

- Pelvic ultrasound
- Endometrial biopsy
- Colposcopy
- Vulvar **B**iopsy
- Evaluation & treatment of urinary incontinence
- Hysteroscopy & D&C
- Fibroid surgery
- Endometrial ablation & surgery
- Laparoscopy
- Tubal sterilization
- Hysterectomy

“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.”

Sara Castellanos, DO
Obstetrician-Gynecologist



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 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 individual preferences.

The skilled, specialized care you depend on for a high-risk pregnancy

In addition to our general obstetrical services, we also provide care for high-risk pregnancies right here in Huron. This includes women with pre-existing medical conditions and multiple pregnancies. 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.

Innovative prenatal care that enhances support and learning

We want you to have the best experience possible close to home—an experience full of compassion and caring in a family-friendly environment. We are proud to be the only practice in Huron offering the innovative **CenteringPregnancy*** program. We bring together women (due at about the same time) out of exam rooms and into a comfortable group setting that is a safe, welcoming space for learning and development. Throughout the program, we focus on nutritional education, breast-feeding information and tips for after the baby arrives. Sometimes, just knowing you're not alone can make all the difference.

Feel safe and comfortable that you're in good hands with women dedicated to women

At Women's Wellness Center, we are dedicated to your needs and to making sure that your experience with us is the best it can be. As women, we are with you, among you and for you.

Patient-first, family-friendly care & convenience

At Women's Wellness Center, you can count not just on state-of-the-art OB/GYN care close to home but also the warmth, dedication and convenience that every woman deserves, including:

- All-female doctors and staff
- Compassionate, individualized care
- Focused on patient education & service
- Most insurance plans accepted
- Visa, MasterCard & Discover welcome
- Spanish & Karen interpreters available

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.

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"For me, OB/GYN has always been more of a calling than a career. I'm fascinated by pregnancy and the process of creating another human life. And the female body has always amazed me. Now, I'm so glad that I get to care for women throughout all stages of their lives. I honestly don't feel like I chose this career. I feel like it chose me at a very young age for reasons that are bigger than me and beyond my understanding."

Elyse Brock, MD
Obstetrician-Gynecologist

**CenteringPregnancy is a prenatal care option offered to expectant mothers in addition to their traditional prenatal care.*