**Folder Insert #5** – Osteopathy\_d1

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

**FOLDER INSERT #5**– Osteopathic Treatment – GOAL = 181 words

EYEBROW: Osteopathic Treatment

HEADLINE: **A specialized, patient-focused approach to enhancing OB/GYN care**

As part of the Women’s Wellness Center’s commitment to your best health, we integrate osteopathic treatment to complement (and sometimes replace) other medical therapies.

**Osteopathic treatment is safe, effective and good medicine**

Osteopathic medicine combines the best of modern medicine with hands-on manipulative techniques designed to promote a high level of wellness. Doctors of osteopathic medicine (DOs), like Dr. Sarah Castellanos, are physicians trained in and entitled to practice the full scope of medical care… but with a more holistic approach. In addition, osteopathic medicine’s manipulative techniques often can help avoid medications and surgery.

**OMT: A different type of therapy that can benefit your health**

Osteopathic manipulative treatment (OMT) involves using nonsurgical, manual (with hands) manipulation of the body’s interconnected system of tissues and nerves to improve circulation, promote self-healing, provide relief, improve mobility, reduce stress and more. By integrating OMT into your Women’s Health care, Dr. Castellanos can help:

* Relieve migraine, menstrual and other kinds of pain
* Improve irritable bowel syndrome
* Reduce problems of imbalance & immobility
* Improve fertility by maximizing your body’s normal and natural processes and reproductive function

**Contact us for more info or to schedule your appointment. Call 605-554-1020.**

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