

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



When you and your partner decide to start a family, you need a partner that will walk alongside you 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, including:

- In-office fetal non-stress testing (NSTS)
- In-office obstetric ultrasound, including early screening
- Nuchal translucency quality review
- Cell-free DNA screening (cfDNA)

Experienced care for high-risk pregnancies

In addition to general obstetrical services, we also specialize in caring for women with high-risk pregnancies, right here in Huron. Women with 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 for a safe pregnancy and delivery.

Providing a unique support network during your pregnancy

We are the only practice in the region offering the innovative **CenteringPregnancy** prenatal care program. This prenatal care option brings women who are 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 and 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 for after the baby arrives.

Compassionate, personal, and safe pregnancy care

We are ready to help you and your baby feel good and be healthy. Our doctors are highly trained and board-certified obstetricians, something you won't find anywhere else in Huron. 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.

WOMEN'S WELLNESS CENTER

Obstetrics • Gynecology • Infertility • Osteopathy

www.HuronObGyn.com

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

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



We are the Huron area's premier provider 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 healthcare 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 that you can.

Offering complete Well-Woman care and gynecological care

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

High-quality, personal therapy you won't find anywhere else in the region

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

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 physicians are board-certified specialists in gynecology, something you won't find anywhere else in Huron. 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 solutions



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 constantly learning and refining the latest minimally 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 minimally invasive gynecologic procedures

- Cervical, vulvar & endometrial biopsy
- Ultrasound
- Hysterectomy
- Fibroid removal & endometriosis treatment
- Hysteroscopy & D&C
- Endometrial ablation
- Evaluation & treatment of urinary incontinence
- Laparoscopy
- Tubal sterilization

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 provide 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 workup. 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 • 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, so you won't need to travel far to access 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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OSTEOPATHIC TREATMENT

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 an appointment. Call 605-554-1020.

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