

## SURGERY & MINIMALLY INVASIVE TREATMENT

Leading the way in  
minimally invasive gynecologic solutions

## FERTILITY

## 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, *including pregnancy related discomfort*
- Improve irritable bowel syndrome
- Reduce problems of imbalance & immobility
- Improve fertility by maximizing your body's normal and natural processes and reproductive function

*See copy  
for additional  
info*

Contact us for more information or to schedule an appointment. Call 605-554-1020.

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

[www.HuronObGyn.com](http://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

STACEY HAS A NOTE INTO  
HEALTHCARE SUCCESS ABOUT  
Well-Woman & Healthcare  
ERRORS

Evaluation & treatment of:

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~~ <sup>gynecologic care</sup> including eval. & tx. of the following:  
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, <sup>and women's pelvic surgery</sup> 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.

\* replace OMT paragraph w/ bullets of gyn services

- Pelvic ultrasound
- Eval/tx of abnormal Paps
- Eval/tx of heavy/painful periods
- Eval/tx of bladder leakage
- Eval/tx of sexual dysfunction
- Fibroids
- endometriosis

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

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Add: Dr. Castellanos has additional training in osteopathy, (A block and a half east of Dakota Ave.) which can be used to tx a variety of



## 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 *NTQR*
  - Cell-free DNA screening (cfDNA)
  - OMT for pregnancy-related discomfort
- 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.

\* Centering Pregnancy is a prenatal care option offered to expectant mothers in addition to traditional prenatal care

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

**WOMEN'S WELLNESS CENTER** *new logo*

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