

## 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 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)

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