



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 & delivery
- Birth control & family planning • Infertility testing & treatment
- Osteopathic treatment to relieve pregnancy discomfort & pelvic & menstrual pain
- Evaluation & treatment of bladder leakage
- 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.)



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



WOMEN'S WELLNESS CENTER

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Compassionate, personal, whole-woman care in Huron and the surrounding area

We are ready to help you feel good and be healthy so that you can live your best life. Our board-certified obstetrician-gynecologists are dedicated to providing state-of-the-art, individualized healthcare solutions, from family planning and pregnancy to menopause and beyond, right here in Huron.

Your healthcare needs are important and unique, and they continue beyond the reproductive years. Our experienced, all-female doctors and clinical staff understand that. Sara Castellanos, DO and Elyse Brock, MD are physicians who are specialized in pregnancy, childbirth and the diagnosis and treatment of your gynecologic health issues. We are ready to partner with you and help you have and maintain your optimal health.

We encourage each woman we treat to take an active role in her health care. 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 health care for the whole woman

- Well-woman exams, health screenings & other preventive care
- Pregnancy & childbirth, including high-risk pregnancy & delivery
- Birth control & family planning
- Infertility testing & treatment
- Osteopathic treatment to relieve pregnancy discomfort & pelvic & menstrual pain
- Evaluation & treatment of bladder leakage
- 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 clinical 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 and its surrounding communities

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 your healthiest 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
- 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
- Evaluation & treatment of abnormal Pap results – colposcopy, LEEP, conization
- Vulvar biopsy
- Evaluation & treatment of bladder leakage
- Evaluation & treatment of heavy or painful periods
- Evaluation & treatment of sexual dysfunction & pain
- Hysteroscopy, D&C
- Fibroid surgery
- Treatment for endometriosis
- Endometrial ablation & surgery
- Laparoscopy
- Tubal sterilization
- Hysterectomy

“I am a woman 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 clinical staff are sensitive to your needs and will help create a personalized healthcare and birth plan that best fits your individual preferences.

The skilled 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 focus on 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, breastfeeding information and tips for after the baby arrives. Sometimes, just knowing you're not alone can make all the difference.

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

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 clinical 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. What started out at a young age as a fascination with pregnancy and a respect for the female body turned into a passion for all aspects of women's health care. It is a privilege to partner with women through the many stages of their lives, building relationships and developing continuity of care to achieve their goals. And as a Huron native, I feel that it is very important to have this level of care right here in our community."

Elyse Brock, MD
Obstetrician-Gynecologist