

## 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) Certified
- Cell-free DNA screening (cfDNA)
- Osteopathic manipulative treatment (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 and deliveries, 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 (due at 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, breastfeeding 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, board-certified obstetricians dedicated to **leading-edge** care for optimal health throughout your pregnancy and beyond.

*\*CenteringPregnancy 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

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



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
- Blood pressure, cholesterol, thyroid & diabetes screenings
- Breast cancer screening • Cervical cancer screening
- Sexually transmitted infection counseling & screening • Immunizations
- Menopause management • Osteoporosis prevention & treatment

## Leading-edge testing and treatment for your best health

- 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

## Caring, dedicated and individualized whole-woman care in Huron

Your needs are specific and unique—and you deserve individualized, state-of-the-art gynecologic care. We are ready to help you feel good and be healthy. Our board-certified gynecologists 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 clinical staff offer the latest, most minimally invasive gynecologic procedures available today. Women's Wellness Center physicians Sara Castellanos, DO and Elyse Brock, MD 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
- **Treatment for abnormal Pap results**
- Hysteroscopy, D&C
- Endometrial **ablation**
- Evaluation & treatment of bladder leakage
- 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're under age 35 and have been trying to conceive for at least 12 consecutive months (or 6 months if older than 35), 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.

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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. Sara Castellanos, are physicians trained in and entitled to practice the full scope of medical care... but with a more holistic approach. Osteopathic physicians have an additional year of pre-doctoral fellowship training in osteopathic manipulative techniques that often can help avoid medications and surgery.

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

Osteopathic manipulative treatment (OMT) is an advanced form of hands-on therapy that helps diagnose and treat — and even prevent — illness and injury. OMT encourages the body's natural tendency toward good health, which when combined with excellent OB/GYN treatment offers the most comprehensive care available today. By integrating OMT into your **Women's Health** care, Dr. Castellanos can help:

- Relieve migraine, menstrual and other kinds of pain, including **prenancy**-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

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

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