

update logo



WOMEN'S WELLNESS CENTER  
Obstetrics • Gynecology • Fertility • OBGYN

To Schedule An Appointment,  
Call 605-554-1020



## Comprehensive Health Care for Women

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

Schedule an Appointment

At Women's Wellness Center in Huron, we are women who care for women. We believe in wellness for the "whole patient," and we've created a comprehensive, high-quality center of care for South Dakota's east-central region. Visit us for complete women's care and good health throughout your lifetime.



Some links are linked to [hmc.healthcaresuccess.net](http://hmc.healthcaresuccess.net)  
and some are linked to [huronobgyn.com](http://huronobgyn.com)

About Women's Wellness Center

## Genuine caring with a specialist's touch

Looking for the high-level specialized OB/GYN care you'd get in a big city? Then you're in good hands right here close to home at Women's Wellness Center. Our women's health specialists combine up-to-date knowledge, in-depth experience and genuine caring and understanding ~~for you~~ for accurate diagnoses, effective treatment and long-lasting good health.

Learn More About Us



### Our OB/GYN Specialists

## Highly trained, board-certified doctors focused on your needs

Our board-certified obstetrician-gynecologists, Dr. Sara Castellanos and Dr. Elyse Brock, provide the advanced, individualized and compassionate women's health care that all women need and deserve. From their credentials to their passion, discover how our doctors dedicate themselves to your needs, best interests and optimal health.

*delete comma*

Meet Our OB/GYN Specialists



Sara Castellanos, DO



Elyse Brock, MD

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GYNECOLOGIC CARE — *Gynecologic*

**Live a long, healthy life with comprehensive well-woman care and advanced solutions**

At Women's Wellness Center, we take a whole-woman approach to your health in a caring, supportive environment. We handle all your well-woman and gynecologic needs with specialty expertise, from teens' first gynecologic visits to pregnancy to menopause. Depend on us for high-quality, leading-edge care ... and the support you need through any woman's health concern.

Discover Specialized, Comprehensive GYN Care



INFERTILITY CARE AND FAMILY PLANNING



### Turn your dream of having a baby into reality

Deciding to start a family can be one of life's most exhilarating experiences. Yet, getting pregnant can have its challenges. At Women's Wellness Center, we help you overcome them with infertility testing, counseling and treatment. Today, treatment options for infertility are more numerous and more effective than ever. If you need a little help getting pregnant, we're ready. And we'll be by your side every step of the way.

[Learn About Our Fertility Services](#)

## Get relief and resolution with less impact and better outcomes

As residency-trained and board-certified OB/GYN specialists, our doctors provide state-of-the-art solutions to resolve your problem safely, quickly — and with the fewest side effects and shortest recovery possible. We offer leading-edge minimally invasive treatments and surgical procedures so you can have the best outcomes, including less pain and downtime during recovery.

[Learn More About Minimally Invasive Treatment](#)



### OBSTETRIC CARE

## Protect your and your baby's health with comprehensive prenatal care

Pregnancy changes everything. Your mind is filled with hope, happiness and excitement. To make sure you're healthy and your baby is doing well, the Women's Wellness Center is by your side the whole way with complete obstetric care. From conception to delivery, our obstetricians are trained, skilled and experienced with all aspects of pregnancy, including high-risk pregnancies. We provide in-office ultrasound and fetal non-stress testing, cell-free DNA screening, and the support and caring you deserve. We're also proud to be the first in the region to offer the CenteringPregnancy prenatal care option.

[Get Outstanding Pregnancy Care!](#)



Osteopathic Therapy

## Ease pain, release tension and increase flexibility with specialized therapy

To help ease pain, promote self-healing and increase overall mobility, Dr. Castellanos provides a unique service that goes beyond standard OB/GYN practice. A doctor of osteopathy, she is an expert in osteopathic manipulative treatment (OMT), a safe, effective nonsurgical option that can often complement, and sometimes replace, medication or surgery for a variety of conditions.

How Can OMT Help?

To Request an Appointment

Call 605-554-1020

Or Use Our Easy Online Contact Form

Name

Email

Phone Number

Best Date

Please Contact Me

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

WOMAN'S WELLNESS CENTER  
Obstetrics • Gynecology • Infertility • Oocyte Donation

Contact

Phone: 605-544-1120

Fax: 605-544-0000

Address

142 3rd St, Suite 2  
Huron, SD 57359  
(4 block and a half east of  
Dakota Ave on Third Street.)

Links

Home

About

Doctors

Insurance

Patient Resources

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Obstetrics

Gynecology/

Fertility

Osteopathy

Directions

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link to a map

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## Compassionate Personal, Whole-Woman Care in Huron, SD

At the Women's Wellness Center, our all-female doctors and clinical staff offer a whole-woman approach to care in a supportive, compassionate family environment that's close to home. We are dedicated to your needs and to making sure your experience with us is the best it can be. As women, we are with you, among you and for you.

### *Advanced care for every stage of life*

When you need a doctor who just "gets" you, you can depend on the skilled specialists at the Women's Wellness Center. Our board-certified obstetrician-gynecologists are dedicated to providing state-of-the-art, individualized healthcare solutions from family planning and pregnancy to menopause and longevity. We are here to help you make the best decisions about your health through every stage of your life. We offer:

- 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 pain
- Evaluation & treatment of bladder leakage
- Menopause management
- Hysterectomy & advanced alternatives
- Minimally invasive gynecologic surgery
- Osteoporosis prevention & treatment

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Dr. Dr.

As specialists, Drs. Sara Castellanos and Elyse Brock focus on the full range of women's health conditions. At the Women's Wellness Center, we believe every woman's healthcare needs are important and unique.

### *Providing high-quality care and leading-edge technologies*

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We are proud to be leaders in women's healthcare in the South Dakota central region offering *two words*

To Request an  
Appointment  
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Or Use Our Easy Online Contact Form

Name
Email
Phone Number
Best Date

Please Contact Me

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

- Prenatal CenteringPregnancy programming
- State-of-the-art, minimally invasive gynecologic surgery
- Board-certified doctors specially trained in high-risk pregnancy & delivery
- Enhanced capability on all leading-edge techniques
- In-house intrauterine insemination (IUI)
- In-house ultrasound & non-stress testing
- In-house colposcopy, endometrial biopsy, pessaries & bladder leakage therapies

We'll make sure you get the right tests, accurate diagnoses, effective treatment, and comprehensive support you need for optimal health throughout your lifetime. We are also passionate about education and are here to provide whatever guidance, resources or information you need.

### ***Specialized care right here in Huron, SD***

Because our doctors are highly qualified specialists, we are able to provide care for high-risk pregnancies right here in Huron, SD. This includes care for women with pre-existing medical conditions and multiple births. We specialize in treating women with an increased risk of complications from gestational diabetes, high blood pressure, thyroid disorders, heart disease, cancer and more.

In addition, our services extend beyond standard OB/GYN practice, including in-house osteopathic manipulative treatment (OMT) to help ease pain, promote self-healing and increase overall mobility. Dr. Castellanos provides this safe, effective, nonsurgical option that can often complement, and sometimes replace, medication or surgery.

OMT can also often complement fertility treatments. The therapy helps improve circulation, reduce stress and help your body perform the most natural and normal processes of conception and pregnancy.

### ***Patient-first, family-friendly care and convenience***

Our offices are conveniently located on 3<sup>rd</sup> Street SE in downtown Huron, SD. We're located close to Huron Regional Medical Center and many services are provided within our offices, including lab tests, ultrasound and a number of types of gynecological surgery. We offer:

- State-of-the-art, family-oriented care close to home

## Clinical

- All-female team (doctors and staff)
- Compassionate, individualized care
- Strong focus on patient education & service
- Spanish and Karen interpreters available

We accept most insurance plans, and Visa, MasterCard and Discover cards are welcome.

To request an appointment, call 800-000-0000. You can also request an appointment with our easy online form.

## Testimonials



## Patient Testimonials: Read What Women are Saying About Their Care at the Women's Wellness Center.

At the Women's Wellness Center, we measure our success as physicians and women's health professionals by our patients' satisfaction. We pride ourselves on genuine compassion, specialized expertise and experience, and a patient-first approach centered on each woman we see and treat. Read about our excellent care in these testimonials from past and present patients.

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Or Use Our Easy Online Contact Form

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Best Date	<input type="text"/>

Please Contact Me

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Doctors

## Get to Know Huron's Board-Certified Women's Health Specialists

Board-certified obstetrician-gynecologists Dr. Sara Castellanos and Dr. Elyse Brock lead the all-female clinical team at the Women's Wellness Center in Huron, SD, where they provide the advanced, individualized and compassionate care you want ... and depend on.

**Dr. Sara Castellanos, DO**  
Dr. Castellanos and Dr. Brock are highly trained and deeply committed to making sure every woman under their care has the best chance for a lifetime of good health. They believe in wellness for the "whole patient," so you can trust that they will provide you with complete women's care. You'll get the right tests, accurate diagnoses, effective treatment and comprehensive support to help you on the road to optimal health.

You can count on the skilled specialists at the Women's Wellness Center. Dr. Castellanos and Dr. Brock will walk beside you throughout your entire wellness journey. They will help you understand your treatment options and give you what you need to make informed decisions about your own health. They are passionate about education and are here to provide whatever guidance, resources or information you need.



Sara Castellanos, DO

*Board-Certified in Obstetrics and Gynecology*



Elyse Brock, MD

*Board-Certified in Obstetrics and Gynecology*

To schedule an appointment with one of our women's health specialists, call (605) 695-0000 or request an appointment using our easy online form.

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Sara Castellanos



Sara Castellanos, DO

Board-Certified: Obstetrics and Gynecology

WOMAN

"I am a wife 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."



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Residency: Obstetrics and 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  
BS: Health & Wellness, University of Minnesota, Minneapolis, MN  
Founder: Women's Wellness Center  
Member: American College of Osteopathic Obstetricians & Gynecologists, American College of Obstetricians & Gynecologists, American Academy of Family Physicians, American College of Osteopathic Family Physicians, Christian Medical & Dental Association

To schedule an appointment to see Dr. Castellanos, call 000-000-0000. You can also request an appointment using our easy online form.



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Elyse Brock, MD



Elyse Brock, MD

Board-Certified: Obstetrics and Gynecology

“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 amazing capabilities of the female body, turned into a passion for all aspects of women's health care. It is a privilege to partner with women throughout 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.”

Residency: Obstetrics and Gynecology, University of Iowa Hospitals and Clinics, Iowa City, IA  
MD: University of Minnesota Medical School, Minneapolis, MN  
BA: Biology and Family Studies, Magna Cum Laude, St. Olaf College, Northfield, MN  
Member: American Medical Association, South Dakota Medical Association, American College of Obstetricians and Gynecologists

To schedule an appointment to see Dr. Brock, call 605-554-1020. You can also request an appointment using our easy online form.

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Obstetrics



The Obstetrics and Prenatal Care pages  
are ~~the~~ exactly the same.

## Specialized Prenatal Care for a Healthy, Successful Pregnancy

Expecting a child can be one of the most exciting, exhilarating times in a woman's life. As women and mothers ourselves, we understand this... and the concern, uncertainty and anxiety that are normal parts of being pregnant. At the same time, as residency-trained and board-certified obstetricians, the Women's Wellness Center's doctors have the knowledge and expertise you depend on for top-quality prenatal care ... right here in Huron.

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Our goal is your goal: a healthy pregnancy, a successful delivery and a beautiful, healthy bundle of joy.

### Advanced, compassionate obstetric care from experienced doctors and moms

At the Women's Wellness Center, we lead with our hearts, giving you the compassion, understanding, guidance and support you need. At the same time, you can rest assured that you'll be getting comprehensive, up-to-date care that includes:

- Pregnancy testing
- Obstetric orientation & prenatal classes
- In-office obstetric & 3D/4D ultrasound
- Fetal non-stress testing
- Cell-free DNA (cfDNA) testing
- Pregnancy & childbirth, including high-risk pregnancy & delivery
- Vaginal births and C-section
- Pre- & post-birth support

### CenteringPregnancy: A special kind of support during your prenatal care

We've seen firsthand that there are benefits to going through pregnancy with other moms-to-be. In fact, research shows that when pregnancy becomes a group experience, healthier babies can result.

This is why we're the first provider in the east-central region of South Dakota to offer the CenteringPregnancy program. Designed by a nurse midwife, this program brings together expectant moms (due around the same time) to share, support and learn from one another. The program includes educational materials, essential instruction, in-depth information and supportive gatherings in addition to your normal one-on-one time

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To Request an Appointment  
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\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

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***--specialized care for high-risk pregnancies, right here close to home***

While pregnancy can be an exhilarating experience, it can also cause unexpected frustration, worry and anxiety if things don't go exactly as planned. To be as prepared as possible, you also need doctors with the training to meet any potential challenges. Our board-certified OB/GYN specialists provide full pregnancy care, including caring for women with high-risk pregnancies, right here in Huron, SD.

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 healthy, successful pregnancy and delivery.

To schedule an appointment with one of Huron's board-certified women's health specialists, call 000-000-0000 or request an appointment using our easy ~~online form~~.

# Labor & Delivery

## What to Expect: Labor and Delivery with the Women's Wellness Center

To Request an Appointment  
Call 605-554-1020

Or Use Our Easy Online Contact Form

Name	
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Best Date	
Please Contact Me	

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

At the Women's Wellness Center, our doctors are specialists who have been delivering babies for years. They know all of the aspects of childbirth and have helped women from all walks of life through the labor and delivery process many times. What's more, because our doctors and staff are all women, we know that labor and delivery can be a little intimidating. We take the time to make sure that your childbirth experience is as comfortable and rewarding as possible.

### We're here to help you prepare

Giving you the personal care you need to help you get comfortable starts with a series of prenatal care visits at our office. During the first six months of pregnancy, you'll visit about once a month. After that, your visits will ~~become more~~ <sup>be</sup> frequent. Right before the baby is born, we'll see you every week.



### Is it really time?

It's not always easy to know when the baby is coming. It makes sense to go to the hospital when any of the following things happen:

- Contractions become more frequent, last longer and are more intense
- Your water breaks or membranes rupture
- You need to wear a pad because of vaginal bleeding
- Pain increases or changes, especially when you have a lot of abdominal pain

Some of these symptoms can also happen in cases of early, or pre-term, labor. Other symptoms of early labor include:

- Leaking fluid or bleeding from your vagina
- The sensation that the baby is pushing down
- A backache that is different from the usual backache of pregnancy
- Cramps that feel like menstrual cramps

### What to expect when you arrive

If you go to the hospital for any of the above reasons, please go directly to the Emergency Department. ~~How to get there~~ <sup>delete</sup> ~~When you arrive~~ <sup>capitalize</sup>

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...labor and delivery instead. Either way, when you get settled, a nurse will place a fetal monitor on your baby to check baby's heart rate and measure your contractions. You may also be tested to see if amniotic fluid is present. There will be a cervical check too, to see if you've dilated.

When your contractions seem strong, amniotic fluid is present and your cervix is changing, you'll be admitted to deliver the baby. If those indicators aren't happening, you may be sent home, but you'll probably be back soon.

### ***What happens after admission***

If you're admitted, you'll be assigned a labor and delivery nurse who will stay with you as you go through labor. You may get medication to manage pain (that's a choice you can make with your doctor). As your contractions increase, nurses will put monitors on you periodically to check on baby's heart rate and your contractions, or a nurse may keep the monitors on your belly while you're in bed.

You may also see your doctor at this point. Remember, you could be in labor for hours, so the nurse will be with you more than the doctor will.

After a while, the contractions will become intense and increasingly close together. Then you'll have an urge to push. You shouldn't push yet — but it's almost time, and you should make sure the nurse or your doctor is close by. Always follow the instructions from your doctor or nurse. They will tell you when to push and how much. They'll also help guide your baby out into the world. Then — you're a mom!

If you have questions about any aspect of pregnancy, or if you'd like other information on prenatal care or labor and delivery, just give us a call at 000-000-0000. You can also call that number to schedule an appointment with one of our doctors. Or request an appointment using our convenient online form.

# Gynecology

## For Lifelong Good Health, Trust Huron's Board-Certified Gynecology Doctors

Caring for you as a whole person for your whole life — that's the philosophy at the Women's Wellness Center. You can count on us for personal, comprehensive and convenient care because we are Huron, South Dakota's premier center for women's health care.

### Your individual needs, in focus

If you're seeking board-certified OB/GYN specialists in the Huron area, you've come to the right place. With us, you get access to state-of-the-art healthcare solutions to help you have and maintain your optimal health throughout every stage of your life.

As a woman, your needs are very specific and very personal. That's why we focus directly on you. As our patient, you receive an exceptional level of attention and individualized, state-of-the-art gynecology treatments and well woman care.

In short, we are ready to help you feel good and be healthy. If you'd like to learn more about the expert gynecology services we offer, visit these detailed pages:

- Well-woman care
- Minimally-invasive treatments — ~~well woman~~ link doesn't work
- Gynecological surgery

### Understanding your needs, in depth

At the Women's Wellness Center, we don't give patients a quick once-over, write a prescription and send them on their way. When you are our patient, you're important to us. Your health history, your specific symptoms and your concerns will be discussed in detail. You'll be listened to attentively and examined thoroughly. If you need tests, we'll order them judiciously. Then (and only then) we'll provide a diagnosis and treatment to help you be healthy.

You'll receive complete explanations of our findings in a way you can understand. You'll be given information in a way you can use. When you leave our office, you'll know what you need to know about your medical condition and the procedures we'll use to treat it. And, if you have questions, we'll be here to answer them.

### Complete, specialized GYN care from trained, credentialed gynecologists

Our board-certified gynecologists have the specialized background and training to help you achieve and maintain optimal health throughout your lifetime with comprehensive

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Appointment  
Call 605-554-1020

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Name	
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\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

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- First gynecologic visit for teens
- Annual well-woman exams
- Contraceptive counseling
- Implantable contraceptives
- Gynecology surgery and minimally invasive treatments
- Blood pressure, cholesterol, thyroid & diabetes screenings
- Breast cancer screening
- Cervical cancer screening
- Sexually transmitted infection counseling & screening
- Immunizations
- Menopause management
- Osteoporosis prevention & treatment

### ***Special osteopathic treatments for your gynecology concerns***

At the Women's Wellness Center, our comprehensive services extend beyond standard gynecology treatments. Dr. Castellanos is a trained doctor of osteopathy and is an expert in osteopathic manipulative treatment (OMT). This safe, effective treatment option can often complement, and sometimes replace, medication or surgery. OMT can address a range of conditions, helping to ease pain, promote self-healing, improve spinal and soft-tissue health, improve circulation, reduce stress and increase overall mobility.

To schedule an appointment with one of our board-certified women's health specialists, call 000-000-0000 or request an appointment [online](#).

# Well - Woman Care

## Well-Woman Care with a Whole-Woman Approach in Huron, SD

To Request an Appointment  
Call 605-554-1020

Or Use Our Easy Online Contact Form

Name
Email
Phone Number
Best Date
Please Contact Me

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

At the Women's Wellness Center, we recommend that you have a well-woman visit every year. And, because our doctors are board-certified OB/GYN specialists who take a whole-woman approach, we make sure your annual exam is focused on you ~~and your reproductive health~~ — and on your body as a whole. Experience tells us that this type of preventive care can keep a woman healthy through every stage of her life.

### Prevention starts when a woman is young..

We often start well-woman care when our patients are teenagers as young as 13 or 14. At this age, your visit may start with a talk with your doctor about your health, your medical history, your family's medical history and what's going on in your life. During your visit, you'll also be given a regular physical exam.

This might be a good time to talk about your period and answer any questions you may have about your physical health. The doctor may recommend some tests or even give you a vaccine injection. This can also be a good time to start discussing birth control and other sex-related issues.

### ...and continues through every stage of life

For older patients, well-woman care can include pelvic exams, Pap tests, breast exams and mammograms in addition to a basic medical history and physical exam. The conversations you have with your doctor during these visits might focus on your reproductive health and your emotional health, as well as on physical issues such as:

- Menstruation
- Medical conditions related to your vagina or vulva
- Other medical conditions
- Sexual activity
- Birth control
- Pregnancy
- Sexually transmitted diseases
- Menopause
- Aging processes

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- Alcohol, drug use or smoking
- Allergies and infections
- Any surgery you might have had or might need

During your well-woman exam, it's important to ask all the questions that you can think of and get as much information as you need. The goal is make sure you are as healthy as you can be, today and tomorrow.

### ***We strive for an in-depth understanding of you and your health***

At the Women's Wellness Center, we take time to understand you and to get a clear, full picture of your health. When you leave our office, we want you to know everything you need to know. And, as always, we're here to answer any questions you may have.

To schedule a well-woman exam with one of our board-certified women's health specialists, call 800-000-0000 or request an appointment using our convenient online form.

# Minimally Invasive Treatment

## Minimally Invasive Techniques Reduce the Burden and Impact of Treatment

As residency-trained and board-certified OB/GYN specialists, our doctors provide care that's state-of-the-art, yet keeps your personal comfort and long-term health clearly in focus. Our goal, whatever your health status, is to treat you as effectively, safely and quickly as we can, with the minimum impact.

So, while we do our best to avoid surgery whenever possible, there are times when a woman may need advanced gynecologic care to treat her condition. When a surgical or diagnostic procedure is needed, our doctors always recommend leading-edge, less-invasive methods. ~~Dr. Sara Castellanos and Dr. Elise Brock~~ are both OB/GYN surgical specialists who are highly trained in today's most advanced laparoscopic and hysteroscopic technologies.

## The benefits of less-invasive treatments

In specific terms, these advanced techniques are designed to reduce your pain and recovery time. We make very small incisions and minimize scarring. We are passionate about providing the most effective alternatives to traditional open surgery so you can get back to your normal life as soon as possible.

Whether patients have endometriosis, fibroids, ovarian cysts, bladder leakage, pelvic organ prolapse or pelvic pain, our practice is always seeking quicker, easier treatments. If major intervention is needed to perform hysterectomies, endometriosis surgery, gynecologic or pelvic reconstruction or fibroid removal, we ~~are~~ ~~constantly pushing for shorter hospital stays and a more comfortable overall experience.~~ Our doctors are continually learning and refining the latest, most minimally invasive approaches.

Some of these less invasive techniques can be performed within hours and patients can return home the same day.

Our board-certified gynecologists offer their utmost to care for you and your healthcare needs. We are dedicated to providing you the most advanced healthcare solutions so you can have and maintain optimal health through all stages of your life.

To explore the benefits of minimally invasive treatment, call ~~000-000-0000~~ You can also request an appointment with our women's health specialists online.

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Best Date	<input type="checkbox"/>
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add -  
want you to have a more  
comfortable overall experience  
with shortened recovery time  
in the hospital.

WOMEN'S WELLNESS CENTER  
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# Surgery

## For Gynecologic Surgery, Trust Huron's Board-Certified Women's Health Specialists

**Dr. Sara Castellanos and Dr. Elyse Brock** are board-certified OB/GYN surgical specialists in Huron, MI, offering specialty expertise in obstetrics and gynecology as well as surgical knowledge. Their goal, whatever your health status, is to treat you as safely and quickly as they can, with a minimum impact.

That's why they are continually learning and refining their understanding of the latest minimally invasive surgical options to meet your individual needs. In specific terms, these advanced techniques are designed to reduce your pain, use very small incisions, produce less scarring, and shorten your recovery time so you can get back to your normal life as soon as possible.

We are passionate about providing the most appropriate, most effective alternatives to treat many conditions, including:

- Endometriosis
- Fibroids
- Ovarian cysts
- Bladder leakage
- Pelvic organ prolapse
- Pelvic pain

There are times, however, when traditional open surgery will be the right choice for your situation. If major intervention is needed, Dr. Castellanos and Dr. Brock are both extensively trained in many sophisticated surgical interventions, such as:

- Hysterectomies
- Endometriosis surgery
- Gynecologic or pelvic reconstruction
- Fibroid removal

## Surgical procedures to treat a range of conditions

Our doctors perform procedures to address conditions related to oncology, fetal medicine, pelvic medicine and reconstructive surgery.

- Gynecologic oncology deals primarily with cancers of the uterus, ovary, cervix, and vulva.

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• Fetal procedures are used to treat pregnant women with complicated medical conditions such as preterm labor.

• Pelvic medicine and reconstructive surgery treats women with pelvic organ prolapse, bladder leakage and similar disorders.

Some of the specific procedures we offer include:

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

## An advanced approach to care

At the Women's Wellness Center, we are always seeking safe, effective treatments that make things easier for patients like you.

Would you like more information about the care offered by our highly trained specialists? Simply call us at 000-000-0000. You can also request an appointment with our women's health specialists by using our easy online form.

Fertility

## Trying to Have a Baby? Start Your Fertility Success Story Here.

At the Women's Wellness Center, our all-female doctors and clinical staff offer a whole-woman approach to care in a supportive, compassionate, family-focused environment — and this includes helping your family to grow. You'll get high-quality fertility care and access to the most advanced treatments. On your journey to motherhood, we'll do everything we can to help you.

If you've been trying to conceive for at least 12 consecutive months and are concerned about your fertility, the Women's Wellness Center can help. And we're right here in Huron, SD, so you won't need to travel far for access to the specialized, effective care you need to bring a new child into the world.

### Individualized fertility services, designed just for you

The decision to start a family can begin a brand new, exciting phase of life. Then, if your pregnancy test is positive, everything can change in an instant. You'll know a baby is on the way and suddenly life can be filled with happiness, hope and excitement for what the future will bring. The Women's Wellness Center can be the partner you need during your fertility journey. We'll help you achieve your goal by providing the most positive experience we can.

When it comes to adding a child to your family, our top priority is to give you the best chance for success. Our board-certified OB/GYN specialists combine high-level clinical expertise, a long track record of effectively treating infertility, and very personal caring and compassion. Our fertility services include:

- Fertility evaluations
- Infertility treatment & monitoring
- Patient education & extensive resources for infertility
- Osteopathic manipulative treatment (OMT) to complement fertility treatments

### Get started on the road to fertility

Your first visit to the Women's Wellness Center is dedicated to getting to know you better. We want to understand your struggle and your medical history. During this visit, you will 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.

To Request an Appointment  
Call 605-554-1020

Or Use Our Easy Online Contact Form

Name	<input type="text"/>
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\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

Add bullet

• In-house intrauterine insemination (IUI)

X  
Add:  
(or 6 months if older than 35)

X

## 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.

To request an appointment, call 000-000-0000. You can also use request an appointment using our convenient online form.

link to OMT page

# Osteopathy

## Osteopathic Medicine: Specialized, Patient-Focused Care

At the Women's Wellness Center, we're dedicated to providing you the highest quality, most comprehensive and compassionate treatment we can. Our capabilities include Dr. Castellanos' background and training in osteopathy, a medical discipline that is focused on treating the whole patient and has long been recognized as safe and effective.

Dr. Castellanos' degree in osteopathic medicine underscores her view that every person's health — and every illness — is unique. As a doctor of osteopathic medicine, Dr. Castellanos is able to provide a type of patient-focused care that can complement, and sometimes replace, the use of pharmaceutical medications or invasive surgery.

### OMT — a different kind of therapy

As part of her osteopathic training, Dr. Castellanos has achieved a high level of expertise in osteopathic manipulative treatment (OMT). This therapy provides nonsurgical treatment that promotes self-healing and can help people of all ages and backgrounds, from the youngest to the oldest.

For example, patients who experience muscle pain or are limited in their mobility may need this "whole ~~body~~ patient" approach to their care. Dr. Castellanos can treat a wide range of conditions using OMT, including:

- Asthma
- Ear and sinus disorders
- Carpal tunnel syndrome
- Migraines
- Irritable bowel syndrome
- Menstrual pain

OMT can ~~also~~ often complement fertility treatments. The therapy helps improve circulation and reduce stress, and it helps your body perform the most natural and normal processes of conception and pregnancy.

What's more, recent research has found that OMT can ~~also~~ often benefit patients with low back pain and balance issues. OMT has also been used to improve outcomes for elderly, hospitalized patients being treated for pneumonia.

In addition, Dr. Castellanos uses OMT as an effective pain-

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\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

In addition, Dr. Castellanos uses OMT as an effective pain-reducing therapy that can allow patients to avoid using prescription pain medications such as opioids.

### ***How does OMT work?***

Osteopathic doctors have an in-depth understanding of the body's interconnected system of nerves, muscles and bones. They work with the body's own structure to help it heal itself.

During OMT, Dr. Castellanos gently applies a precise amount of manual pressure in a specific direction. The pressure is used to relax the tissues or to stimulate them to:

- Treat structural and tissue problems in the vertebrae, muscles, myofascial structures, etc.
- Relieve joint restriction and misalignment
- Restore muscle and tissue balance
- Promote the movement of bodily fluids

By combining her advanced knowledge of state-of-the-art medical care with the "whole body" approach of OMT, Dr. Castellanos is able to deliver a level of women's health care and wellness treatment that's unmatched in Huron, SD.

To request an appointment or to learn more about osteopathy and OMT, call 600-000-0000. You can also use our easy online form.

# Patient Resources

## Resources to Help You Stay Healthy

At the Women's Wellness Center, we're devoted to your personal health and well-being, regardless of your age or health status. We take a whole-woman approach to your care that's designed to help you have optimal wellness and a balanced, beneficial quality of life.

We are passionate about disease prevention, and we want to empower you to make the best decisions for your wellness. That's why we do everything we can to help you make smart decisions about your medical care, including offering useful educational and informational resources to every woman we treat.

In addition to the individualized information and counseling we provide you every day, we make your experience here more comfortable and efficient with a number of useful patient resources, including:

- **Patient Portal** – Get convenient, easy-to-use access to your personal patient information, appointment schedule, billing account and more.
- **Blog** – Stay informed about women's health and how you can live well and stay healthy through every stage of your life by reading our frequently updated blog.
- **Forms and Documents** – Download, print and complete your new patient forms and other important documents and releases.
- **FAQ** – Get answers to our most frequency asked questions.
- **Online Links** – Connect with useful online resources on subjects related to pregnancy, gynecology and women's health.

If you have questions, need to get in touch with us, or would like to schedule an appointment to see our doctors, call us at 800-000-0000. You can also request an appointment using our easy online form.

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

To Request an Appointment  
Call 605-554-1020

Or Use Our Easy Online Contact Form

Name	
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Best Date	
Please Contact Me	

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

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to pages

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To Schedule An Appointment,  
Call 605-554-1020

## Patient Portal

# Access Your Account Information Online Through Our Patient Portal



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Leslie send

The Women's Wellness Center provides you an easy-to-use patient portal page where you can log in to your account, access your patient information, see your scheduled appointments, fill out forms and more.

You can log in to your patient portal page by clicking here. (NEED LINK TO SIGN IN PAGE)

http://www.womenswellnesscenter.org/patientportal

<input type="text"/>	Name
<input type="text"/>	Email
<input type="text"/>	Phone Number
<input type="text"/>	Best Date

Or Use Our Easy Online Contact Form

To Request an  
Appointment  
Call 605-554-1020

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**Contact**

Address

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

Phone: 605-554-1020  
Fax: 605-554-1020

**Links**

Home

About

Doctors

Insurance

Obstetrics

Gynecology

Fertility

Osteopathy

Contact

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Please Contact Me

Best Date

Phone Number

Email

Name

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To Request an Appointment  
Call 605-554-1020

*Ignore this*

Search

Sorry, no results were found.

Get up-to-date information about gynecology, pregnancy care and many other women's health topics here.

Thanks for visiting our blog!

Get the Latest News About  
Women's Health from Women's  
Wellness Center

Blog

To Schedule An Appointment,  
Call 605-554-1020

# Insurance

## Your Insurance Plan and Healthcare Coverage at the Women's Wellness Center

At the Women's Wellness Center, your well-being is our priority. That's why we accept most major health insurance plans and coverages. We're also glad to work with you on insurance options that may be available and help you sort things out if you have questions about your plan or coverage.

Below is a list of the many insurance plans we accept. But insurance carriers and plans can and do change. So, if you don't see your insurer listed on this page, please call us at 605-554-1020. We'll be glad to talk with you.

- America's PPO
- Avera Health (Not including Avera Select)
- Coventry Health Care/First Health
- Dakotacare
- First Choice of the Midwest
- GEHA (Government Employees Hospital Association)
- HealthPartners
- Humana Choice Care Network
- Integrated Health Plan, Inc.
- Medica
- Everence
- Midlands Choice
- Sanford Health (Not including Sanford Elite)
- SelectCare
- TLC Advantage
- United Healthcare
- Wellmark (Blue Cross/Blue Shield)

Please be sure to bring your insurance cards every time you come to the office. And please tell our staff whenever you have a change of insurance.

To schedule an appointment to see our doctors, call us at

To Request an Appointment  
Call 605-554-1020

Or Use Our Easy Online Contact Form

Name	
Email	
Phone Number	
Best Date	
Please Contact Me	

\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

## Forms & Documents

### Forms and Documents Used by The Women's Wellness Center

At the Women's Wellness Center, our caring specialists and staff are dedicated to making your care as convenient and easy as we can. Please refer to this list of important forms and documents you may need to use. Please also download, print, complete and bring the appropriate forms with you on your first visit as directed by our staff.

- New Patient Information
- Health History Form
- HIPAA / Privacy Policy
- Other patient forms and/or documents are needed *Will send form*
- Authorization to Release Patient Records? *Will send form*
- ~~Authorization to Obtain Patient Records~~
- ~~Other physician selected forms and/or documents are needed~~

If you have any additional questions regarding forms, or would like to schedule an appointment, call the Women's Wellness Center today at 605-554-1020. You can also request an appointment using our easy online form.

If you have any additional questions regarding forms, or would like to schedule an appointment, call the Women's Wellness Center today at 605-554-1020. You can also request an appointment using our easy online form.

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Name

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Phone Number

Best Date

Please Contact Me

*Will send form*  
\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

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X

## FAQ

### Questions and Answers for Patients at The Women's Wellness Center

When you visit the Women's Wellness Center, you'll interact with our caring specialists and staff. In the meantime, you may have questions, some of which may be among our most commonly asked, which are answered below.

You can also reach us directly by calling: 605-554-1020.

#### How old should I be when I first start seeing a gynecologist?

In our practice, we often see patients as young as 13 or 14, and stay with them as they go through life's stages.

#### When should I schedule my first prenatal visit?

If you've had a positive home pregnancy test, give us a call. We will schedule an appointment for you approximately eight weeks from your last menstrual period.

#### What medications can I safely take when I am pregnant?

You can take prenatal vitamins, most of which are now available without a prescription. For any other medications, vitamins, herbal remedies or supplements, check with us before taking them.

#### What do I need to know about menopause?

Menopause marks the end of a woman's childbearing years. It's a natural life change that usually occurs around age 50, but can happen earlier or later. If you haven't had a menstrual period for a full year or if you'd like to get more information about menopause, talk with us.

#### What insurance plans does the Women's Wellness Center accept?

We accept most insurance plans. For a list of approved plans, visit our Insurance page.

#### How do I log in to my Women's Wellness Center account?

You can visit your personal patient portal by logging in here.

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Call 605-554-1020

Or Use Our Easy Online Contact Form

Name	<input type="text"/>
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\*We'll contact you shortly to confirm an appointment time convenient to your schedule.

will send link to patient portal

Links

Looking for Information about  
Women's Health and Wellness?  
Start with these links.

capitalize

Would you like more information about Women's Health and wellness? You can find discussions about family planning, breast feeding, osteopathic care and more at the links below.

- ACOG Patient FAQs
- Mayo Clinic
- Centering Pregnancy - Centering Healthcare Institute
- American Osteopathic Association
- La Leche League
- American Academy of Osteopathy
- Additional links needed!

If you have additional questions or concerns about your health, or would like to schedule an appointment, call the Women's Wellness Center today at 605-554-1020. You can also request an appointment using our easy online form.

If you have additional questions or concerns about your health, or would like to schedule an appointment, call the Women's Wellness Center today at 605-554-1020. You can also request an appointment using our easy online form.

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Appointment  
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Or Use Our Easy Online Contact Form

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Contact

X

Contact The Women's Wellness Center 

WOMEN'S WELLNESS CENTER — update logo  
Obstetrics • Gynecology • Infertility • Osteopathy

Phone: 605-554-1020

X

142 3rd St.  add period St.  
Suite 2  
Huron, SD 57350

X

On 3rd St a block and a half east of Dakota Ave. add period St.

**Business Hours:**

X

Monday - Thursday: 9am - 4pm. 9 a.m. - 4 p.m.

X

Friday: 9am - 4pm. 9 a.m. - 2 p.m.

X

**Patient-first, family-friendly care & convenience**

*Clinical*

- All-female doctors and staff
- Compassionate, individualized care
- Focused on patient education & service
- Most insurance plans accepted
- Visa, MasterCard & Discover welcome
- Spanish & Karen interpreters available

X

Get the specialized Women's Health care you deserve, right here in Huron.

To request an appointment, complete the form below:

Name
Email
Phone Number
Best Date <input type="checkbox"/>
Please Contact Me

\*Required field.