

Some links are linked to home. healthand success. net and some are linked to huranobgyn.com

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About Women's Welfness Center

## Genuine caring with a specialist's touch

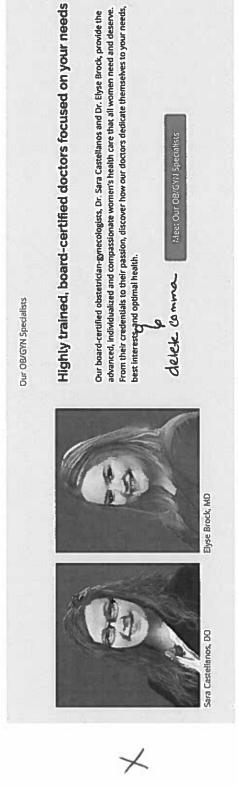
Looking for the high-level specialized OB/GYN care you'd get in a big city? Then you're in good hands right here close to home at Women's Wellness Center. Our women's health specialists combine up-todate knowledge, in-depth experience and genuine caring and understanding **Geryoer** for accurate diagnoses,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

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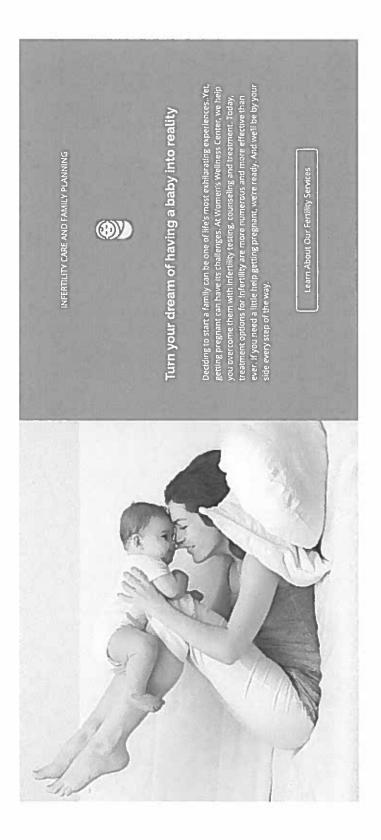
X GNNENDERCEARE Gynelologic

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 women's health concern.







Minimally Invasive Treatment & Surgery

# Get relief and resolution with less impact and better outcomes

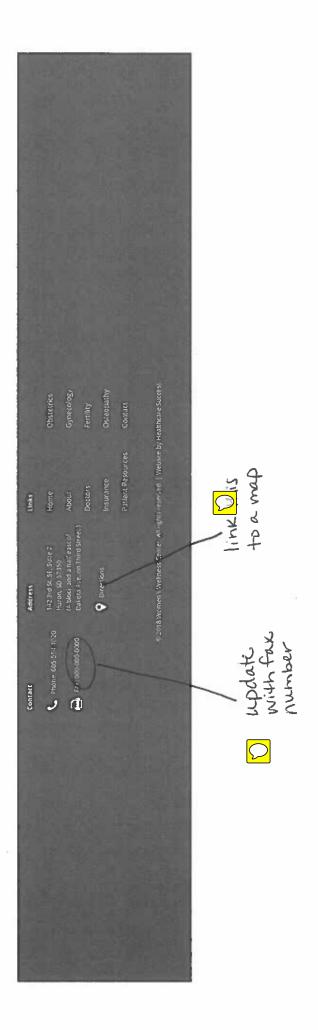
As residency-trained and board-certified OB/GYN specialists, our doctors provide state-of-the-art solutions to resolve your problem safely, quickly — and with the fewest side effects and shortest recovery possible. We offer leading-edge minimally invasive treatments and surgical procedures so you can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

Learn More About Minimally Invasive Treatment



Osteopathic Therapy	Ease pain, release tension and increase flexibility with specialized therapy	To help ease pain, promote self-thealing 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 Olif Help?	To Request an Appointment Call 605-554-1020 or Use Our Easy Online Contact Form	Name	Phone Number	Best Date Rese Contact Me	We'l contact you shortly to confirm an appointment time convenient to your schedule.	IVOATAVIS IVEIA.NESS CENTER Obatikis + Graveleg, + Iduella, + Oscepala
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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 boardcertified obstetrician-gynecologists are dedicated to providing state-of-the-art, individualized healthcare solutions from famity 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-worman 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
Dr.

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As specialists, <u>Der</u>. Sara Castellanos and Elyze Brock focus on the full range of wormen's health conditions. At the Women's Wellness Center, we believe every worman's healthcare needs are Important and unique.

### Providing high-quality care and leadingedge technologies

X We are proud to be leaders in womerr's health care in the South Naknia's east-reminal region offering. Hwo words

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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 & biadder leakage therapies Well make sure you go the fight 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.

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## 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, 5D. 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 hord 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, rionsurgical option that can often complement, and sometimes replace, medication or surgery. OMT can also often complement ferulity tratments. The therapy helps improve circulation, reduce strescand help your body perform the most natural and normal processes of conception and pregnancy.

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#### 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, ultrasoundrynd a number of types of gynecological surgery. We offer:

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

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- All-femate team (doctors and haft)

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Compassionate, individualized care

Strong focus on patient education & service

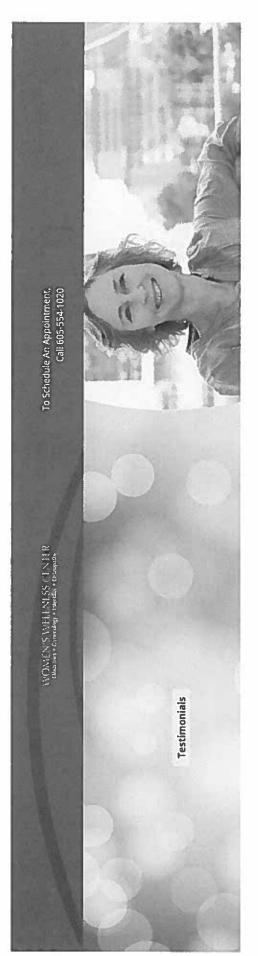
Spanish and Karen interpreters available

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

To request an appointment, calt 000-000-0000, Yeu can also request an appointment with our casy online form.

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

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

#### 20.5 メイ

best chance for a lifetime of good health. They believe in wellness committed to making sure every woman under their care has the 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 Weilness Center, Des Castellanos and Brock will walk beside you understand your treatment options and give you what you need passionate about education and are here to provide whatever to make informed decisions about your own health. They are throughout your entire weitness journey. They will help you guidance, resources or information you need.

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Sara Castellanos, DO

Board-Certified in Obstetrics and Gynecology



Board-Certified in Obstetrics and Gynecology

Elyse Brock, MD

To schedule an <u>appointment with</u> one of our women's health specialists, cal 000-0000 of request an appointment using our easy online form

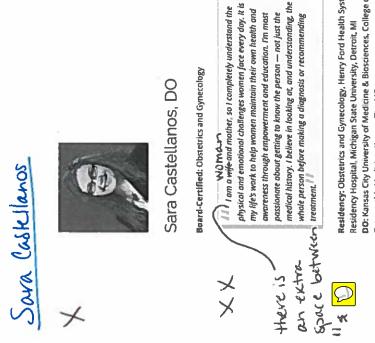
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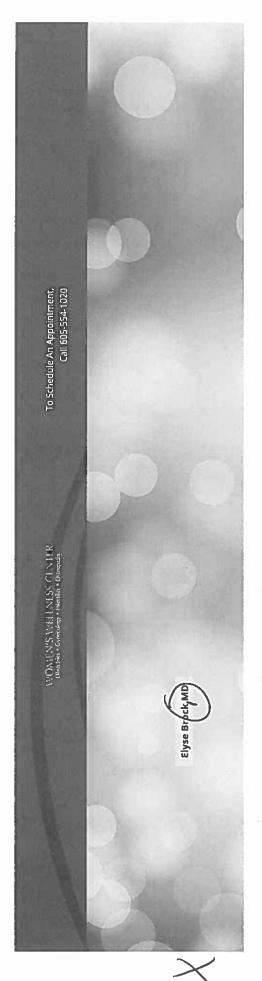
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> Residency: Obsterrics and Gynecology, Henry Ford Health System Residency Hospital, Michigan State University, Detroit, MI DO: Kansas City University of Medicine & Biosciences, College of OSteopathic Medicine, Kansas City, MO OSteopathic Medicine, Kansas City, MO BS: Health & Wellness, University of Minnesota, Minneapolis, MN Founder: Women's Wellness Center Member: American College of Osteopathic Obsterricians & Gynecologists, American College of Osteopathic Obsterricians & Gynecologists, American College of Osteopathic Obsterricians & Gynecologists, American Academy of Family Physicians, American College of Osteopathic Family Physicians, Christian Medical & Dental Association

To selvertoke an appointment to see Dr. Castellanos, call 000-0000-0000 You can also request an appointment using our casy ontime form.

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### Elyse Brock, MD

Board-Centifled: Obstetrics and Gynecology

M For me, OBVGWN 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 copabilities 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 mony stages of their lives, building relationships and developing continuity of care to achieve their goals. And as a turnon native, i feel that it is very important to have this level of care right here in our community.

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Residency: Obstetrics and Gynecology, University of Iowa Hospitals and Clinics, Iowa City, IA MD: University of Minnesota Medical School, Minneapolis, MN BA: Blology and Family Studies, Magna Cum Loude, St. Olaf

Callege, Northfield, MN Member: American Medical Association, South Dakota Medical Association, American College of Obstetricians and Gynecologists To schedule an appointment to see Dr. Brock, car 000-000-0000. You can also request an appointment using our easy ontime Torm.

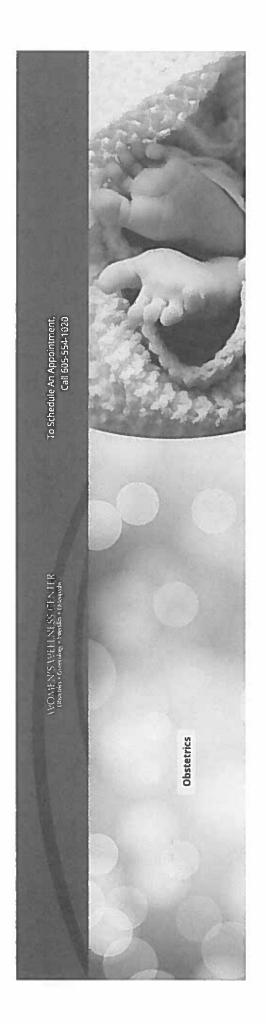
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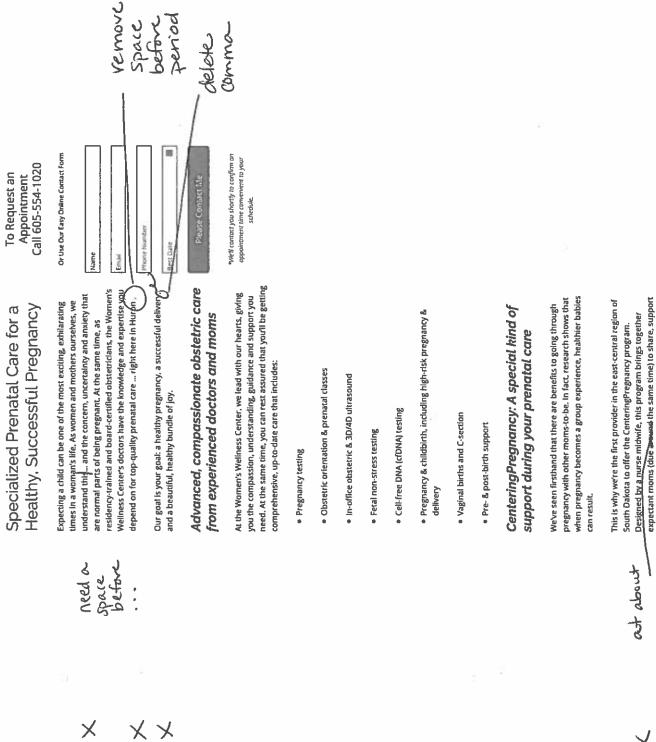
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supportive gatherings in addition to your normal one on one time

and learn from one another. The program includes educational materials, essential instruction, in-depth information, and

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#### ...pecialized 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 hoard-certified OB/GYN specialists provide full pregnancy care, including caring for women with high-risk pregnancies, right, here in Huron, 50.

Women with pre-existing medical conditions like diabetes, high blood pressure, thyroid disorders, heart disease or cancer are at a heightened risk for romplications like preedampsia, 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 <u>one of Lytron's</u> board-certified women's health specialists, cell 000-0000 or request an appointment using our easy ontime form.

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Lobar & Delivery

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

Wellness Center

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 At the Women's Wellness Center, our doctors are specialists who make sure that your childbirth experience is as comfortable and aspects of childbirth and have helped women from all walks of have been delivering babies for years. They know all of the rewarding as possible.

Clinical

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## We're here to help you prepare

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

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

Some of these symptoms can also happen in cases of early, or

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

What to expect when you arrive

nichtenennennen ministernen ennennen uten E Capitalize If you go to the hospital for any of the above reasons, please go defet directly to the Emergency Department, However, a chiege marse

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You need to wear a pad because of vaginal bleeding

 Pain increases or changes, especially when you have a lot of abdominal pain

pre-term, labor. Other symptoms of early labor include:

pregnancy

Cramps that feel like menstrual cramps

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uter and televery instead. Fither العمال المعالم المعالم a nurse will place a fetal monitor on your المعالم to check baby's nurse will place a fetal monitor on your العمال to check baby's theat rate and measure your contractions. You may also be tested to see if amniotic fluid is present. There will be a cervical check bo, to see if you've dilated.

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After your contractions seem strong, anniotic fluid is prevent and your term is changing, you'll be admitted to deliver the baby. If those indicators aren't happening, you may be sent bothe, 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 bely 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 momi If you have questions about any aspect of pregnancy, or if you'd like other information on promital care or labor and delivery, just give us a call of 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.

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

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

## Your individual needs, in focus

maintain your optimal health throughout every stage of your life. 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

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

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

Well-woman care

menter link doesn't work Minimally invasive treatments

## Understanding your needs, in depth

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

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

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

nnsimul hautsh shencehace bace lifetima wish namonshanda background and training to help you achieve and maintain Our board-certified gynecologists have the specialized

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Gynecological surgery

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- Hrst gynecologic visit for teens
- Annual well-woman exams
- Contraceptive counseling
- Implantable contraceptives
- Gynecology surgery and minimality nvasive treatments

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- 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 pair, promote self-healing, improve spinal and soft-sistue health, improve circulation, reduce stress and increase overall mobility.

To schedule an appointment with ane of Hunon's board-certified women's health specialists, call 000-000-0000 or request an appointment online.

## Wull-Woman Care

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

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

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

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We often start well-woman care when our patients are teenagers family's medical history and what's going on in your life. During 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 your visit, you'll also be given a regular physical exam.

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

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

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

Menstruation

Medical conditions related to your vagina or vulva

Other medical conditions

 Sexually activity drunge to Sexual

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Birth control

Pregnancy

Sexually transmitted diseases

Menopause

Aging processes

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Alcohol, drug use ar smoking

Altergles and infections

Any surgery you might have had or might need

During your well-woman exam, it's important to ack 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.

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

At the Women's Welfness 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 <u>pLHUTOWE</u> boardcertified women's health specialists, call (000-000-0000) ar request an appointment using our convenient online form.

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Minimally Invosive 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 leadingedge, less-invasive methods. Bet Sara Castellanos and fiyse Brock are bobh OBVGYN 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 ilfe as soon as possible.

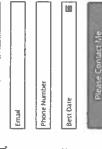
Whether patients have endometriosis, fibrolds, ovarian cysts, bladder leakage, pelvic organ prolapse or pelvic pain, our practice is always seeking quicker, easier treatments. If major intervention is needed to perform hysterectomles, endometriosis surgery, gmeeded to pelvic reconstruction or fibrold reproval, we are concernity puelvied or charter Inspit<u>al says end a more</u> concernity puelvied, or charter Inspit<u>al says end a more</u> concernity puelvied. Our doctors are continually earning 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 your can have and maintain optimal health through all stages of your life.

To explore the benefits of minimally invasive treatment, call cot0-000-0000 You can also request an appointment with our woments relatith specialists online.

To Request an Appointment Call 605-554-1020

Or Use Our Easy Online Contact Form



\*WeT8 contact you shortly to canfirm an appointment time comemient to your schedule. add want you to have a more combrable overall experience with shortened recovery time in the hospital.

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

Dev. Sara Castellanos and Elyse Brock are board-certified OB/GVN surgical specialists in Huron, Supfifering specialty expertise in obstetrics and gynecology as well as surgical knowledge. Their

understanding of the latest minimally invasive surgical options to goal, whatever your health status, is to treat you as safely and quickly as they can, with stee minimum impact. meet your individual needs. In specific terms, these advanced That's why they are continually learning and refining their

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incisions, produce less scarring, and shorten your recovery time techniques are designed to reduce your pain, use very small 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:

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

Endometriosis

Fibroids

Ovarian cysts

Bladder leakage

Pelvic organ prolapse

Pelvic pain

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

Hysterectomies

Endometriosis surgery

Gynecologic or pelvic reconstruction

Ebroid 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.

Or Use Our Easy Online Contact Form Call 605-554-1020 Appointment

To Request an

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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 leakagenand similar disorders.

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Some of the specific procedures we offer include:

Cervical, vuivar & 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 <u>caragiferent by</u> our highly trained specialists? Simply call us a 000-000-0000. You can also request an appointment with our wom<del>en's health sp</del>ecialists by using our easy online form.

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

your journey to motherhood, we'll do everything we can to help 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 At the Women's Weliness Center, our all-female doctors and clinical staff offer a whole-woman approach to care in a You.

you won't need to travel far for access to the specialized, effective care you need to bring a new child into the world. Wellness Center can help. And we're right here in Huron, SD, so monthsand are concerned about your fertllity, the Women's If you've been trying to conceive for at least 12 consecutive (or 6 months

Individualized fertility services, designed iust for you

then 35) if older

for what the future will bring. The Women's Wellness Center can you achieve your goal by providing the most positive experience phase of life. Then, if your pregnancy test is positive, everything suddenly llfe can be filled with happiness, hope and excitement be the partner you need during your fertlity journey. We'll help can change in an instant. You'll know a baby is on the way and The decision to start a family can begin a brand new, exciting we can. When it comes to adding a child to your family, our top priority is OB/GYN specialists combine high-level clinical expertise, a long track record of effectively treating infertility, and very personal to give you the best chance for success. Our board-certified caring and compassion. Our fertility services include:

Fertility evaluations

Infertility treatment & monitoring

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Patient education & extensive resources for infertility

 Osteopathic manipulative treatment (OMT) to complement fertility treatments

## Get started on the road to fertility

getting to know you better. We want to understand your struggle Your first visit to the Women's Wellness Center is dedicated to 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.

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· In-house intrauterine insemination (101)

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## 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.

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To request an appointment, calooo ooo ooon you can also use request an appointment using our convenient online form.

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Link to OMT Page



Osteopathic Medicine: Specialized, Patient-Focused Care At the Women's Weliness 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 wiew 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.

## $OMT - \alpha$ 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 the simulate pain or are limited in their mobility may need this "whale patent" 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

CMT can <del>also</del> 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 be of 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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In addition, Dr. Castellanos uses OMT as an effective painreducing therapy that can allow patients to avoid using prescription pain medications such as opiolids.

### How does OMT work?

Osteopathic doctors have an in-depth understanding of the bodys 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 pawanced knowledge of state-of-the-art medical care with the "whib<u>a bo</u>dy" 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.

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



#### Resources to Help You Stay Healthy

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

Name

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 We are passionate about disease prevention, and we want to 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. your new patient forms and other important documents and releases.

subjects related to pregnancy. gynecology and women's health. If you have questions, need to get in touch with us, or would like 000-000-0000. You can also request an appointment using our Je-schedeneran appointment to see our doctors, call us at easy online form.

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Forms and Documents – Download, print and complete

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Online Links – Connect with useful online resources on

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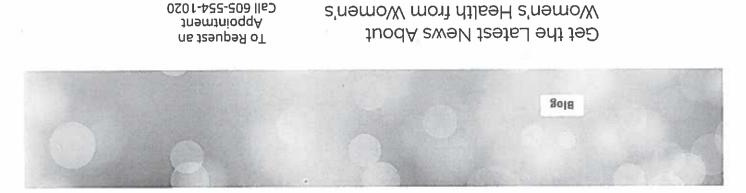
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## Insurance

Healthcare Coverage(at The Women's Wellness Center Your Insurance Plan and

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

Name

insurance carriers and plans can and do change. So, If you don't Below is a list of the many insurance plans we accept. But 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 Ellte)

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 stalf whenever you have a change of Insurance.

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

Appointment Call 605-554-1020 To Request an

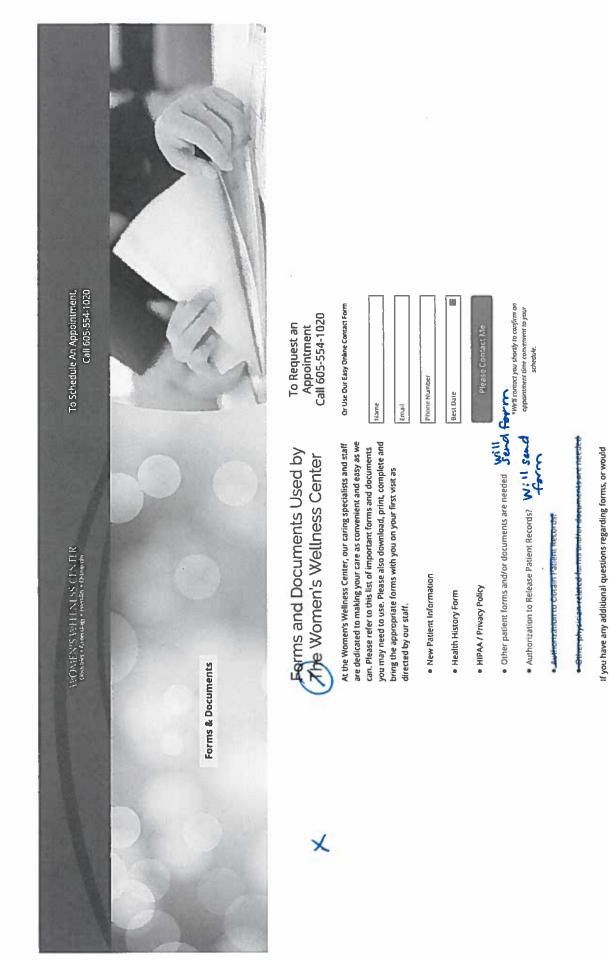
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If you have any additional questions regarding forms, or would like to schedule an appointment, call the Women's Wellness Center today at 605-554-1020. You can also request an appointment using our easy online form.



Questions and Answers for Patients at 7he Women's Wellness Center

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Call 605-554-1020 or Use Our Easy Online Contact Form

To Request an Appointment

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

Name Email

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

Phone Number

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

Best Date

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?

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

schedule.

Please Contact Life

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 womart'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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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 000-000-0000. 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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Contact The Women's Wellness Center

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Phone: 605-554-1020

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142 ard **659** Sulte 2 Huron, SD 57350

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

**Business Hours:** 

Monday - Thursday, Shin - 4m. - 4 P. M.

Fiday: Jam. - 2 p.m.

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Patient-first, family-friendly care & convenience

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Compassionate, individualized care

Focused on patient education & service

Most insurance plans accepted

Msa, MasterCard & Discover welcome

Spanish & Karen interpreters available

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

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To request an appointment, complete the form below:

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