



Resident Spotlight: Dr. Allyson Pel

For Dr. Allyson Pel, medicine represents both purpose and possibility. Born in Lakewood, California and raised primarily in Lilburn and Buford, Georgia, she has long been drawn to caring for others, particularly in communities where access to healthcare can make a lasting impact.

Pel completed her undergraduate studies at Davidson College and earned a graduate degree from Wake Forest University before attending medical school at PCOM–Georgia. Her interest in rural medicine, paired with Colquitt Regional’s affiliation with PCOM's South Georgia campus, ultimately led her to Moultrie.

Pel’s passion for healthcare began early and was shaped by watching her grandmother struggle with frequent illness. Wanting to understand disease and help others during vulnerable moments motivated her to pursue a career in medicine and continues to guide her work today.

When it came time to choose a residency program, Pel says Georgia South stood out immediately because of its culture and sense of community.

“From the interview day to the second visit, the culture and atmosphere immediately stood out to me,” she said. “I was searching for a second home, and I truly believe I found it here.”

Since beginning her residency, Pel describes her experience as challenging but incredibly rewarding. She credits the strong support system among faculty and fellow residents for helping her grow in confidence and skill.

Georgia South’s hands-on training model has been especially meaningful to Pel, who has a strong interest in procedures and values learning through direct experience and mentorship. She feels well supported as she prepares for independent practice and appreciates the accessibility of upper-level residents and faculty.

Family medicine appealed to Pel because of its variety and flexibility, allowing her to care for patients of all ages while keeping each day engaging.

“Family medicine offers endless opportunities,” she said. “Every day is different, exciting and dynamic. It felt like I didn’t have to choose just one path.”

Looking ahead, Pel is keeping an open mind about her long-term goals, with interests that include inpatient medicine and the possibility of fellowship training. She is excited to see how her path continues to evolve.

Outside of residency, Pel enjoys playing video games, cooking and spending time with her dog. An interesting fact about her is that she once met professional boxer Manny Pacquiao while shopping in California.

As she continues her training at Georgia South, Pel is grateful for the sense of support and community she has found and looks forward to serving patients throughout the region.