



## **Colquitt Regional Health System Resident Spotlight: Melissa Joseph, MD**

Originally born in New Jersey and raised in Florida, Dr. Melissa Joseph earned her undergraduate degree from the University of South Florida before attending medical school at St. George's University. She matched into the Georgia South Family Medicine Residency Program and relocated to Moultrie to begin her training.

Joseph chose a career in healthcare because of her passion for supporting patients during meaningful and vulnerable moments. "I enjoy taking care of people in vulnerable and sensitive moments," she said. "Family medicine allows me to build relationships with patients and provide continuity of care across different stages of life."

Georgia South stood out to Joseph because of the breadth of training opportunities offered through the program. "Georgia South gives family medicine residents a wide scope of experiences, procedures, and patient exposure, which I believe sets them apart from more urban residency programs," she said. "As an intern, I'm getting valuable exposure to situations I'll encounter in my future career, and I feel confident this program will help me become a well-rounded physician."

Her interest in family medicine is rooted in the specialty's versatility and patient-centered approach. Joseph is particularly passionate about obstetrical care and hopes it will be a major focus of her future practice. She also enjoys pediatrics and values the opportunity to care for patients across generations.

Initially, Colquitt Regional appealed to Joseph because of the strong obstetrics experience available within the residency program. “This residency encounters a high number of obstetrics patients compared to other programs,” she said. “After moving here, the supportive and cohesive environment of the medical staff and hospital employees has reinforced my desire to work here.”

Since arriving in Moultrie, Joseph says the transition to a rural setting has been a positive experience. “Everyone has been very welcoming and supportive, which has made a huge difference in my transition to living in a rural community.”

Some of her favorite memories so far include spending time with her fellow interns outside of work. “Any of our game nights or skate nights have been highlights,” she said.

Outside of medicine, Joseph enjoys karaoke, line dancing, roller skating, baking, and cake decorating. She also enjoys shopping and exploring local stores in her free time.

One interesting fact about Joseph: she was a member of the Trinidad and Tobago Olympic Tae Kwon Do team.