

## Rediscover Your Stride

Georgia Vascular Specialists helps Atlanta residents with vascular conditions get back on their feet.

Dr. Walaya Methodius-Rayford, Vascular Surgeon

**P**ain is the body's way of saying something's wrong. But sometimes people don't listen to what their body is trying to tell them until it's too late. It can start with a bit of tingling or discomfort while walking. Left untreated, though, painful conditions like varicose veins and unusual swelling can lead to complications, including ulcers and, in extreme cases, even amputations.

"Some of our new patients don't come in until the pain is so unbearable they can hardly walk," says Dr. Walaya Methodius-Rayford, a vascular surgeon with Georgia Vascular Specialists (GVS). "Unfortunately, other patients try to self-diagnose and manage their symptoms independently to no avail."

### A Holistic Approach

For nearly three decades, GVS has been a preferred option for Atlanta-area hospitals and physicians to refer patients in need of treatment for vein and peripheral arterial diseases. Ulcers and open sores sometimes accompany these conditions, and GVS—as one of the oldest private practice wound care clinics in Georgia—is highly experienced in treatment and prevention.

While treating vascular conditions is

at the heart of GVS's services, that's not all the practice's doctors do. "We're evaluating the entire picture. Once we start treating a condition, we take a holistic approach to patient care," Methodius-Rayford explains. "We monitor comorbidities and work with patients' referring physicians and various specialists." In the unfortunate cases in which amputation becomes unavoidable, clinicians at GVS even work with prosthetics manufacturers—but GVS goes the extra mile to prevent that outcome.

Following a wheelchair accident, other doctors recommended Teresa Thompson-Ekeocha's leg be amputated. "When I met Dr. Methodius-Rayford in the ER, I explained I was very averse to amputation," says Thompson-Ekeocha, age 40. "She was very kind and thorough. Not only did she help save my leg, she took time to help my family understand what my care entailed. I chose to continue treatment at GVS because she goes above and beyond."

Having two locations—one in the heart of the city and a second office in the suburbs of Atlanta—ensures the maximum level of service for GVS patients. In their Vascular Center, practice physicians are able to perform various minimally invasive

Long-time patient Cynthia Skipper recently developed an open wound the size of a grapefruit. As a certified Wound Care Specialist, Dr. Methodius-Rayford was able to heal and restore the health of Ms. Skipper's leg in an expeditious manner. "Dr. Methodius-Rayford is very thorough, and she has a great bedside manner. I really like having her as my doctor." Ms. Skipper credits the practice with saving her life—twice!

outpatient procedures that would prove more costly in a hospital environment. Surgeons are able to treat conditions ranging from peripheral artery disease to varicose veins on-site.

Methodius-Rayford says she and her colleagues take pride in helping people by making sure their patients understand their conditions and treatment plans, ensuring better outcomes. "Our patients are very appreciative of the care we take to reinstate their quality of life."

