

Lester Pola Alvarado, M.D.

LANGUAGES SPOKEN
English
Spanish

SPECIALTIES
Internal Medicine

EDUCATION
Universidad de Ciencias Médicas de la Habana
New York Medical College, St. Mary's General Hospital/Saint Claire's Health

PRACTICING SINCE
2022

ASSOCIATIONS
American College of Physicians
American Medical Association
Society of Bedside Medicine

MY CENTER

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“For me, practicing medicine is both a privilege and a promise—to heal when possible, to comfort always, and to serve those who need to be remembered and valued.”

About Lester Pola Alvarado, M.D.

Dr. Lester Pola Alvarado has always “felt a deep calling to practice medicine—to ease suffering and bring comfort.” He specifically chose to care for older adults because they are often overlooked. “Caring for seniors has taught me that medicine is not only about curing disease but also about preserving dignity and offering hope. Even when I cannot heal, I can listen, reassure, and make someone’s day a little better,” he explains. He adds, “For me, practicing medicine is both a privilege and a promise—to heal when possible, to comfort always, and to serve those who need to be remembered and valued.”

Besides caring for others, one of Dr. Pola Alvarado’s greatest joys is traveling and learning from different cultures.