

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



ESPERANZA STAFF SPOTLIGHT

Noel Ales, DO



Eating disorders have a profound impact on every system in the body. Because of this, eating disorder treatment is mandated to be multidisciplinary, including a physician as a key component of the team.

Noel Ales, DO, is Staff Physician for Esperanza. She meets with all partial hospitalization patients on a weekly basis to monitor medical progress. Dr. Ales graduated from Purdue University Magna Cum Laude, then earned her Doctor of Osteopathic Medicine degree from Des Moines University. She spent the next six years at Walter Reed Army Medical Center, completing her Internal Medicine Internship and Residency and a Fellowship in Allergy/Immunology, then practiced at BAMC for four years before spending nine years in a civilian practice in San Antonio.

“Eating disorder patients are unique. Their disorders are complex with a deep mind and body connection. I am committed and passionate about helping Esperanza patients heal both physically and emotionally,” Ales said. She is continuing her medical training under the supervision of Dr. Jennifer Gaudiani, MD, Certified Eating Disorder Specialist and Fellow of the Academy for Eating Disorders. Dr. Gaudiani is one of the nation’s top eating disorder physicians, having extensive experience at all levels of eating disorder care.

“As a physician, it is rewarding to be able to treat the whole person. It also requires that I work closely with the Esperanza team to treat these patients most effectively. The team approach creates a unique bond with patients and caretakers that is enriching and motivating. Care, compassion, and deep connections are the reasons I went into medicine. Working with eating disorder patients allows me to practice medicine with those priorities.”

Dr. Ales actively collaborates with medical and mental health professionals in the community to provide continuity of care for her patients. “My favorite aspect of this position is working with the entire team of providers and watching patients grow into the people they were meant to be. There is nothing more rewarding than helping another person become healthy.”

Connect with Dessimber Daniels at (210) 253-9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.

www.EsperanzaEDC.com



Esperanza’s nursing department provides ongoing support and medical monitoring of patients as part of the multidisciplinary treatment model. Susan Cario, RN, serves as Esperanza’s Director of Nursing. She has been a registered nurse since 1994, working in a variety of settings, from neonatal intensive care to pediatrics to geriatric care. She also has a background in psychiatric care. As owner/administrator of a home health agency, Cario monitored countless psychiatric home health visits performed by her staff.

In her role at Esperanza, Cario reviews patient records for completion and continuity. She also reviews medical policies and procedures, ensuring that protocols are being followed and that changes to protocols are implemented as required. She is here to help problem solve and support Esperanza LVN, Dessimber Daniels.

“I have been amazed by the depth and complexity of care provided at Esperanza. Eating disorder treatment is highly specialized and is not an area in which most health care providers are trained. Having opportunities to positively impact patient care in this unique treatment setting makes this position a rewarding one for me.”



Susan Cario, RN
Director of Nursing