Dr. Agnes L. Charles Torres was born and raised in Guánica, Puerto Rico. She attended the University of Puerto Rico at Río Piedras, and she then studied medicine at the University of Puerto Rico's School of Medicine at Puerto Rico Medical Center. After graduating medical school, Dr. Charles completed her residency training in Internal Medicine at PR School of Medicine's University Hospital. Thereafter, she completed her fellowship in Hematology and Medical Oncology at the same institution. She was the first woman to be the president of the Interns and Residents Association.

After her fellowship training, Dr. Charles was appointed as Assistant Professor at the University of Puerto Rico's School of Medicine. In that position, she oversaw investigational protocols and headed the Hemophilia Clinic.

Dr. Charles worked in private practice from 1994 until 2017, when Puerto Rico was devastated by Hurricane María. She came to Yuma in 2018 as a locum tenens physician, before returning in 2019 to join Southwest Oncology Centers as a permanent physician at the Yuma facility.

While Dr. Charles was in Puerto Rico, she participated actively in clinical programs, including television and patient conferences. On her radio program, "Medicina en Arroz y Habichuelas," she discussed medical conditions in lay terms for the benefit of her listening audience.

Dr. Charles considers her life's masterpiece to be her four kids, who have grown to be decent and conscientious persons. Her main hobbies are reading and traveling.