



TEXAS HEART[®] INSTITUTE

at St. Luke's Episcopal Hospital

Project Heart

Activities for the Classroom

Spotlight on...

Amy
Caivano



At the age of four, Amy Caivano decided she wanted to be a ballerina. She danced for over ten years with this career goal in mind. By the time she entered high school, however, she was told she was just too short to be a professional ballerina. Ms. Caivano's passion for dance then became

more of a hobby, but her love of exercise, nutrition, and the way the human body works was always at the forefront of her mind.



Ms. Caivano, age 10, just before a ballet recital.

Ms. Caivano looked to her family for career ideas,

when she was ready to start thinking about what she wanted to do.

Her mom was a medical technologist in a hospital, and her aunt was an X-ray technologist. Ms.

Caivano decided to join the Medical Career Club at her high school to see what these types of careers were all about. After being a summer hospital volunteer, also called a candy striper, she decided that she wanted to pursue biology in college. Biology is the study of living things and how they are structured, function, grow, and live.



Ms. Caivano,
her sister Lisa,
and her mom.

After graduating with a degree in biology from Baylor University, Ms. Caivano knew she did not want to be a medical doctor because too much school was involved, and she knew she did not want to be a nurse because she had a sensitive stomach. She really wanted to be a physical therapist but was unable to get into a physical therapy school because there were few schools and few open spaces for new students. With options running out for a second degree, Ms. Caivano put graduate school on hold. She decided to get a job at a biology research lab to use the degree she just earned at Baylor. It turned out that she loved working as a biologist!

Ms. Caivano at a Baylor University football game.



Today, Ms. Caivano works as a biologist

at the Texas Heart Institute Molecular Cardiology department. She gets to do exciting science experiments all day long and use interesting machines like a fluorescent microscope. A fluorescent microscope allows her to light up tissues

that have been dyed in different colors to study the many parts of cells.



Ms. Caivano and her microscope.

But she never gave up on her interest in physical fitness.

She still loves exercise and nutrition.

If she is out of the lab, odds are she is cycling, camping, hiking, or dancing with her husband. Ms. Caivano's passion for exercise did not become her career, but she did find one that she loves and was still able to make physical fitness a big part of her life.

Ms. Caivano
at the start of the
MS150 race.



