



## Canadian Women's Heart Health Alliance

### Member Profile



**Maria Merlano, MD, B.H.Sc.**

Resident Doctor PGY2, Internal Medicine  
University of Saskatchewan  
Saskatoon, SK

#### Biography

My name is Maria Merlano, born in Colombia, and thereafter raised in Canada from the age of eight. I spent most of my childhood in the small town of Sarnia, Ontario where I enjoyed time with friends and family, often visited the beach, engaged in numerous outdoor sports, tried my hand at coding/computer programming, and started work in education with the Kumon Learning Centre. From there I moved to Hamilton, Ontario for a Bachelor's in Health Sciences, and later on moved to Ottawa for Medical School. Now I am excited to say I have begun my training in Internal Medicine with the University of Saskatchewan. The complexity of medical physiology across interconnected body systems in the hospital setting, an opportunity to work as part of a team and alongside other specialists and allied personnel, and the chance to form meaningful connections with patients and their families, are some of the many aspects I am finding fulfilling.

Now comes the period of time where, as residents, we start to select our specialty of choice, and given so much of medicine interests me, general internal medicine is certainly one option. However, from a young age, the anatomy and physiology of the heart has intrigued me. I remember during one of the science classes involving dissections, I was awestruck by the four chambered heart and all its physiology. Moreover, the interconnectedness to other key organ systems, as well as the opportunity to educate patients and participate in preventative medicine, and the opportunity to engage with technologies such as ultrasound, all draw me to cardiology.

Throughout my life journey, my experiences and interests have helped me garner attributes and skills that I feel will be an asset to the Canadian Women's Heart Health Alliance. Through numerous teaching opportunities geared towards diverse populations, from anatomy and physiology instruction to adults, to facilitating riding lessons for special needs children, I strengthened teaching and interpersonal skills that I feel would benefit the team and community. Moreover, my varied responsibility across research projects helped me develop broad scholarly skills that I hope to utilize as an educator and when considering new guidelines/tools/programs in cardiovascular health. Finally, my passion for leadership and advocacy has strengthened my adaptability in diverse team environments. For example, while



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE

working to advance Ottawa's medical procedural curriculum, and while running an interdisciplinary clinic to address social determinants of health, I have strengthened skills in team building, delegation, and problem solving.