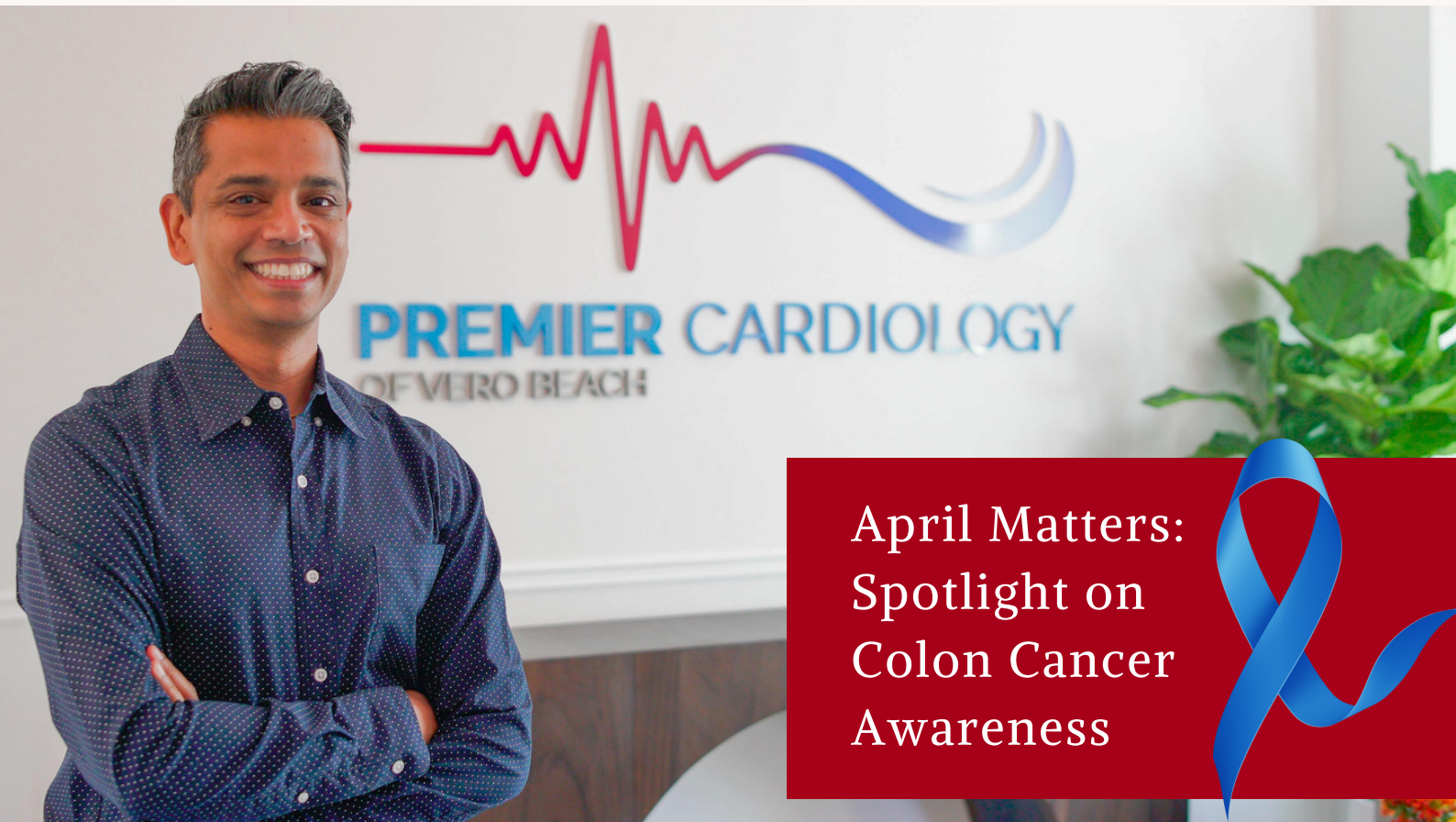


APRIL 2024 | ISSUE NO. 2

PREMIER CARDIOLOGY

A New Era In Cardiac Excellence



April Matters:
Spotlight on
Colon Cancer
Awareness



SAVE THE DATE

APRIL 07
PREMIER CARDIOLOGY CUP

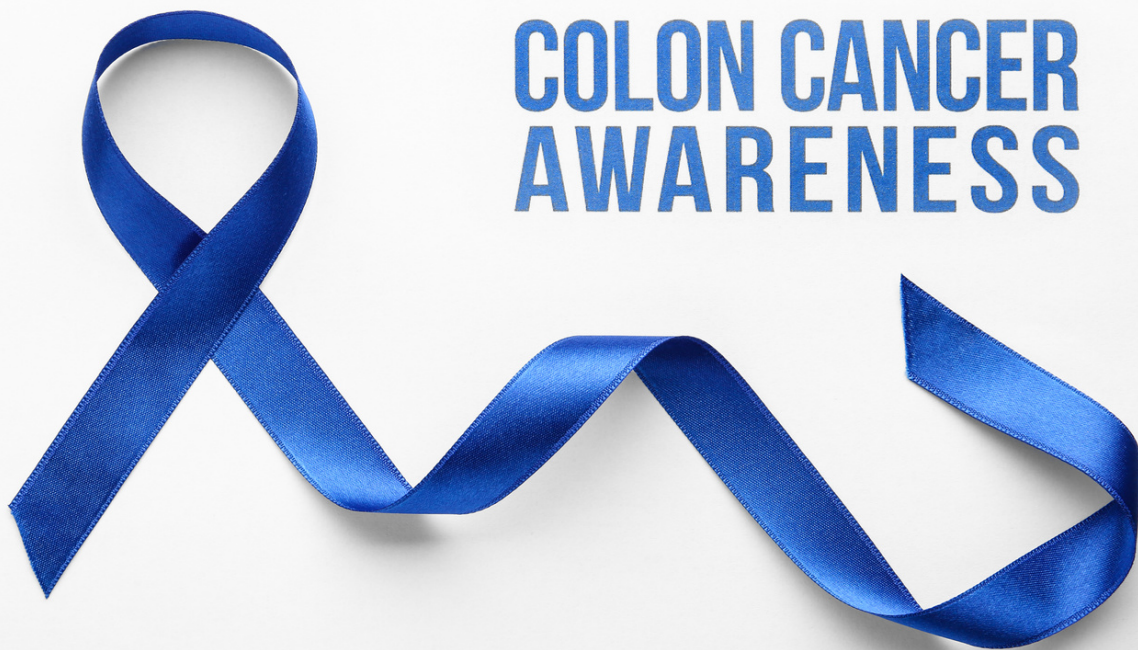


**EMBRACE THE
FUTURE OF HEART
HEALTH!**

**Presented by Dr. Vik Gongidi,
Premier Cardiology**

Welcome to Heart Health's Next Chapter!
Come along with us, the Premier Cardiology team, as we uncover the newest updates and important changes in heart care for 2024 and more. In this guide, we're shining a light on the latest techniques and tests that are making a big difference in how we look after your heart.

www.premiercardiologyvb.com



COLON CANCER AWARENESS

Understanding Colon Cancer

What is Colon Cancer?

Colon cancer begins in the large intestine and often starts as small, benign (non-cancerous) polyps that can develop into cancer over time.

Who is at Risk?

While it's more common in older adults, colon cancer can strike at any age. Risk factors include your age, your family's genetics, your diet, and your lifestyle habits.

Recognizing the Symptoms

Keep an eye out for changes in your bowel habits, blood in your stool, ongoing abdominal discomfort, and unexplained weight loss.

The Importance of Early Detection

Early detection through screenings, like colonoscopies, is key. These can catch polyps before they turn cancerous, leading to more successful treatment.

Managing Your Risk

You can lower your risk of colon cancer with a few important steps: eat a healthy diet, stay active, quit smoking, and limit alcohol.

Newsletter Highlights

UNDERSTANDING
COLON CANCER

HEART CARE MEETS
CANCER CARE:
WELCOME TO CARDIO-
ONCOLOGY

SLEEP: YOUR HEART'S
NIGHTTIME BEST FRIEND



HEART HEALTHY
RECIPE: GRILLED
CHICKEN WITH
STRAWBERRY AND
PINEAPPLE SALSA

Heart Care Meets Cancer Care: Welcome to Cardio-Oncology



Let's chat about something important but hopeful: **Cardio-oncology**. You might be wondering what this fancy term means. Well, imagine your heart and cancer treatment are two friends who need to get along. We've learned that while fighting cancer is our top priority, sometimes the treatments can be tough on your heart. That's where cardio-oncology comes in—it's all about keeping your heart safe while you tackle cancer.

You see, some cancer treatments can be hard on your heart, leading to issues like heart failure or high blood pressure. **That's why some heart doctors, myself included, take a special interest in heart health during a patient's cancer treatment. We partner with the cancer doctors (Oncologists) to be a heart health dream team.**

We make sure your heart gets the care it needs while you're fighting cancer.

It's all about being one step ahead, making sure we're protecting your heart from the get-go, not just when problems arise. We're also doing a bunch of research to figure out the best ways to keep your heart and body strong during and after cancer treatment. Think of cardio-oncology as a guardian angel for your heart—it's here to look out for you, keeping your heart strong while you fight the big fight.



Sleep: Your Heart's Nighttime Best Friend

Now, let's talk about something we all love but might not get enough of—sleep. Believe it or not, catching those Z's is like giving your heart a little vacation every night. When you're snoozing, your heart gets to chill out and take a break. But when we skimp on sleep, it's like sending our heart to a workout without a break. Not cool, right?

Here's the deal: not getting enough sleep can lead to not-so-great things like high blood pressure and heart disease. But when we get that sweet, quality sleep, our heart gets to relax, and that helps keep it healthy and happy.

So, think of good sleep like the best heart medicine, no prescription needed. Try to keep a regular sleep schedule, make your bedroom a cozy sleep haven, and wind down before hitting the hay. Your heart will thank you, and you'll feel like a million bucks. It's a win-win!

Take It with a Grain of Salt... Literally

Let's switch gears and talk about something we all deal with every day—salt. Ah, salt, that sneaky little ingredient that makes food taste so good but can be a bit of a troublemaker, especially for our hearts. Eating too much salt can lead to **high blood pressure, which is not a friend to our hearts.**

But here's the good news: we can take control! American Heart Association recommends no more than 2300mg daily. By cutting down on salt, we can make a huge difference in our heart health. It's about making smart choices, like cooking at home more often and picking fresh foods over processed ones. And hey, get adventurous with spices and herbs to keep things flavorful without all that salt.

Remember, it's all about small steps that lead to big wins for your heart. So next time, maybe take that salt shaker with a pinch of... caution. Your heart will thank you, and you'll be on your way to a healthier, happier you.



Grilled Chicken with Strawberry and Pineapple Salsa

Grilled Chicken with Strawberry and Pineapple Salsa



Calories

191 Per Serving



Protein

27g Per Serving



Fiber

2g Per Serving

Ingredients

Chicken

- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- 2 teaspoons salt-free steak seasoning blend
- 1/4 teaspoon salt

Salsa

- 1 teaspoon canola or corn oil
- 2 slices fresh pineapple, each 1/2 inch thick, patted dry
- 1 cup whole strawberries (about 5 ounces), diced
- 1/4 cup finely chopped red onion
- 3-4 tablespoons chopped fresh mint leaves
- 1-2 teaspoons sugar
- 1/8 teaspoon crushed red pepper flakes
- 1 medium lemon



Directions

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt.
4. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates.
5. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Enjoy



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