

PREMIER CARDIOLOGY

Medical: Palpitations, What do they mean?



As we enjoy the vibrant summer season, it's important to remember that maintaining heart health is a year-round commitment. I encourage you to explore this month's newsletter for practical tips and insights to keep your heart in top condition. I'm thrilled to share that Premier Cardiology is accepting new patients, both concierge and non-concierge. If you or your loved ones need expert cardiology care, our practice is here to provide the highest level of service and personalized attention. Stay healthy and enjoy your summer!- Dr. Vik

EMBRACE THE FUTURE OF HEART HEALTH!

Presented by Dr. Vik Gongidi, Premier Cardiology

Welcome to the August edition of Premier Cardiology's newsletter! In this issue, we delve into understanding heart palpitations, their causes, and when to seek medical attention. We also explore the benefits of wearable devices in monitoring and improving heart health, providing a detailed look at their features and potential drawbacks. Additionally, we highlight creative ways to stay hydrated beyond plain water, emphasizing the importance of hydration for heart function. Lastly, our Mythbuster section tackles common misconceptions about vitamins and heart disease prevention, offering evidence-based insights to keep your heart healthy. Dive in for valuable tips and expert advice to support your cardiovascular well-being!

Palpitations – What do they mean?



Newsletter Highlights

PALPITATIONS, WHAT DO THEY MEAN?

THE ROLE OF WEARABLE DEVICES IN HEART HEALTH

HYDRATION BEYOND WATER: CREATIVE WAYS TO STAY HYDRATED

OUR HAPPY PATIENTS

HEART HEALTHY RECIPE: BEEF KEBABS WITH AVOCADO TZATZIKI SAUCE

Understanding Heart Palpitations: What You Need to Know

Feeling like your heart is racing, fluttering, or skipping a beat? You're not alone. Many people experience heart palpitations at some point in their lives. But what exactly are they, and should you be worried? Heart palpitations are sensations that feel like your heart is pounding or beating irregularly. They can be felt in your chest, throat, or neck and are often caused by stress, anxiety, caffeine, nicotine, or strenuous exercise. However, heart palpitations can sometimes signal underlying health issues such as arrhythmias (irregular heartbeats), hyperthyroidism, or heart disease.

What Causes Heart Palpitations?

1. Lifestyle Factors:

- **Stress and Anxiety:** Emotional triggers can cause your heart to race or flutter.
- **Stimulants:** Caffeine, nicotine, and certain medications can increase your heart rate.
- **Exercise:** Intense physical activity can lead to palpitations, especially if you're not used to it.

2. Medical Conditions:

- **Arrhythmias:** These are disorders of the heart's rhythm, such as atrial fibrillation.
- **Thyroid Issues:** An overactive thyroid (hyperthyroidism) can lead to palpitations.
- **Heart Disease:** Conditions like coronary artery disease or heart failure can cause palpitations.



Should You Be Worried?

In most cases, heart palpitations are harmless and resolve on their own. However, if you experience frequent palpitations or if they come with symptoms like chest pain, dizziness, fainting, or shortness of breath, it's crucial to seek medical advice. These could be signs of a more serious condition that requires treatment.

Monitoring and Managing Palpitations

Keeping track of your palpitations can help your doctor determine the cause and appropriate treatment. Note when they occur, how long they last, and any accompanying symptoms. Reducing stress, avoiding stimulants, staying hydrated, and getting regular exercise can help manage palpitations.

The Role of Wearable Devices in Heart Health

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Wearable devices like the Apple Watch and Fitbit have become incredibly popular, but are they worth the hype? These gadgets offer a range of features that can significantly benefit your heart health.

Features and Benefits

1. Heart Rate Monitoring:

Wearables provide continuous heart rate monitoring, allowing you to track your heart rate throughout the day. This can help you understand your resting heart rate, how it changes with activity, and identify patterns or irregularities.

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2. Activity Tracking:

Tracking your steps, workouts, and overall activity levels encourages a more active lifestyle, which is crucial for heart health. Regular exercise helps maintain a healthy weight, lowers blood pressure, and reduces the risk of heart disease.

3. Sleep Tracking:

Quality sleep is essential for heart health. Wearables can monitor your sleep patterns, helping you understand how much deep and REM sleep you're getting, and identify factors that may be affecting your sleep quality.

4. ECG and Health Alerts:

Some advanced wearables offer electrocardiogram (ECG) features that can detect irregular heart rhythms and notify you if something seems off. This early detection can be lifesaving, prompting you to seek medical advice before a condition worsens.

Pros

Motivation: Wearables can motivate you to stay active and make healthier choices.

Convenience: Having health data at your fingertips makes it easier to monitor and manage your health.

Early Detection: Advanced features like ECG can detect potential issues early.

Cons

Cost: High-quality wearables can be expensive.

Accuracy: While generally reliable, wearables may not always provide 100% accurate data.

Dependency: Relying too much on a device can sometimes lead to anxiety or over-monitoring.

Wearable devices are a valuable tool for anyone looking to improve their heart health. They provide insights that can lead to healthier lifestyle choices and early detection of potential issues. However, it's essential to use them as a supplement to professional medical advice, not a replacement.

Hydration Beyond Water: Creative Ways to Stay Hydrated



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Dehydration can affect your entire body, including your heart. But did you know there are ways to stay hydrated beyond just plain water? Incorporating a variety of hydrating foods and beverages can help maintain optimal hydration levels and support heart health.

Why Hydration Matters

Water is vital for maintaining blood volume, regulating body temperature, and ensuring proper function of cells, tissues, and organs. Dehydration can lead to low blood pressure, increased heart rate, and reduced blood flow to the heart, increasing the risk of cardiovascular issues.

Hydrating Foods and Beverages

Fruits and Vegetables

Watermelon: Contains 92% water and essential electrolytes.

Cucumbers: Made up of 95% water and provide a refreshing crunch.

Strawberries: Packed with water and vitamins, they make a hydrating snack.

Lettuce: Composed of 95% water, perfect for salads.

Beverages

Herbal Teas: Naturally caffeine-free and hydrating.

Coconut Water: Rich in electrolytes like potassium and magnesium.

Electrolyte Drinks: Help replenish lost salts and minerals, especially after exercise.

Milk: Contains a high water content and provides essential nutrients.

Tips for Staying Hydrated

1. Eat Hydrating Foods:

Incorporate water-rich fruits and vegetables into your meals and snacks.

2. Drink Throughout the Day:

Don't wait until you're thirsty to drink. Sip on water or hydrating beverages consistently.

3. Infuse Your Water:

Add slices of fruits, vegetables, or herbs to your water for a flavorful twist.

4. Monitor Your Intake:

Keep track of your fluid intake, especially during hot weather or intense physical activity.

Proper hydration is crucial for maintaining overall health and supporting heart function. By exploring creative ways to stay hydrated, you can ensure your body gets the fluids it needs while enjoying delicious and refreshing options. Stay tuned for our upcoming blog post, where we'll dive deeper into the best hydrating foods and drinks to keep you feeling your best this summer!

MYTH Buster!

“Doctor Vik, can I take vitamins to cure or prevent my heart problems? “

A common myth about vitamins and heart health is that vitamins and supplements can lower the risk of heart disease. However, the American Heart Association and the U.S. Preventive Services Task Force do not recommend taking vitamins to prevent heart disease. In fact, some research suggests that supplements can be harmful. For example, a 2024 study published in Nature Medicine found that taking a B vitamin supplement that contains niacin could increase the risk of heart disease.

ALWAYS consult a physician before starting a vitamin regimen!

Our Happy Patients



I had the pleasure of working with Dr. Gongidi for many years doing stress test and he is amazing at what he does. He is very professional, has great bedside manners and probably the most thorough cardiologist I've ever worked with. If myself or anyone I loved needed a cardiologist I would not hesitate to call Dr. G

-Madiana Domervil



When you are looking for superior healthcare and a friendly atmosphere, Dr. Gongidi gets it right! He takes the time to listen and truly cares about his patients. He is always available with any concerns and his staff is amazing. If you are in need of an outstanding cardiologist, look no further. You will not be disappointed!

-Katrina Lee



Beef Kebabs with Avocado Tzatziki Sauce

Beef Kebabs with Avocado Tzatziki Sauce



Calories

226 Per Serving



Protein

30g Per Serving



Fiber

2g Per Serving

Ingredients

Kebabs

- 1 pound extra-lean ground beef
- Cooking spray
- 1/2 teaspoon dried oregano, crumbled
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried rosemary, crumbled
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper (freshly ground preferred)
- Cooking spray

Sauce

- 1 cup fat-free plain Greek yogurt
- 1/2 medium cucumber, peeled and cut into large chunks
- 1/2 medium avocado, pitted and cut into large chunks
- 1 tablespoon chopped fresh mint
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon salt



Directions

1. In a food processor or blender, process all the sauce ingredients until smooth. Use immediately or cover and refrigerate for up to 3 hours.
2. In a medium bowl, using your hands or a spoon, mix together the kebab ingredients except the cooking spray. Divide the mixture into 12 parts. Shape each into an oblong patty. Pierce a 6-inch skewer through each patty. Transfer the skewers to a large plate or baking sheet.
3. Lightly spray a grill pan or large skillet with cooking spray.
4. Cook the skewers over medium heat for 5 to 7 minutes, or until the beef is no longer pink, turning on all sides to brown. Transfer to a serving platter.
5. Spoon the sauce over the skewers or spoon it into a bowl for dipping.
6. ENJOY!



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