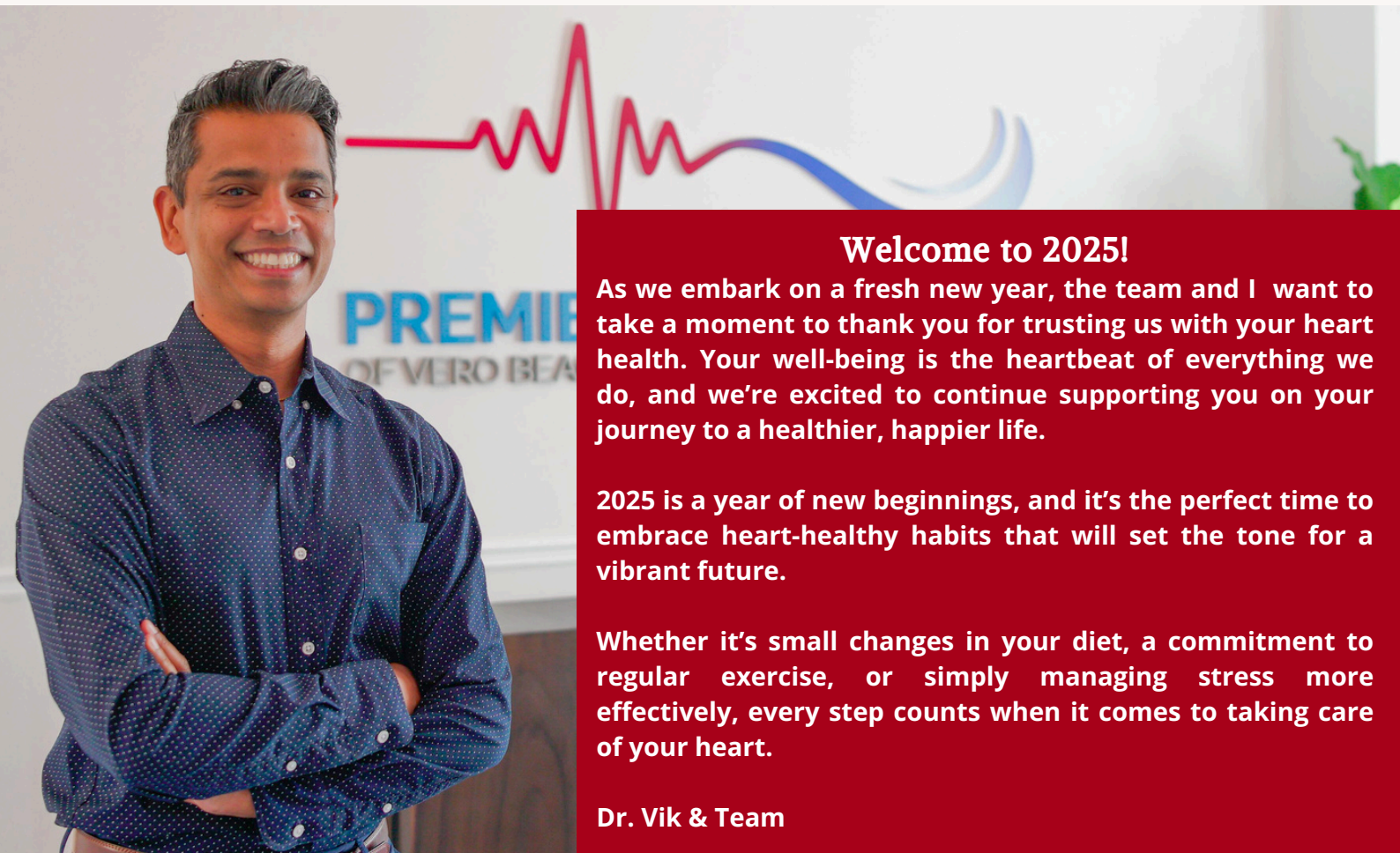


PREMIER CARDIOLOGY

**New Year, Stronger Heart:
Your 2025 Guide to Heart-Healthy Living Starts Here** ❤️✨



Welcome to 2025!

As we embark on a fresh new year, the team and I want to take a moment to thank you for trusting us with your heart health. Your well-being is the heartbeat of everything we do, and we're excited to continue supporting you on your journey to a healthier, happier life.

2025 is a year of new beginnings, and it's the perfect time to embrace heart-healthy habits that will set the tone for a vibrant future.

Whether it's small changes in your diet, a commitment to regular exercise, or simply managing stress more effectively, every step counts when it comes to taking care of your heart.

Dr. Vik & Team

EMBRACE THE FUTURE OF HEART HEALTH!

Presented by Dr. Vik Gongidi, Premier Cardiology

This newsletter is dedicated to helping you build healthy habits that enhance your cardiac health. From balanced diets to lifestyle changes, small shifts can make a big difference in preventing heart disease and improving your overall well-being.

Why is this focus so important? Cardiovascular health is the foundation of a vibrant, active life. By prioritizing heart-friendly choices like nutritious eating and regular exercise, you can lower your risk of heart disease, boost energy levels, and feel your best every day.

Warm regards,
Dr. Vik Gongidi and the Premier Cardiology Family

Natural Ways to Lower Your Cholesterol



Newsletter Highlights

NON-PHARMALOGIC
METHODS TO LOWER
CHOLESTEROL

THE IMPORTANCE OF A
BALANCED AND HEART
HEALTHY DIET

HEALTHY COOKING
OILS

OUR HAPPY PATIENTS

HEART HEALTHY RECIPE:
FRUITY OATMEAL
YOGURT PARFAIT

Take Control of Your Heart Health – The Natural Way

High cholesterol is a significant risk factor for heart disease, but did you know there are non-pharmacologic ways to manage it effectively? Whether you're looking to avoid medications or enhance the benefits of your current treatment plan, these natural strategies can help:

1 Heart-Healthy Diet

What you eat plays a vital role in managing cholesterol. Incorporate these cholesterol-lowering superfoods:

- Oats and Barley: Rich in soluble fiber, they help reduce LDL (bad cholesterol).
- Fatty Fish: Packed with omega-3 fatty acids, salmon, mackerel, and tuna can improve overall heart health.
- Nuts and Seeds: Almonds and walnuts are excellent sources of healthy fats.

Take Control of Your Heart Health – The Natural Way



2 Exercise Regularly

Engage in moderate physical activity for at least 30 minutes a day, five times a week. Activities like brisk walking, cycling, or yoga can raise HDL (good cholesterol) levels and improve your cardiovascular health.

3 Lose Excess Weight

Even a small weight loss of 5-10% can lead to a significant reduction in cholesterol levels. Start with small, achievable goals like reducing portion sizes or avoiding sugary drinks.

4 Quit Smoking

If you smoke, quitting can improve HDL levels almost immediately. Within a year of quitting, your risk of heart disease drops significantly.

Take Control of Your Heart Health – The Natural Way



5 Reduce Stress

Chronic stress can negatively impact your cholesterol levels. Adopt stress management techniques such as mindfulness, meditation, or spending time in nature to support heart health.

6 Limit Alcohol Intake

Moderation is key. Excessive drinking can raise cholesterol and triglyceride levels. Stick to one drink per day for women and two for men.

When to Seek Help

Natural methods can work wonders, but they aren't a substitute for professional medical advice. At Premier Cardiology of Vero Beach, we provide personalized plans to help you achieve optimal heart health—whether you're exploring non-pharmacologic options or combining them with medical treatment.



Call us today: (772) 494-0794



Visit us: www.premiercardiologyvb.com

Let's take the first step toward a healthier heart, together. ❤️

#HeartHealth #CholesterolCare #PremierCardiologyVB #VeroBeach

The Importance of a Balanced and Heart-Healthy Diet ❤️🌿

Your heart is the engine of your body, and what you eat is its fuel.

A balanced, heart-healthy diet isn't just about preventing heart disease—it's about supporting your overall well-being and living your best life every day.



Why Your Diet Matters

The foods you choose directly impact your cholesterol levels, blood pressure and weight—all of which are key factors for heart health. By making mindful choices, you can strengthen your heart and reduce the risk of conditions like heart disease, stroke, and hypertension.

What Does a Heart-Healthy Diet Look Like?

- 1** Fill Up on Fiber: Whole grains like oats, barley, and brown rice are rich in soluble fiber, which helps reduce LDL (bad cholesterol).
- 2** Choose Healthy Fats: Replace saturated fats with heart-friendly options like olive oil, avocados, and nuts.
- 3** Add More Color: Fruits and vegetables are packed with antioxidants and nutrients that protect your heart. Aim for a rainbow on your plate!
- 4** Limit Sodium: Cut back on salt to keep your blood pressure in check. Opt for herbs and spices for flavor.
- 5** Stay Hydrated: Drinking plenty of water supports circulation and helps your body function optimally.

Start Small for Big Results

You don't have to overhaul your diet overnight. Start with simple changes like adding an extra serving of vegetables to dinner or swapping sugary snacks for fresh fruit. Over time, these small steps can lead to lasting improvements in your heart health.

Healthy Cooking Oils

The oil you cook with can make a big difference in your heart health. Choosing the right cooking oil helps lower bad cholesterol, reduce inflammation, and protect your heart. Here are some heart-healthy options to include in your kitchen:

1 Extra Virgin Olive Oil

Rich in monounsaturated fats and antioxidants, olive oil is perfect for sautéing, roasting, or drizzling on salads. It's a staple in the heart-friendly Mediterranean diet. 🌿

2 Avocado Oil

Avocado oil is packed with healthy fats and has a high smoke point, making it great for frying or grilling. Its mild flavor complements many dishes. 🥑

3 Grapeseed Oil

Rich in vitamin E and antioxidants, making it a heart-healthy choice that helps reduce inflammation and improve cholesterol levels. Its light flavor and high smoke point make it perfect for sautéing, baking, and salad dressings while supporting cardiovascular wellness.

4 Flaxseed Oil

This oil is rich in omega-3s but should only be used in cold dishes like smoothies, salads, or dips, as heat can break down its nutrients. 🌱

5 Walnut Oil

A flavorful oil high in omega-3s, walnut oil works best in salad dressings or drizzled over cooked dishes for a nutty kick. 🌰

What to Avoid:

Limit oils high in saturated or trans fats, such as palm oil, coconut oil, or hydrogenated oils, as these can raise LDL (bad cholesterol).

Pro Tip: Store oils in a cool, dark place to preserve their heart-healthy benefits and flavor.

At Premier Cardiology of Vero Beach, we're here to help you make simple lifestyle changes that support your heart health.

MYTH Buster!

Heart Healthy Diet Means Bland Food

Myth: A Heart-Healthy Diet Means Giving Up All Your Favorite Foods ❌🍕

Fact: Truth: A heart-healthy diet isn't about deprivation—it's about balance and smarter choices. While it's important to limit unhealthy fats, added sugars, and excessive sodium, you can still enjoy your favorite treats in moderation.

For example:

- Craving pizza? Opt for a whole-grain crust, load it up with veggies, and go easy on the cheese. 🍅🥬
- Love dessert? Try fresh fruit with a dollop of yogurt or a small piece of dark chocolate. 🍓🍫
-

A heart-healthy diet focuses on what you can add rather than what you should take away. Incorporating nutrient-rich foods like whole grains, lean proteins, fruits, and veggies can leave you feeling satisfied and energized without sacrificing flavor.

Just remember, we believe in sustainable lifestyle changes that prioritize your health and happiness.

Our Happy Patients



Amanda Carter (Presley) is amazing. I had my initial appointment with her recently. Right away I felt comfortable and at ease. She is warm, friendly, and communicative. She asked all the questions needed to gain a good understanding of my health. I know I made the right decision in choosing Amanda to be my new cardiologist

-Jeanne Chrimes



I have been a patient of Dr. G for a while and now Amanda takes care of me. They both maintain the highest standards of cardiovascular care and compassion. I am more than happy with their practice and highly recommend them both. Also sending kudos to their office staff for all they do to make each visit a pleasant one!


-Tony Zamba



Fruity Oatmeal Yogurt Parfait

This protein-packed breakfast is an easy, healthy way to start the day


Fruity Oatmeal Yogurt Parfaits

 Calories


238 Per
Serving

 Protein

16g Per
Serving

 Fiber

6g Per
Serving

 Cost Per
Serving

\$1.75

Ingredients

Servings 4 **Serving Size** 1 parfait

- 2 cups fresh or frozen sliced hulled strawberries, thawed and patted dry if frozen (see Tip below)
- 2 cups fresh or frozen blueberries or fresh or frozen halved blackberries, or a combination, thawed and patted dry if frozen (see Tip below)
- 1 tablespoon plus 1 teaspoon honey
- 2 teaspoons ground cinnamon
- 2 cups water
- 1 cup uncooked rolled oats
- 2 cups fat-free plain Greek yogurt

Directions

- In a medium bowl, gently stir together the strawberries, blueberries, honey, and cinnamon.
- In a medium saucepan, bring the water and oats to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally.
- In each parfait glass, layer: 1/4 cup oatmeal, 1/4 cup fruit mixture, 1/4 cup yogurt, and 1/4 cup fruit mixture. Repeat the layers.



☀️ **Happy New Year from Premier Cardiology!** ☀️

As we step into a brand-new year, we want to express our heartfelt gratitude to you—our patients, families, and Vero Beach community—for trusting us with your heart health. ❤️

This year, let's focus on what truly matters: taking care of our hearts, embracing healthier habits, and spending more quality time with loved ones.

Your health and happiness are at the heart of everything we do.

We're excited to continue supporting your journey to a stronger, healthier heart in 2025 and beyond.

Together, let's make this year one of wellness, growth, and joy!

Here's to a year filled with love, health, and happiness. 🎉❤️

Warm wishes,
Dr. Vik and the Premier Cardiology Team



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