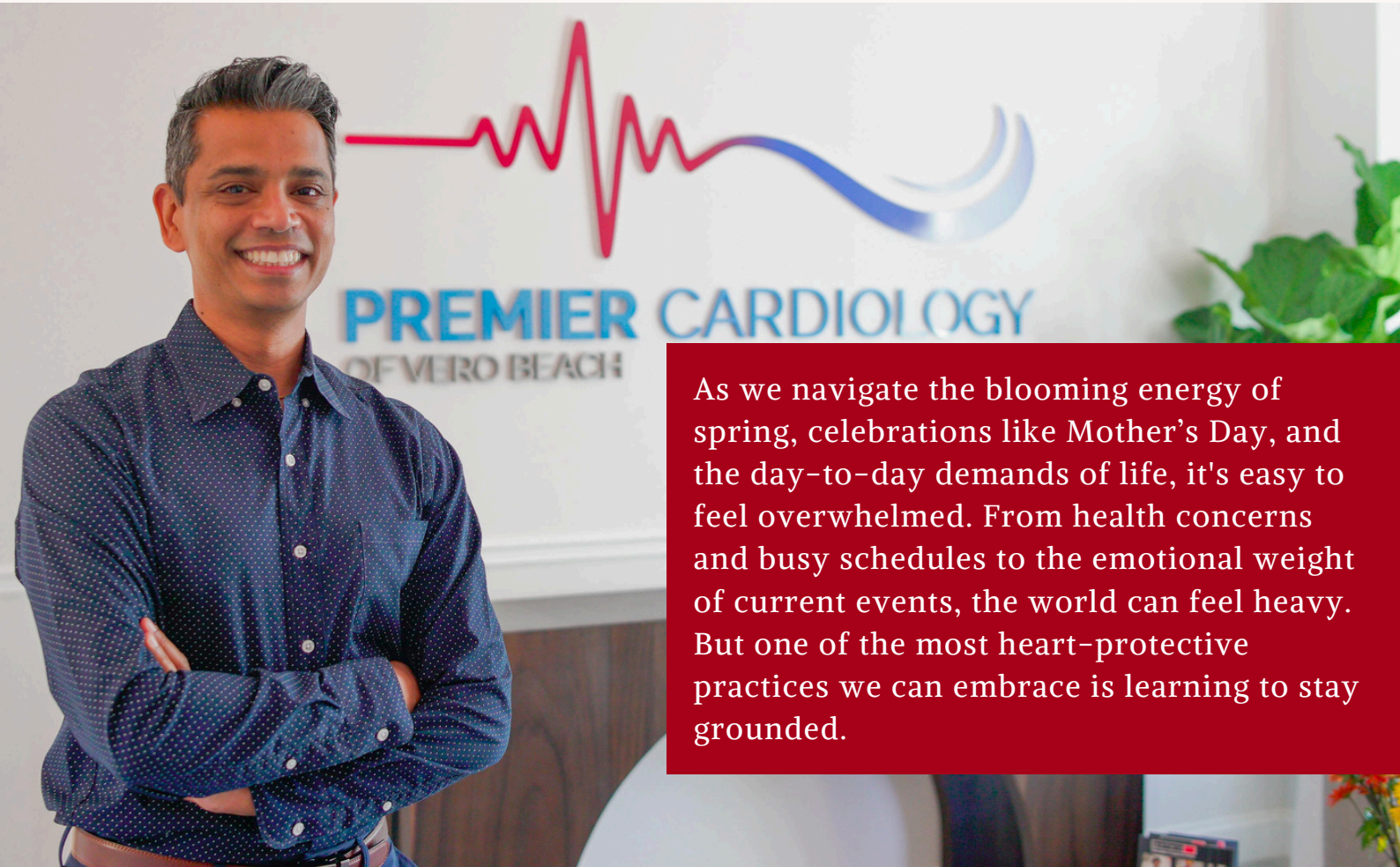


# PREMIER CARDIOLOGY

## Grounding Ourselves in a Fast-Moving World



As we navigate the blooming energy of spring, celebrations like Mother's Day, and the day-to-day demands of life, it's easy to feel overwhelmed. From health concerns and busy schedules to the emotional weight of current events, the world can feel heavy. But one of the most heart-protective practices we can embrace is learning to stay grounded.

At Premier Cardiology, we often remind our patients: we can only control what we can. That means caring for our bodies, managing our stress, making thoughtful choices, and giving ourselves permission to slow down. A grounded mind supports a healthier heart—and even small moments of calm can make a lasting impact on our well-being.

So this May, while you're honoring the women in your life, don't forget to show yourself some grace. Prioritize your health. Breathe deeply. Stay present. And remember—we're here to support your heart every step of the way. - Dr Vik

# Convergent Therapy for Atrial Fibrillation



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CONVERGENT THERAPY FOR ATRIAL FIBRILLATION

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ENHANCING HEART HEALTH THROUGH RANGE OF MOTION EXERCISES

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THE IMPACT OF REDUCING ADDED SUGAR ON HEART HEALTH

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MYTH BUSTER: IF SOMEONE DOES NOT HAVE ANY SYMPTOMS, THEIR HEART MUST BE HEALTHY

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OUR HAPPY PATIENTS

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HEART HEALTHY RECIPE: VALENCIA ORANGE VANILLA FROZEN YOGURT

Atrial fibrillation (AFib) is a common heart rhythm disorder that can lead to serious complications if left untreated. Traditional treatments include medications and catheter ablation. However, for patients with persistent or long-standing persistent AFib, Convergent Therapy offers a promising alternative.

Convergent Therapy is a hybrid procedure combining surgical and catheter-based ablation techniques. The surgical component involves creating lesions on the outside of the heart, while the catheter-based approach targets the inside. This comprehensive method aims to restore normal heart rhythm more effectively than either approach alone.

Clinical studies have shown that Convergent Therapy can significantly reduce AFib recurrence rates, improving quality of life for many patients. As with any medical procedure, it's essential to consult with your cardiologist to determine the best treatment plan for your specific condition.

# Enhancing Heart Health Through Range of Motion Exercises



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Maintaining flexibility and joint mobility is crucial for overall cardiovascular health. Range of motion (ROM) exercises are gentle movements that help improve flexibility, reduce stiffness, and enhance circulation. Incorporating ROM exercises into your daily routine can aid in lowering blood pressure, reducing stress, and promoting heart health.

### Simple ROM Exercises to Try:

- Neck Tilts: Slowly tilt your head from side to side to stretch neck muscles.
- Shoulder Rolls: Roll your shoulders forward and backward to relieve tension.
- Ankle Circles: Rotate your ankles to improve lower limb circulation.
- Wrist Flexes: Gently bend your wrists up and down to maintain joint flexibility.

Remember to perform these exercises slowly and within your comfort zone. Regular practice can lead to improved mobility and a healthier heart.



# The Impact of Reducing Added Sugar on Heart Health



Excessive intake of added sugars is linked to various health issues, including heart disease. Reducing added sugar in your diet can lead to significant improvements in cardiovascular health.

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## Health Benefits of Cutting Down on Added Sugar:

- **Lower Blood Pressure:** High sugar consumption can elevate blood pressure levels.
- **Reduced Inflammation:** Sugar can contribute to inflammation, a risk factor for heart disease.
- **Improved Lipid Profiles:** Decreasing sugar intake can lower triglycerides and LDL cholesterol.

## Tips to Reduce Added Sugar:

- **Read Labels:** Be mindful of hidden sugars in processed foods.
- **Choose Natural Sweeteners:** Opt for fruits to satisfy sweet cravings.
- **Limit Sugary Beverages:** Replace sodas and sweetened drinks with water or herbal teas.
- **By making conscious choices to reduce added sugar, you take a proactive step toward better heart health.**

# MYTH Buster!

**“If someone does not have any symptoms, their heart must be healthy”**

**Debunked:** The major risk factors for coronary heart disease, high blood pressure and raised LDL cholesterol, are often “silent”, meaning they do not cause any symptoms.

## Our Happy Patients



I firmly believe Dr. Gongidi has kept my mother alive. He is marvelous and caring.

Evelyn Barganier



He has been a fantastic friend, not only through the heart stuff. We love him as a great guy.

James Redman



## Valencia Orange Vanilla Frozen Yogurt

Indulge in a refreshing dessert that's both delicious and heart-friendly. This Valencia Orange Vanilla Frozen Yogurt combines the tangy sweetness of oranges with the creamy texture of yogurt, offering a treat that's low in added sugars and rich in flavor.

### Ingredients:

- 2 cups plain low-fat yogurt
- 1/2 cup freshly squeezed Valencia orange juice
- 1 tablespoon orange zest
- 1 teaspoon pure vanilla extract
- 1-2 tablespoons honey (optional, adjust to taste)

### Instructions:

1. In a mixing bowl, combine the yogurt, orange juice, orange zest, vanilla extract, and honey.
2. Stir until the mixture is smooth and well-blended.
3. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
4. Once the desired consistency is achieved, transfer the frozen yogurt to a container and freeze for an additional 1-2 hours for a firmer texture.
5. Serve and enjoy a heart-healthy dessert!

This recipe is a delightful way to satisfy your sweet tooth while keeping your heart in mind. [Link](#)

### Together, let's make heart health a lifelong commitment.

Your heart health is our top priority. For personalized advice, treatment options, or to schedule a consultation, reach out to us:



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