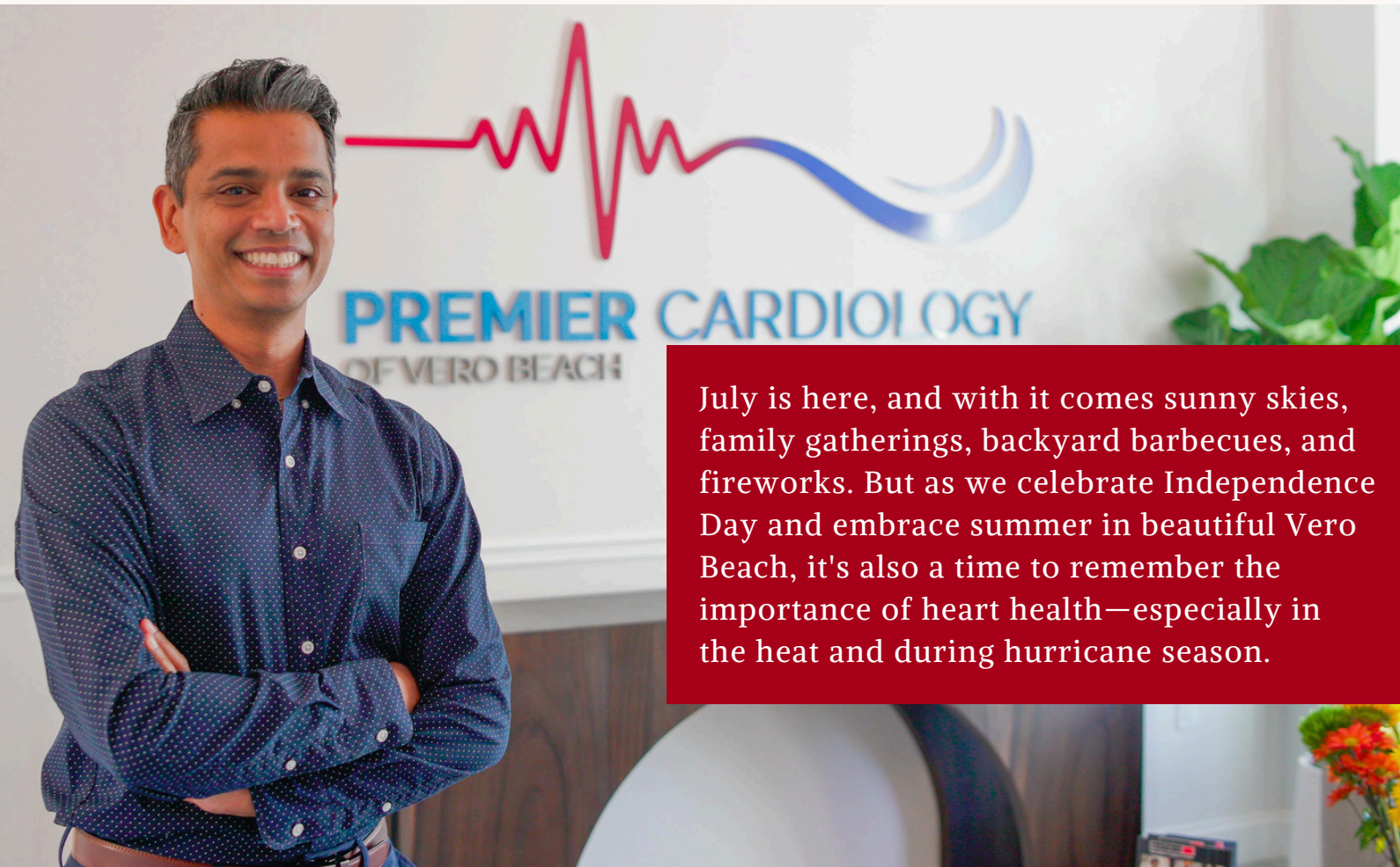


PREMIER CARDIOLOGY

Celebrating Summer, Heart Health, and Hurricane Preparedness



July is here, and with it comes sunny skies, family gatherings, backyard barbecues, and fireworks. But as we celebrate Independence Day and embrace summer in beautiful Vero Beach, it's also a time to remember the importance of heart health—especially in the heat and during hurricane season.

Summer brings unique challenges, from rising temperatures that can impact blood pressure and hydration to storm-related stress that can affect cardiac health. At Premier Cardiology, we want to ensure your summer is both joyful and safe. Whether you're traveling, relaxing poolside, or preparing for a tropical storm, we've got practical, preventative advice for every heart.

New Advances in Cardiac Amyloidosis Treatment

Newsletter Highlights

ISSUE NO. 15 | CELEBRATING SUMMER, HEART HEALTH, AND HURRICANE PREPAREDNESS

MEDICAL FOCUS: NEW ADVANCES IN CARDIAC AMYLOIDOSIS TREATMENT

LIFESTYLE FEATURE: THE HEART-HEALTHY BENEFITS OF SWIMMING

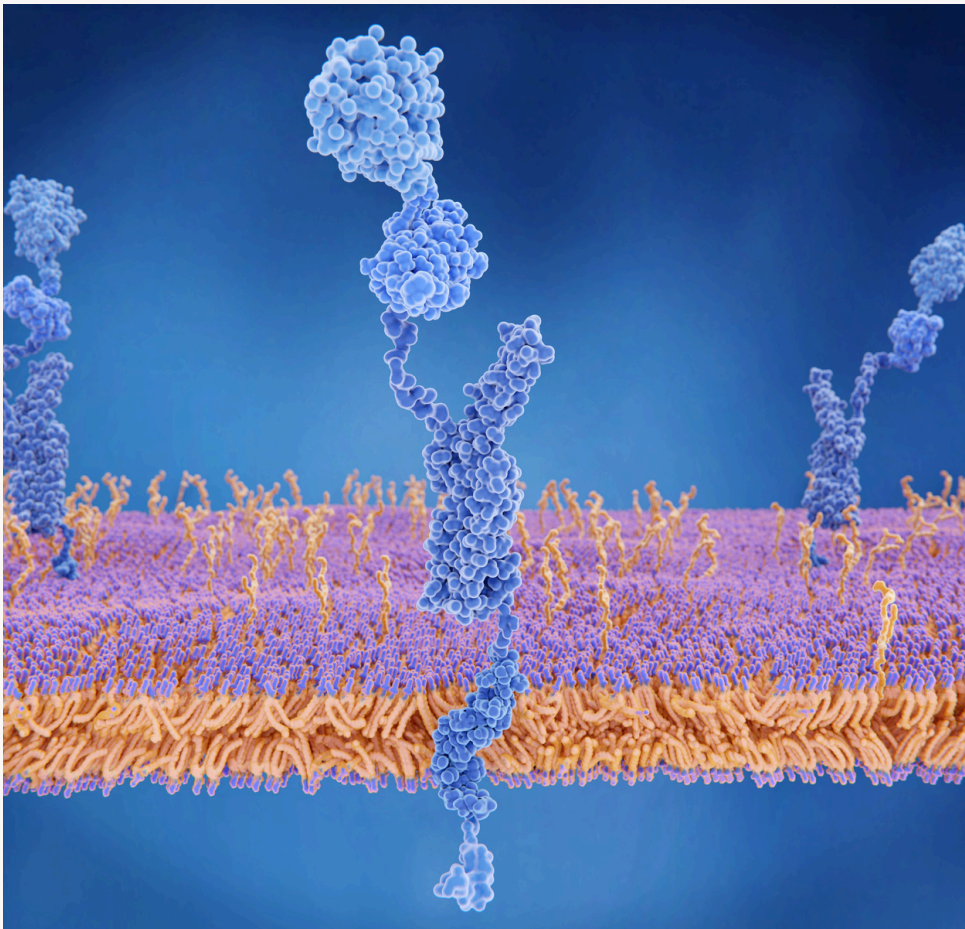
NUTRITION CORNER: IS CHEESE HEART-HEALTHY IN MODERATION?

SUMMER MYTHBUSTER: "YOU DON'T NEED TO WORRY ABOUT YOUR HEART IF YOU'RE ACTIVE IN THE SUMMER"

OUR HAPPY PATIENTS

RECIPE OF THE MONTH: ROSEMARY PEACH CHICKEN KEBABS WITH ORANGE GLAZE

STAY PREPARED: CARDIAC CARE DURING HURRICANE SEASON



Cardiac amyloidosis—also known as "stiff heart syndrome"—is a condition that affects how the heart muscle works. It's caused by abnormal protein deposits that make the heart walls thick and less flexible. Though it once flew under the radar, advances in imaging and diagnostics now make early detection easier than ever.

At Premier Cardiology, we're staying ahead with innovative treatment options such as tafamidis, patisiran, acoramidis, and vutrisiran—FDA-approved medications that have shown remarkable improvements in patient outcomes. If you've been diagnosed with unexplained heart failure or have symptoms like shortness of breath, low blood pressure, or carpal tunnel syndrome, ask about amyloidosis testing.

The Heart-Healthy Benefits of Swimming



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Few summer activities are as refreshing and heart-friendly as swimming. Whether you're doing laps in the pool, floating in the ocean, or joining a water aerobics class, swimming is one of the best cardiovascular workouts around.

Swimming increases heart rate without stressing the body, improves circulation, and can lower blood pressure. It's especially beneficial for individuals with joint pain or arthritis, as it's low-impact and gentle on the body. Just 30 minutes of swimming a few times a week can make a noticeable difference in heart and lung health.

And don't forget: Always swim in designated areas, wear sunscreen, and hydrate well. Florida heat and humidity can sneak up on even seasoned swimmers.

Is Cheese Heart-Healthy in Moderation?



There's often confusion around whether cheese is good or bad for your heart. The truth? Like many foods, moderation is key.

Cheese can be a good source of calcium and protein but may also contain high levels of saturated fat and sodium. Instead of cutting it out completely, focus on heart-smart choices:

- Opt for lower-sodium, aged cheeses like Parmesan or Swiss
- Try part-skim varieties like mozzarella
- Use cheese as a flavor accent rather than a main ingredient
- Pairing cheese with fiber-rich fruits (like apples or pears) and whole grains can balance its impact on cholesterol. And remember—portion size matters.

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MYTH Buster!

"You Don't Need to Worry About Your Heart if You're Active in the Summer"

Debunked: While summer often brings more outdoor activity, it also introduces heat stress, dehydration, and overexertion. People with underlying heart conditions may be at risk if precautions aren't taken.

Always listen to your body, hydrate often, and avoid intense workouts during peak heat hours (11 AM–3 PM). Being active is great—but being safe is even better.

Our Happy Patients



Dr. Vik is absolutely fabulous. He really cares about his patients and will go the extra mile to insure they get the best care possible. He spends all the time needed to insure that his patients understand their condition and treatments. He is very accessible in person or via email or text or zoom. When he is out, Amanda is a fantastic backup. I recommend Premier Cardiology unequivocally.

Don Keener



I've spent over a year with no answers, just given medicine which hasn't really made me feel better or solved the problem. Dr. Gongidi studied my case, takes time with me, asks questions, listens and answers questions, and I feel hope for the first time in a year. She has a very calm manner which is reassuring. I'm so happy I found him.

Florence Scileppi



Rosemary Peach Chicken Kebabs with Orange Glaze

Ingredients

Chicken

- Cooking spray
- 1 lb. boneless, skinless chicken breasts, cut into 16 1 1/2-inch pieces, all visible fat discarded
- 2 large ripe but firm peaches, cut into 16 1-inch wedges
- 1 large green bell pepper, cut into 16 1 1/2-inch squares
- 1/4 tsp. pepper
- 1/8 tsp. salt

Glaze

- 3/4 tsp. grated orange zest
 - 3 Tbsp. fresh orange juice
 - 3 Tbsp. chopped, fresh rosemary
 - 1 1/2 tsp. honey
 - 1 1/2 tsp. canola oil
- OR
- 1 1/2 teaspoon corn oil

Directions

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium.
2. Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14- to 16-inch metal skewers. Sprinkle the pepper and salt over the kebabs.
3. In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons). Brush both sides of the kebabs with the remaining glaze.
4. Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center and the vegetables are almost tender, turning once halfway through and brushing with the reserved 2 tablespoons of glaze, using a clean basting brush. Reduce the heat or move the kebabs to a cooler area of the grill if they are cooking too fast.

Get the recipe: [Rosemary Peach Chicken Kebabs](#)

Tip: Pair it with a side of grilled zucchini or a spinach-strawberry salad for the full heart-smart experience.



Stay Prepared: Cardiac Care During Hurricane Season

- *Keep a 2-week supply of medications*
- *Store important contact info and medical records in waterproof bags*
- *Invest in a battery-powered blood pressure cuff*
- *Maintain your cardiac diet even when options are limited*
- *Stress can spike blood pressure and trigger symptoms—our concierge care team is here to help.*

Let's Stay Connected

Your heart health doesn't take a summer vacation—and neither do we. Whether you're a full-time resident or visiting Vero Beach this season, Dr. Vik Gongidi and the Premier Cardiology team are ready to help you thrive.



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