

# PREMIER CARDIOLOGY

**Your Monthly Heart & Health Update from  
Premier Cardiology**



As we close out another year, I want to thank you for letting Premier Cardiology be part of your wellness journey. The holidays are a time of joy, celebration, and reflection — but also a great opportunity to recommit to your health.

This month, we're bringing you updates that can help you make informed choices through the season — including a heads-up on cardiac drugs going generic in 2026, how to celebrate with moderation, a spotlight on sugar, and a hearty winter recipe that tastes indulgent without compromising your heart health.

Let's finish 2025 strong and enter the new year with purpose and gratitude.

**— Dr. Vik Gongidi**  
**Premier Cardiology of Vero Beach**

# Cardiac Drugs Going Generic in 2026



## Newsletter Highlights

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DECEMBER 2025 | ISSUE NO. 18 | MESSAGE FROM DR. VIK

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MEDICAL INSIGHT: CARDIAC DRUGS GOING GENERIC IN 2026

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LIFESTYLE FEATURE: HOLIDAY MODERATION IS A GIFT TO YOUR HEART

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NUTRITION NOTE: HIDDEN SUGAR = HIDDEN RISK

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MYTH BUSTER: "SUGAR-FREE" MEANS HEART-SAFE

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OUR HAPPY PATIENTS

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HEART-SMART RECIPE: SPAGHETTI SQUASH NOODLE BOWLS

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FINAL THOUGHTS

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If you're managing heart conditions with prescription medications, 2026 may bring welcome financial relief. Several major cardiac medications are expected to go generic — including common statins, beta-blockers, and anti-arrhythmic agents. This means more affordable options without compromising treatment quality.

### Why It Matters:

Generics are FDA-approved, clinically equivalent, and often significantly cheaper. Ask us during your next visit if any of your prescriptions are affected and how you can benefit. We'll help ensure continuity and affordability in your care plan.



# Holiday Moderation Is a Gift to Your Heart



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Let's be real — the holidays bring temptation. Between festive cocktails, rich dishes, and endless dessert tables, it's easy to overdo it. But here's the good news: you don't have to skip the fun to protect your heart. Just add a dose of mindfulness.

### Try This:

- Alternate alcoholic drinks with water
- Enjoy your favorite treats — just less of them
- Take a 20-minute walk after meals to keep blood sugar balanced
- Balance is the secret ingredient. Celebrate with joy, not guilt.

# Hidden Sugar = Hidden Risk



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Sugar hides in holiday sauces, glazes, drinks, and even some "healthy" snacks. Excess sugar spikes inflammation, blood pressure, and cholesterol — all red flags for heart health.

### Small Changes, Big Impact:

- Skip the sugary soda and opt for flavored sparkling water
- Swap candy for fruit-based desserts
- Read labels: sauces and dressings are sneaky sugar culprits
- Cutting back doesn't mean cutting joy. It means keeping your heart strong for many more holidays to come.

# MYTH Buster!

**“If a food is labeled  
"sugar-free", it's safe for  
your heart.”**

**Truth:** Sugar-free products often contain artificial sweeteners or processed ingredients that can still impact insulin sensitivity and blood pressure. Whole foods remain the gold standard. Don't be fooled by the label — read the ingredients.

## 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





## Spaghetti Squash Noodle Bowls

**A low-carb, high-fiber alternative to pasta, this dish is full of nutrients and flavor. Tossed with fresh vegetables and a light sauce, it's a cozy winter favorite that won't weigh you down.**

### **Ingredients:**

- 1 8-ounce spaghetti squash, rinsed and patted dry
- 16 ounces frozen stir-fry vegetables, thawed (seasoning packet discarded)
- 12 ounce frozen meatless crumbles (lowest sodium available)
- 2 teaspoons toasted sesame oil
- 2 medium garlic cloves, minced
- 2 teaspoons soy sauce (lowest sodium available)
- 1 teaspoon minced peeled gingerroot
- 1 teaspoon white wine vinegar
- 1/2 cup unsalted crushed peanuts, dry-roasted
- 1/4 cup coarsely chopped cilantro (optional)

See the full recipe [here](#).



## Final Thoughts

This season, choose presence over pressure, moderation over restriction, and prevention over panic. Whether you're managing medications, navigating festive gatherings, or making food swaps, know that every small step adds up to a stronger, healthier you.

We're honored to walk this path with you. Here's to a joyful, heart-healthy holiday season!

### ***Book Your End-of-Year Meet & Greet***

***Let's review your medications, explore cost-saving options for 2026, and set wellness goals for the new year.***



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