

PREMIER CARDIOLOGY

Your Monthly Heart & Health Update from
Premier Cardiology



February is a special month for us at Premier Cardiology. It's American Heart Month, a time dedicated to education, prevention, and reminding ourselves that heart health is not just a medical issue — it's deeply personal. It affects how we show up for our families, our friends, and our community.

As **Valentine's Day** approaches, we're reminded that love is more than a card or a box of chocolates. Love is checking in on your health. Love is taking a walk with someone you care about. Love is making choices today that protect your tomorrows.

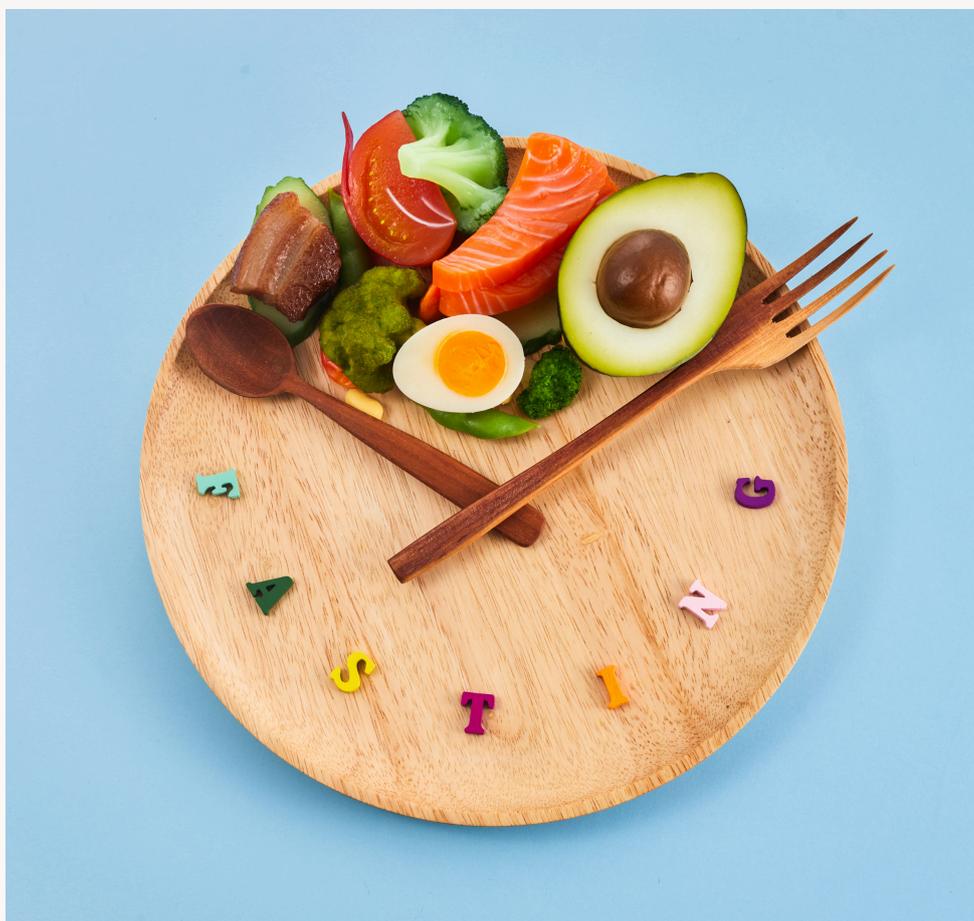
We also recognize **National Wear Red Day** on **Friday, February 6**, a national effort to raise awareness about heart disease in women — the leading cause of death for women in the United States. When you wear red, you're standing for awareness, advocacy, and action.

This month's issue is designed to meet you where you are — with practical guidance, encouragement, and a reminder that you don't have to do this alone.

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

Intermittent Fasting and Heart Health

Is It Right for You?



Newsletter Highlights

THE PREMIER PULSE:
FEBRUARY 2026

MEDICAL FOCUS:
INTERMITTENT FASTING AND
HEART HEALTH — IS IT
RIGHT FOR YOU?

LIFESTYLE SPOTLIGHT:
WALKING, HEART RATE
VARIABILITY, AND
COMMUNITY CONNECTION

MYTHBUSTER: WOMEN'S
HEART ATTACKS DON'T
ALWAYS LOOK LIKE THE
MOVIES

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
SHEET-PAN ROASTED
CHICKEN & VEGETABLES

FEBRUARY ACTION STEP:
LOVE YOUR HEART OUT
LOUD

Intermittent fasting (IF) has gained a lot of attention, and for good reason. When done thoughtfully, research suggests it may help improve cardiovascular health by lowering inflammation, improving cholesterol levels, reducing insulin resistance, and supporting healthy weight management — all key factors in heart disease prevention.

Intermittent fasting focuses on when you eat rather than strictly what you eat. Common approaches include time-restricted eating, such as eating within an 8-hour window, or fasting a few days each week. For some patients, this structured rhythm gives the heart and metabolic system time to rest and reset.

However, IF is not a one-size-fits-all solution. Patients with diabetes, low blood sugar episodes, certain heart conditions, or those on specific medications should always speak with a healthcare provider before starting.

💬 Dr. Vik and NP Amanda encourage open conversations about nutrition strategies — because the best plan is the one that works safely for your body and your life.

Walking, Heart Rate Variability, and Community Connection



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One of the most powerful tools for improving **heart rate variability (HRV)** — a key marker of heart resilience and stress recovery — is also one of the simplest: **walking**.

Walking supports your heart by:

- Improving circulation
- Reducing stress hormones
- Enhancing nervous system balance
- Supporting emotional well-being

And here in **Vero Beach**, we're lucky to have beautiful spaces that make movement feel like a gift instead of a chore.

Favorite Local Places to Walk for Heart Health:

- **Riverside Park** — shaded paths, river views, and a peaceful setting perfect for mindful walking or post-dinner strolls
- **Jaycee Park** — ideal for walking with kids or grandkids, letting movement feel playful and social
- **Ocean Drive Boardwalk** — fresh air, ocean sounds, and a reminder that movement can be calming as well as strengthening
- **Historic Downtown Vero** — park once, walk between shops and cafés, and turn errands into exercise

Make it social. Invite a neighbor, meet a friend, walk with your spouse, or let the grandkids set the pace. Laughter, conversation, and connection all help lower stress — which directly benefits your heart.

💬 NP Amanda often reminds patients: "You don't need intense workouts. You need consistency, enjoyment, and connection." Even 15–20 minutes a day adds up.

MYTH

Buster!

“A heart attack always feels like sudden, crushing chest pain.”

Truth: For many women, heart attacks present very differently.

Women may experience:

- Unusual or extreme fatigue
- Shortness of breath
- Nausea or dizziness
- Pain in the jaw, neck, upper back, or shoulders
- A sense of anxiety or feeling “off”

Dr. Vik emphasizes:

“Women’s symptoms are often subtle and easily dismissed — sometimes even by the women themselves. Trust your instincts. If something doesn’t feel right, seek care immediately.”

Our Happy Patients



I can't recommend Vik Gongidi highly enough. What truly distinguishes Vik is his deep background in cardiology combined with the level of time and access he gives each patient. You never feel rushed. Appointments are thoughtful, thorough, and focused on understanding the full picture, not just checking boxes.

His cardiology training shows in how proactive and precise he is, especially when it comes to prevention and long-term health planning. He explains things clearly, answers every question, and makes sure you actually understand what's going on and why it matters.

The 24/7 access is a game-changer. Knowing you can reach your physician directly, when it actually matters, brings an incredible level of confidence and peace of mind. This is medicine the way it should be: personal, responsive, and rooted in real expertise.

If you're looking for a concierge physician who combines top-tier medical knowledge with genuine care and availability, Vik is the real deal.

-Jeffrey Knowles



Amanda was great. She listened to me and took all the time needed. I will make her my first choice for cardiology care.

-Harold Schwartz



Sheet-Pan Roasted Chicken & Vegetables

Looking for a Valentine's Day dinner that feels special but still supports your heart? This sheet-pan roasted chicken and vegetables recipe checks every box.

- 🍗 **Lean protein**
- 🌈 **Fiber-rich, colorful vegetables**
- 🌿 **Heart-healthy fats**
- ⌚ **Simple prep and easy cleanup**

👉 **View the full recipe here:** [Sheet-Pan Roasted Chicken & Vegetables](#)

Ingredients

🍴 **Servings** 4 **Serving Size** 4 ounces chicken plus 1/2 potato and 1/2 cup vegetables

- 2 tablespoons garlic powder
- 1 tablespoon herbs de Provence or 1 tablespoon Italian seasoning blend
- 2 teaspoons pepper
- 2 medium baking potatoes, peeled, or 1 1/2 pounds fingerling potatoes, about 12, cut into 1-inch pieces
- 2 large carrots (cut into 1-inch pieces)
- 1 large onion (cut into 8 wedges)
- 6 medium garlic (left whole)
- 1 2 1/2- to 3-pound chicken, all visible fat, neck, and giblets discarded, leaving the skin on, patted dry with paper towels
- 2 tablespoons light tub margarine
- 2 tablespoons olive oil (extra virgin preferred)

Directions

1. Preheat the oven to 375°F. Line a large sheet pan or baking sheet with aluminum foil.
2. In a small bowl, stir together the garlic powder, herbs de Provence, and pepper. Set aside.
3. Arrange the potatoes, carrots, onion, and garlic in a single layer on the baking sheet. Nestle the chicken among the vegetables.
4. Using a paring knife, cut six 1-inch slits into the chicken skin. Put one teaspoon margarine into each slit.
5. Sprinkle the seasoning mixture over the chicken and vegetables. Drizzle the oil over all.
6. Bake, uncovered, for 1 hour and 15 minutes to 1 hour and 30 minutes, or until the chicken is no longer pink in the center, the potatoes are fork-tender, and the vegetables are tender-crisp.
7. Remove the pan from the oven. Transfer the vegetables to a serving bowl. Cover to keep warm.
8. Transfer the chicken to a cutting board. Let the stand, covered, for 10 minutes before carving. Discard the skin before serving.

💡 **Pair it with candlelight, conversation, and maybe a short walk afterward — one of the best Valentine’s traditions you can start.**

The most meaningful Valentine’s gift you can give yourself — or someone you love — is proactive heart care.

Schedule a Meet & Greet with Dr. Vik Gongidi or NP Amanda to talk through prevention, lifestyle goals, or any concerns you’ve been putting off.

This February, let love look like movement, awareness, nourishment, and care — for yourself and for your community.

With heart,

Dr. Vik Gongidi & the Premier Cardiology Team

Because every heartbeat matters — and every person does too.



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