

PREMIER CARDIOLOGY

Your Monthly Heart & Health Update from
Premier Cardiology



As winter turns to spring here in beautiful Vero Beach, we're reminded that growth — in nature and in our own health — is both gradual and purposeful. March offers a moment to reflect and recommit to heart-centered choices that support sustainable wellness.

This month, we're diving into new research showing that healthy versions of low-carb and low-fat diets — when built around whole, nutrient-dense foods — are linked to better cardiovascular and metabolic health. We're also highlighting how consistent, low-impact cardiovascular activity can strengthen your heart and support longevity, along with a flavorful, heart-healthy seafood recipe that proves you don't have to sacrifice taste to stay on track.

And on March 8th, we celebrate International Women's Day — a powerful reminder that heart disease remains the leading cause of death in women. This and every month at Premier Cardiology, we shine a special light on women's heart health, awareness of unique symptoms, and the importance of proactive care.

Let's move into spring with purpose — one informed, heart-healthy choice at a time.

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

Healthy Low-Carb and Low-Fat Diets Linked to Better Heart & Metabolic Health



Newsletter Highlights

A MESSAGE FROM DR. VIK GONGIDI

MEDICAL FOCUS:
HEALTHY LOW-CARB AND
LOW-FAT DIETS LINKED TO
BETTER HEART & METABOLIC
HEALTH

LIFESTYLE SPOTLIGHT:
LOW-IMPACT
CARDIOVASCULAR
CONSISTENCY: HOW TO
MOVE YOUR HEART EVERY
DAY

MYTHBUSTER: IF A DIET IS
LOW IN FAT OR CARBS, IT
MUST BE HEART-HEALTHY

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
SEAFOOD JAMBALAYA

THIS MONTH'S CALL TO
ACTION

There's good news for people who want to eat thoughtfully for their heart. Recent research published by the American College of Cardiology suggests that **both low-carbohydrate and low-fat diets** — when done in healthy, unprocessed forms — are associated with improvements in cardiovascular and metabolic risk factors.

 *The key takeaway?*

It's not simply how much fat or carbs you eat — it's **what kinds**. Diets that emphasize whole, nutrient-dense foods — colorful vegetables, lean proteins, healthy fats like olive oil and nuts, and fiber-rich whole grains — can support long-term heart and metabolic health.

 *Unhealthy versions of low-fat (highly processed, added sugars) or low-carb (excessive saturated fat, limited fiber) can counteract benefits. The best approach is balanced, thoughtful nutrition that supports your energy, metabolism, and cardiovascular system.*

If you're curious about tailoring your eating style to your heart health, bring your questions to your next visit. We're here to help you build a plan that makes sense for your goals and lifestyle.

 **Source:** American College of Cardiology research on healthy diet patterns and cardiovascular outcomes.

Low-Impact Cardiovascular Consistency: How to Move Your Heart Every Day



Newsletter Highlights

A MESSAGE FROM DR. VIK GONGIDI

MEDICAL FOCUS:
HEALTHY LOW-CARB AND
LOW-FAT DIETS LINKED TO
BETTER HEART & METABOLIC
HEALTH

LIFESTYLE SPOTLIGHT:
LOW-IMPACT
CARDIOVASCULAR
CONSISTENCY: HOW TO
MOVE YOUR HEART EVERY
DAY

MYTHBUSTER: IF A DIET IS
LOW IN FAT OR CARBS, IT
MUST BE HEART-HEALTHY

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
SEAFOOD JAMBALAYA

THIS MONTH'S CALL TO
ACTION

You don't need HIIT workouts or marathon training for a strong heart. **Consistent, low-impact cardiovascular movement** is one of the most heart-protective habits you can adopt — especially when done regularly and joyfully.

Here in **Vero Beach**, we're fortunate to have beautiful places for heart-healthy motion at every pace. Whether you're walking with family, socializing with friends, or enjoying solo time with nature, these local spots make consistency easier and more meaningful:

♥ **Riverside Park (600 N Indian River Dr.)**

Shaded scenic paths along the Indian River, perfect for morning or evening strolls. Bring a friend or your dog and enjoy the fresh breezes.

♥ **Jaycee Park (3000 Ocean Dr.)**

A community favorite for walking with grandkids, picnics, and gentle movement near the water.

♥ **Ocean Drive Boardwalk**

Take a brisk walk along the oceanfront boardwalk — the sights and sounds of the surf make movement feel effortless.

♥ **Historic Downtown Vero**

Park once, and walk between your favorite cafés, shops, and gardens — turning errands into heart support.

💡 **Why this matters:** Low-impact cardiovascular movement raises your heart rate just enough to improve circulation, strengthen your heart muscle, and support mental well-being — all while being gentle on joints. And the best part? It's consistent movement over time that adds up to real benefit.

MYTH Buster!

“Eating low-fat or low-carb means a diet is automatically good for your heart.”

Truth: It’s possible to exclude fat or carbs and still eat in ways that harm your heart — for example, replacing fats with added sugars, or loading a low-carb plate with processed meats.

The quality of your food matters far more than the label. Whole, colorful foods high in fiber, antioxidants, and healthy fats (like those found in olive oil, nuts, and fish) support cardiovascular health far more reliably than highly processed “low-whatever” products.

Smart nutrition isn’t about restriction — it’s about choices that nourish your heart and your life.

Our Happy Patients



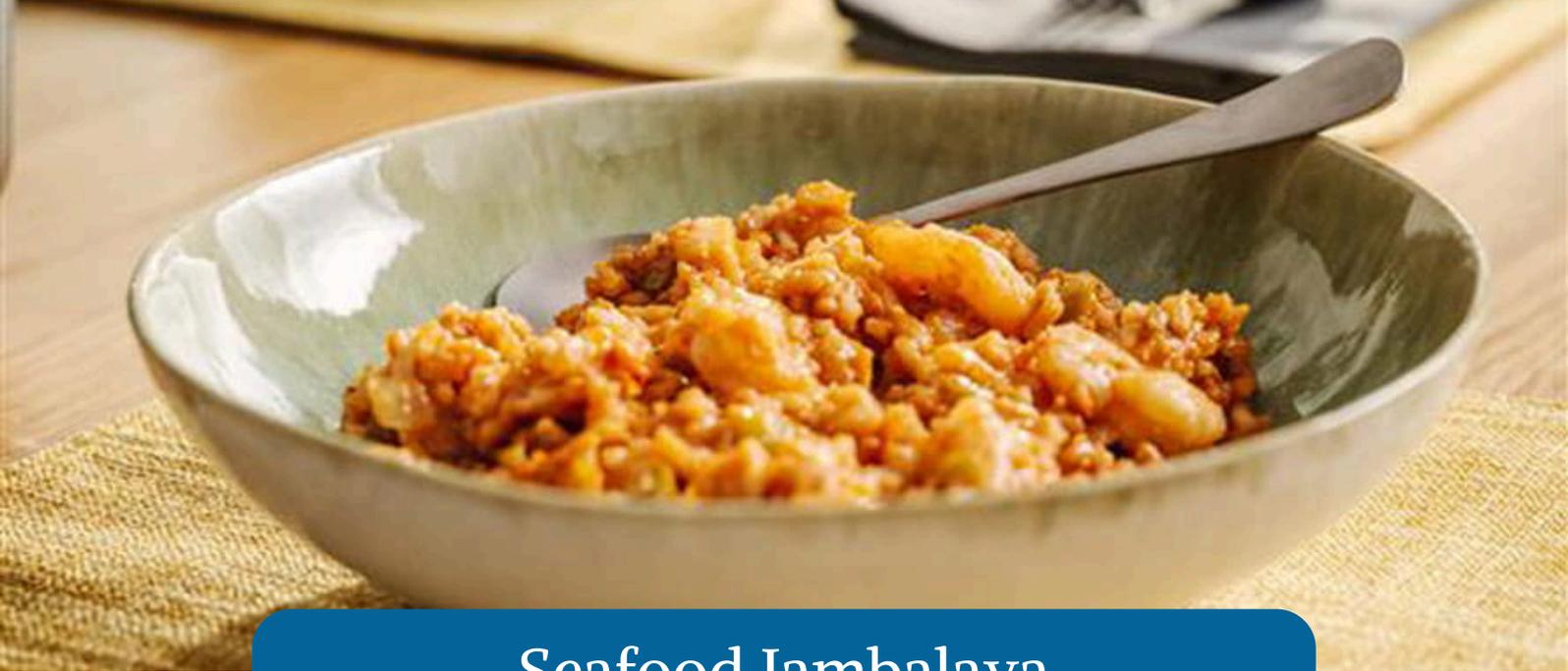
Nurse Practitioner Amanda Pressley develops a powerful goal with your input, her knowledge using the newest technical equipment. Her professional decorum builds competence and positive trust with you, colleagues and other clients. You will be happy using her professionalism.

-J. Webs



Always greeted by the reception desk with courtesy and familiarity and always on time The office is pleasant has heart healthy snacks always available. I see NP Amanda Pressley who is exceptional. I feel well taken care of in this office

-Barbara Carlin



Seafood Jambalaya

Looking for something bold, flavorful, and good for your heart? Try this delicious and *AHA-approved* jambalaya — rich in protein, colorful vegetables, and spices that bring comfort without compromising your cardiovascular goals.

Ingredients

 **Servings** 4 **Serving Size** 1 1/2 cups

- 2 teaspoons olive oil (extra virgin preferred)
- 2 medium ribs of celery (finely diced)
- 1 cup diced onion
- 1 medium green bell pepper (diced)
- 3 medium garlic cloves (minced)
- 1 cup uncooked white rice (long-grain preferred)
- 2 teaspoons chopped, fresh thyme
- OR
- 1/2 teaspoons dried thyme (crumbled)
- 1/8 teaspoon cayenne
- 2 8-ounce cans no-salt-added tomato sauce
- 1 1/2 cups water
- 1/8 teaspoon pepper
- 8 ounces raw, medium shrimp (peeled, rinsed, patted dry)
- 8 ounces redfish, catfish, striped bass, red snapper, tilapia, flounder, or cod, cut into 3/4-inch pieces, rinsed and patted dry
- 1/2 cup fat-free, low-sodium chicken broth
- 1 teaspoon salt-free Creole or Cajun seasoning blend

Directions

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom.
2. Cook the celery, onion, and bell pepper for 6 to 7 minutes, or until the celery and bell pepper are tender and the onion is soft, stirring occasionally. Stir in the garlic. Cook for 1 minute, or until fragrant, stirring frequently. Stir in the rice, thyme, and cayenne. Cook for 1 minute, stirring occasionally.
3. Increase the heat to medium high. Stir in the tomato sauce, water, and pepper. Bring to a simmer. Reduce the heat and simmer, covered, for 25 to 30 minutes, stirring occasionally.
4. Stir in the shrimp and fish. Add the broth. Sprinkle the seasoning blend over all (don't stir). Cook, covered, over low heat for 6 to 8 minutes, or until the rice is tender, the shrimp is pink on the outside, and the fish flakes easily when tested with a fork.

👉 Get the full recipe [here](#)

Pair it with a crisp salad or citrus-infused water for a complete meal your heart will thank you for.

Let this season of renewal be a turning point for your heart health.

Take a moment this March to reflect on the habits that support your heart for the long haul. Whether it's planning out balanced meals, trying a new walking route in Vero Beach, or chatting with Dr. Vik or NP Amanda about your metabolic health goals, we're here with you every step of the way.

With heart,

Dr. Vik Gongidi & the Premier Cardiology Team

Because every heartbeat tells a story — make yours strong and vibrant.



772-494-0794



info@premiercardiologyvb.com



787 37th St, Suite E250, Vero Beach, FL 32960

Click to connect:

