

PREMIER CARDIOLOGY

Your Monthly Heart & Health Update from
Premier Cardiology



As April settles into spring here in beautiful Vero Beach, we're reminded that renewal — in nature and in our own health — is both intentional and ongoing. This month offers a chance to reset, reflect, and recommit to habits that support lasting, heart-centered wellness.

April is a month of awareness, renewal, and reflection. As we continue into spring here in Vero Beach, it's the perfect time to reset routines and recommit to habits that support long-term health.

This month also brings important health observances, including Stress Awareness Month and National Public Health Week (April 6–12) — both powerful reminders that heart health is not just physical, but deeply connected to how we manage stress, sleep, nutrition, and daily life.

In this issue, we're highlighting the American Heart Association's Life's Essential Eight, exploring the heart-protective benefits of the Mediterranean diet, and sharing a simple, flavorful recipe you can enjoy at home.

Let's continue building a strong foundation for your health — one intentional choice at a time.

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

Life's Essential Eight: A Practical Blueprint for Heart Health



Newsletter Highlights

A MESSAGE FROM DR. VIK GONGIDI

MEDICAL FOCUS:
LIFE'S ESSENTIAL EIGHT: A PRACTICAL BLUEPRINT FOR HEART HEALTH

LIFESTYLE SPOTLIGHT:
THE MEDITERRANEAN DIET: A HEART-HEALTHY WAY OF LIVING

MYTHBUSTER: HEALTHY EATING MEANS GIVING UP FLAVOR.

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
SHRIMP, MUSHROOM & ASPARAGUS STIR-FRY WITH COUSCOUS

THIS MONTH'S CALL TO ACTION

The American Heart Association has introduced Life's Essential Eight, a science-backed framework designed to help individuals improve and maintain cardiovascular health.

These eight pillars include:

Eat better

Be more physically active

Quit tobacco

Get healthy sleep

Maintain a healthy weight

Manage cholesterol

Control blood sugar

Manage blood pressure

What makes this approach so effective is its simplicity. It doesn't require perfection — it focuses on progress.

Even small improvements in one or two areas can significantly reduce your risk of heart disease, stroke, and metabolic conditions.

Dr. Vik often shares:

"Heart health isn't about doing everything at once. It's about making small, sustainable changes that build over time."

The Mediterranean Diet: A Heart-Healthy Way of Living



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The Mediterranean diet continues to be one of the most recommended eating patterns for cardiovascular health — not because it's restrictive, but because it's sustainable, balanced, and enjoyable.

Core principles include:

- Fresh vegetables and fruits
- Whole grains and legumes
- Healthy fats like olive oil and nuts
- Lean proteins, especially fish and seafood
- Minimal processed foods and added sugars

This approach has been shown to:

- Lower LDL ("bad") cholesterol
- Reduce inflammation
- Improve metabolic health
- Decrease cardiovascular risk

Here in Vero Beach, embracing this lifestyle can be simple:

- Grilling fresh seafood at home
- Enjoying colorful salads outdoors
- Cooking with olive oil and herbs instead of heavy sauces
- Sharing meals with family and friends

NP Amanda often reminds patients:

"The Mediterranean diet works because it feels natural — not restrictive. It's something you can truly maintain for life."



MYTH Buster!

“Healthy eating means giving up flavor.”

Truth: The most effective heart healthy diets, like the Mediterranean diet, are full of flavor, variety, and satisfaction.

Herbs, spices, fresh ingredients, and healthy fats create meals that are both nourishing and enjoyable. When food tastes good, you're more likely to stay consistent, and consistency is what drives results.

Focusing on whole foods like fruits, vegetables, legumes, whole grains, and lean proteins can support heart health while keeping meals interesting and balanced.

Simple changes, like cooking with olive oil or adding more plant based dishes, can make a meaningful difference over time.

Our Happy Patients



I had the absolute best experience. The staff is amazing & the Doctor is both personable and knowledgeable! Highest recommendation.

Dr. Jen Welter



Dr Gongidi and his office are truly Premier! Responsive to all inquiries; attentive to all concerns. I am now using him as my GP as well. Thank you Dr Gongidi!

Barbara Drndak



Shrimp, Mushroom & Asparagus Stir-Fry with Couscous

A quick, flavorful, and heart-smart meal perfect for spring evenings.

Ingredients

 Servings 4

- 1 cup whole wheat couscous
- 1 ¼ cups low-sodium chicken or vegetable broth
- 1 lb raw shrimp (peeled and deveined)
- 1 tablespoon olive oil
- 2 cups asparagus, trimmed and cut into 2-inch pieces
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes (optional)
- 1 tablespoon lemon juice
- 1 tablespoon fresh parsley, chopped

Directions

1. In a small saucepan, bring broth to a boil. Remove from heat, stir in couscous, cover, and let sit for 5 minutes. Fluff with a fork and set aside.
2. Heat olive oil in a large skillet over medium heat. Add garlic and sauté for about 30 seconds.
3. Add asparagus and mushrooms. Cook for 4–5 minutes until tender but still crisp.
4. Add shrimp, black pepper, and red pepper flakes. Cook for 3–4 minutes until shrimp turn pink and opaque.
5. Stir in lemon juice and remove from heat.
6. Serve the shrimp and vegetables over couscous and garnish with fresh parsley.

Why it's heart-healthy:

- Lean protein from shrimp
- Fiber and antioxidants from vegetables
- Whole grains for sustained energy
- Healthy fats from olive oil

Get the full recipe [here](#)

This fast and flavorful complete meal can be prepped and cooked in 30 minutes, so it's perfect for any busy night.

This Month's Action Step

In recognition of Stress Awareness Month, take time this April to care for both your heart and your mind.

Start small:

- Take a daily walk
- Prepare one home-cooked meal each week
- Practice mindful breathing or quiet time
- Schedule your preventive visit

If you're ready to take the next step, we're here to help.

Schedule your Meet & Greet: (772) 494-0794
info@premiercardiologyvb.com
www.premiercardiologyvb.com

Let this season of renewal be your opportunity to strengthen your heart — physically, mentally, and emotionally.

**Warmly,
Dr. Vik Gongidi & the Premier Cardiology Team
Because every heartbeat matters.**



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