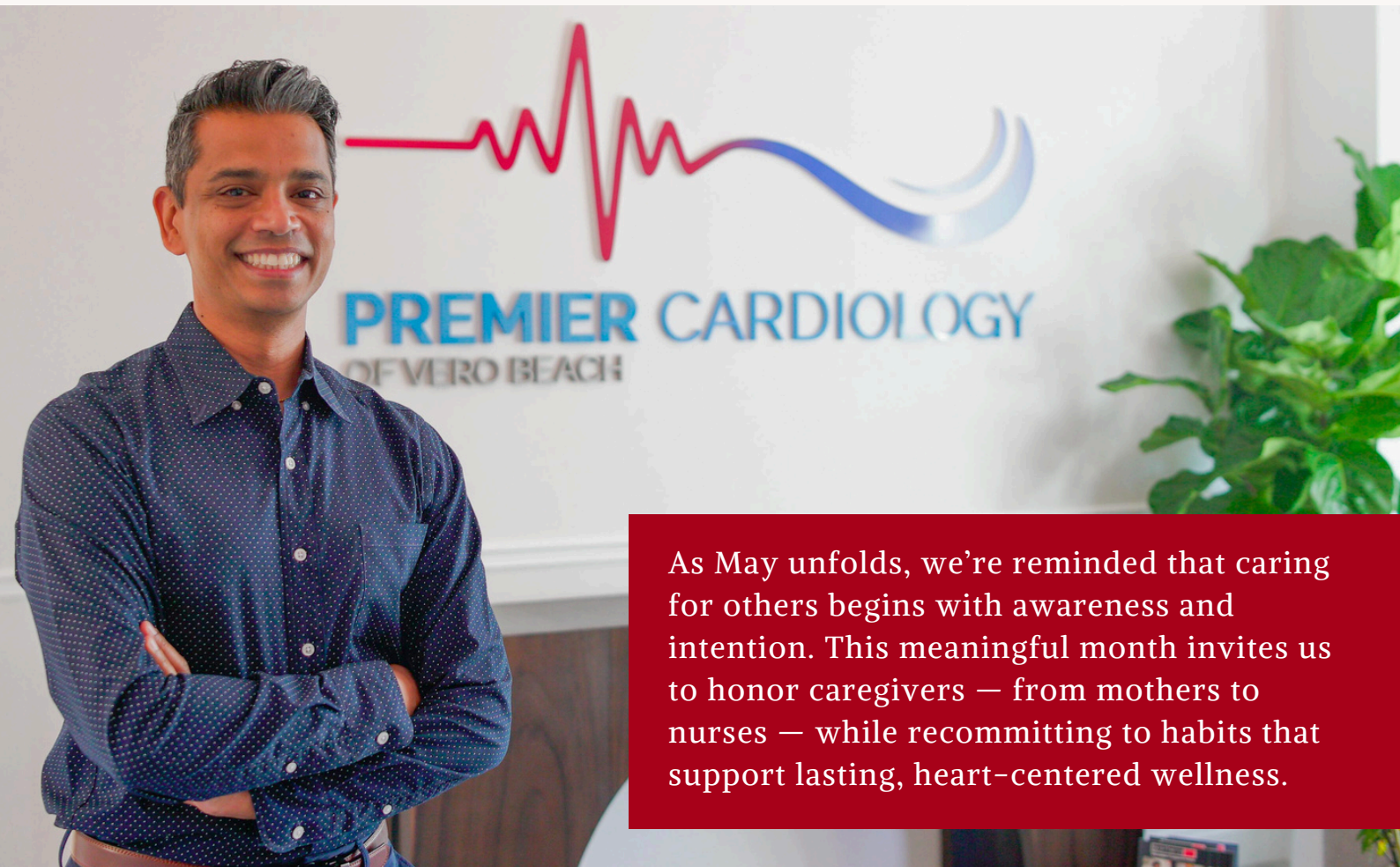


THE PREMIER PULSE

Your Monthly Heart & Health Update from
Premier Cardiology of Vero Beach



As May unfolds, we're reminded that caring for others begins with awareness and intention. This meaningful month invites us to honor caregivers — from mothers to nurses — while recommitting to habits that support lasting, heart-centered wellness.

May is a meaningful month — one that reminds us to honor both caregivers and those we care for. As we celebrate Mother's Day, we recognize the women who nurture, support, and hold families together. And during National Nurses Week (May 6–12), we take a moment to acknowledge the incredible nurses who provide compassionate care every single day — often being the steady heartbeat of healthcare.

This month, we're focusing on something that can truly save lives: recognizing the signs of stroke and knowing what to do. When it comes to stroke, time is everything — and awareness can make the difference between recovery and long-term disability.

We'll also share a simple, heart-healthy recipe perfect for spring, and a reminder that prevention and awareness go hand in hand.

Let's continue caring for ourselves and each other — with intention, knowledge, and heart.

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

Stroke Awareness: Know the Signs, Act Fast



Newsletter Highlights

A MESSAGE FROM DR. VIK GONGIDI

MEDICAL FOCUS:
STROKE AWARENESS: KNOW THE SIGNS, ACT FAST

LIFESTYLE SPOTLIGHT:
CARING FOR THE CAREGIVERS:
HEART HEALTH FOR MOMS & NURSES

MYTHBUSTER: STROKES ONLY HAPPEN TO OLDER ADULTS.

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
LEMON-GARLIC SALMON FOIL PACKET WITH GREEN BEANS AND NEW POTATOES

THIS MONTH'S CALL TO ACTION

A stroke occurs when blood flow to the brain is interrupted — and every second matters. The faster treatment begins, the better the chances of minimizing damage and improving outcomes.

The easiest way to remember stroke symptoms is **F.A.S.T.:**

- **F – Face drooping**
Ask the person to smile. Does one side of the face droop?
- **A – Arm weakness**
Ask them to raise both arms. Does one drift downward?
- **S – Speech difficulty**
Is speech slurred or hard to understand?
- **T – Time to call 911**
If you notice any of these signs, call emergency services immediately.

Other symptoms may include sudden confusion, vision problems, dizziness, loss of balance, or a severe headache with no known cause.

 **Dr. Vik emphasizes:**

“Never wait to see if symptoms improve. Acting quickly can save brain function — and lives.”

Caring for the Caregivers: Heart Health for Moms & Nurses



Newsletter Highlights

A MESSAGE FROM DR. VIK GONGIDI

MEDICAL FOCUS:
STROKE AWARENESS: KNOW THE SIGNS, ACT FAST

LIFESTYLE SPOTLIGHT:
CARING FOR THE CAREGIVERS:
HEART HEALTH FOR MOMS & NURSES

MYTHBUSTER: STROKES ONLY HAPPEN TO OLDER ADULTS.

OUR HAPPY PATIENTS

HEART-SMART RECIPE:
LEMON-GARLIC SALMON FOIL PACKET WITH GREEN BEANS AND NEW POTATOES

THIS MONTH'S CALL TO ACTION

This month, we shine a light on two groups who often put others first — mothers and nurses. While their roles are different, they share something in common: constant giving, often at the expense of their own health.

Common challenges include:

- Chronic stress
- Lack of sleep
- Irregular meals
- Limited time for exercise

Small changes can make a big difference:

- Taking short daily walks, even 10–15 minutes
- Staying hydrated throughout busy days
- Prioritizing sleep when possible
- Scheduling preventive care visits

Here in Vero Beach, even a brief walk at Riverside Park or along Ocean Drive can provide both physical and mental reset.

 **NP Amanda often reminds patients:**

“You can’t pour from an empty cup. Taking care of your heart allows you to keep caring for everyone else.”



MYTH Buster!

“Strokes only happen to older adults.”

Truth: While risk increases with age, strokes can happen at any age — even in younger adults.

Other common misconceptions:

Stroke symptoms will go away on their own

Even temporary symptoms (TIA or “mini-stroke”) are a major warning sign

If symptoms are mild, it’s not serious

Any symptom should be treated as an emergency

The key takeaway: Know the signs. Act fast. Never ignore symptoms.

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



Lemon–Garlic Salmon Foil Packet with Green Beans and New Potatoes

A light, flavorful, and easy-to-clean meal — perfect for busy schedules.

Ingredients

 **Servings** 4

- 4 salmon fillets
- 2 cups green beans, trimmed
- 1 cup baby potatoes, halved
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- 1 teaspoon dried oregano
- ½ teaspoon black pepper
- Fresh parsley (optional)

Directions

1. Preheat oven to 400°F.
2. In a bowl, toss potatoes with olive oil, garlic, oregano, and pepper.
3. Place potatoes on foil sheets and bake for 10 minutes (they take longer to cook).
4. Remove from oven, add green beans and salmon fillets to each foil packet.
5. Drizzle lemon juice and remaining olive oil over the salmon.
6. Seal foil packets and return to oven for 12–15 minutes, until salmon is cooked through.
7. Garnish with fresh parsley and serve.

♥ Why it's heart-healthy:

- Rich in omega-3 fatty acids from salmon
- Fiber and nutrients from vegetables
- Minimal added sodium and processed ingredients

👉 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

This May, take a moment to check in — on yourself and on those you love.

- ♥ Learn the signs of stroke
- ♥ Share this information with family and friends
- ♥ Encourage the caregivers in your life to prioritize their health
- ♥ 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

Because the best care starts with awareness — and continues with action.

Warmly,

Dr. Vik Gongidi & the Premier Cardiology Team

Because every heartbeat matters.



772-494-0794



info@premiercardiologyvb.com



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

Click to connect:

