

THE PREMIER PULSE

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



As June begins, we're encouraged to embrace balance, prioritize self-care, and enjoy the season with intention. Small, mindful choices today can support lasting wellness all summer long.

June is a month that calls us to pause — and look a little closer. Closer at the men in our lives who rarely slow down long enough to ask for help. Closer at the habits we've normalized. Closer at what we're feeding our bodies and our hearts.

This month is Men's Health Month, and for us here at Premier Cardiology, that's not a formality — it's a call to action. Cardiovascular disease remains the leading cause of death for men in the United States, and yet the most common reason men don't seek care is simple: they feel fine. Feeling fine is not the same as being fine. And that distinction can be the difference between a long, healthy life and a life-changing event that could have been prevented.

We're also diving into new research from the Journal of the American College of Cardiology that reframes the conversation about diet in a powerful way. It's not about choosing keto versus low-fat. It's about choosing quality. Whole foods, plants, healthy fats — the kind of eating that feeds your heart at the cellular level.

Whether you're here for yourself or bringing someone you love along, we're honored to be your partners in this. Let's make June count.

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

Men's Health Month — The Heart of the Matter



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

June is Men's Health Month, and we're not going to bury the lead: men die from cardiovascular disease at higher rates than women, and they're significantly less likely to seek preventive care. That's not a statistic — that's someone's father, husband, brother, or son.

The conditions most associated with heart disease risk in men are also often silent: high blood pressure, high cholesterol, prediabetes, and abdominal obesity can all be present without a single noticeable symptom. Men's Health Month exists to change that — to normalize routine screening and to reframe getting checked as a sign of strength, not weakness.

What Every Man Should Know About His Heart:

- High blood pressure is called the "silent killer" for good reason — most people cannot feel it
- Cardiovascular disease is the #1 cause of death for American men
- Abdominal obesity (belly fat) is a direct cardiovascular risk factor
- A routine check-up can detect issues years before a cardiac event
- Erectile dysfunction can be an early warning sign of heart disease

 **Dr. Vik emphasizes:**

"The best gift a man can give his family is showing up — not just for the event, but for the check-up before it. Prevention isn't a weakness. It's the smartest move you'll ever make for the people who count on you."

The June Observances Worth Knowing:

June is rich with awareness months that intersect directly with heart health. Here's what they mean for you:

Men's Health Month

A dedicated push to encourage men to take charge of their health through routine check-ups, preventive screenings, and lifestyle changes. Cardiovascular disease, prostate cancer, and abdominal aortic aneurysms are among the primary focuses — all conditions that benefit enormously from early detection.

Alzheimer's & Brain Awareness Month

What's good for the heart is good for the brain. Cardiovascular risk factors like high blood pressure, high cholesterol, and diabetes are also leading contributors to cognitive decline. Keeping your heart healthy is one of the most impactful things you can do for long-term brain health.

National Migraine & Headache Awareness Month

Migraine with aura has been associated with increased cardiovascular risk, particularly in women. If you experience frequent or severe headaches, mention it at your next visit — it's more relevant to your heart health than most people realize.

Professional Wellness Month

Chronic workplace stress is a measurable cardiovascular risk factor. Elevated cortisol, disrupted sleep, poor nutrition habits, and sedentary work all take a toll on the heart over time. Professional Wellness Month is a reminder that caring for yourself at work is not optional — it's clinical.

National Safety Month

Led by the National Safety Council, this month focuses on preventing injuries and accidents — including cardiac emergencies. Knowing CPR, recognizing a heart attack, and having an emergency action plan are forms of safety that can save lives in any setting.





Quality Over Quantity — What New Research Is Saying About Diet & Heart Health

Source: Journal of the American College of Cardiology, February 2026

For years, the conversation about diet and heart health has been framed as a battle of camps: low-fat versus low-carb. Pick your side. Defend your macros. It turns out, that entire framing may have been the wrong question.

A major new study published in the Journal of the American College of Cardiology — analyzing data from nearly 200,000 participants across three large-scale cohort studies, tracked over more than 5.2 million person-years — reaches a conclusion that is both clarifying and, frankly, liberating: the quality of what you eat matters far more than the category.

What the Research Found:

- Healthy versions of both low-carbohydrate and low-fat diets — those emphasizing plant-based foods, whole grains, and unsaturated fats — were associated with significantly lower risk of coronary heart disease
- Unhealthy versions of both diets — high in refined carbohydrates, processed foods, and animal-based fats — were linked to higher coronary heart disease risk and adverse metabolic profiles
- Healthy dietary patterns were associated with lower triglycerides, higher HDL (good) cholesterol, and reduced systemic inflammation
- Metabolomic analysis confirmed favorable biomarker profiles in people eating higher-quality foods, regardless of whether their diet was lower in carbs or fat

What This Means in Plain Terms: Swapping bread for bacon is not a heart-healthy upgrade. But swapping processed snacks for vegetables, seeds, and whole grains — whether or not you're counting carbs — absolutely is.

The researchers summarized it simply: "Focusing on overall diet quality may offer flexibility for individuals to choose eating patterns that align with their preferences while still supporting heart health."

This is meaningful news — especially for patients who have felt frustrated by conflicting dietary advice over the years. There is no single "correct" eating plan for heart health. There is, however, a clear principle: choose whole foods over processed ones, prioritize plants, and treat fat quality as seriously as fat quantity.

The Premier Cardiology team is always happy to discuss how these findings apply to your individual health goals. Nutrition is not one-size-fits-all — and now science backs up the flexibility to personalize.

MYTH Buster!

“If I feel fine, my heart must be fine.”

TRUTH: Heart disease is often completely silent until it isn't. High blood pressure, high cholesterol, and even early coronary artery disease produce no symptoms in many people — sometimes for years or decades.

Other common misconceptions:

“I'd know if something was wrong.” → Most first cardiac events are a surprise, even to patients who thought they were healthy.

“I'm too young to worry about this.” → Plaque buildup in the arteries begins in your 20s and 30s. Prevention is not just for seniors.

“I exercise, so I'm covered.” → Exercise is powerful but not protective against all cardiovascular risks, especially genetic ones.

The key takeaway: Don't wait for symptoms. Get screened. Know your numbers. Prevention is the most powerful form of cardiology.

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 and 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



Heart-Smart Recipe: Seafood Jambalaya

A bold, flavorful Southern classic — reimagined for your heart. This one-pot wonder is easy enough for a weeknight and impressive enough for company.

Ingredients

 Servings 4

- 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 long-grain white rice
- 82 teaspoons chopped fresh thyme (or ½ tsp dried)
- ⅛ teaspoon cayenne
- 2 (8 oz) cans no-salt-added tomato sauce
- 1½ cups water
- ⅛ teaspoon black pepper
- 8 oz raw medium shrimp, peeled and patted dry
- 8 oz firm white fish (catfish, red snapper, tilapia, or cod), cut into ¾-inch pieces
- ½ 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 olive oil over medium heat.
2. Cook celery, onion, and bell pepper for 6–7 minutes until tender. Stir in garlic and cook 1 minute. Add rice, thyme, and cayenne; stir 1 minute.
3. Increase to medium-high heat. Stir in tomato sauce, water, and pepper. Bring to a simmer, then reduce heat and cook covered for 25–30 minutes, stirring occasionally.
4. Stir in shrimp and fish. Add broth. Sprinkle seasoning blend over all (do not stir). Cook covered over low heat for 6–8 minutes, until rice is tender and seafood is cooked through.
5. Serve immediately. Enjoy the flavor of the Gulf Coast — without the sodium.

♥ Why it's heart-healthy:

- Lean protein from shrimp and white fish with minimal saturated fat
- Heart-healthy olive oil instead of butter or animal fat
- No-salt-added tomato sauce keeps sodium remarkably low (only 142mg per serving)
- Fiber from vegetables supports cholesterol management
- 345 calories per serving | 28g protein | 4g fiber

👉 Get the full recipe [here](#)

This Month's Action Step

♥ This June, make one powerful move for someone you love — or for yourself.

- Schedule a comprehensive heart health screening for the man in your life (or yourself)
- Know your numbers: blood pressure, cholesterol, blood sugar, BMI
- Share the diet quality research with someone navigating confusing nutrition information
- Cook the Seafood Jambalaya — feed your family something delicious and heart-healthy
- If you're ready to take the next step, we're here.

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

📞 Schedule your Meet & Greet: (772) 494-0794

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

Warmly,

Dr. Vik Gongidi & the Premier Cardiology Team

Because every heartbeat matters.



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