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THE PREMIER PULSE

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



November sets the table for gratitude. It is also American Diabetes Month, and the Great American Smokeout falls on November 19.

Each one points to the same truth. Heart health is never about a single subject. It takes a team that talks to each other.

Last month we looked at cardio-oncology, the field that exists because two diagnoses belong in the same chart. This month I want to talk about the idea underneath it.

Good heart care is not one skill. It is several, working on the same patient at the same time.

You need someone who listens to your history. You need someone who builds a plan for prevention. You need someone who treats the condition in front of us. And when your care calls for imaging, you need someone specially trained to review and interpret complex imaging studies, the radiologist who works with other doctors, such as Cardiologists, to improve patient care.

This month, that last piece joins us. I am glad to introduce Dr. David Dinan, our attending radiologist.

With Dr. Dinan, the team is complete. Stacey McCarter leads our non-concierge care. Sydney Banack-Bosetti heads preventive cardiology. I lead cardiology and cardio-oncology. Dr. Dinan reviews and interprets the many images obtained as part of a state of the art Cardiac CT. He then generates the report and shares findings with the care team.

That is what a complete care team does for you. It shortens the distance between a question and an answer.

As always, stay informed, stay engaged, and stay in the conversation with your care team. If anything in this issue raises a question, that is exactly what your next visit is for.

— Dr. Vik Gongidi
Premier Cardiology of Vero Beach

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THIS MONTH'S CALL TO ACTION

Care that lives in several places asks the patient to carry the information between them. This issue is about what changes when it does not have to travel.

One person listens to your history. One builds your prevention plan. One treats the condition and watches for what comes next. And when your care calls for imaging, one physician is trained to read it and sits down with your cardiologist to talk it through.

This month, that team is complete. Dr. David Dinan joins us as our attending radiologist. You have already met Stacey McCarter, who leads our non-concierge care, and Sydney Banack-Bosetti, who heads preventive cardiology. Dr. Vik Gongidi leads cardiology and cardio-oncology.

November also asks two timely questions. It is American Diabetes Month, and the American Heart Association says people living with diabetes are twice as likely to develop heart disease. And the Great American Smokeout falls on Thursday, November 19, one week before Thanksgiving. Both belong in the same conversation as your heart.

Plus a roasted vegetable side from the American Heart Association for the Thanksgiving table on November 26, and a short list of things worth doing before the month is out.

If you have ever wondered who reads your results and how your team talks to each other, read this one carefully.

One Connected Team. Heart Care Centered on You.

Welcome to the Team: David Dinan, MD. Attending Radiologist

Premier Cardiology of Vero Beach is pleased to welcome Dr. David Dinan as Attending Radiologist for Cardiac Imaging. We are strengthening our commitment to providing patients with sophisticated heart imaging and thoughtful, coordinated care.



As Premier Cardiology prepares to expand its cardiac imaging capabilities with the Canon Aquilion ONE PRISM Cardiac Edition and Cleerly AI-assisted analysis, Dr. Dinan brings an essential perspective to the team: the expertise of a physician trained to interpret complex medical images and recognize the details that help guide clinical decisions.

Why an in-house Radiologist Matters

A cardiac CT can produce highly detailed images of the heart and coronary arteries, but those images are most valuable when interpreted in the context of a patient's overall health.

Working alongside Dr. Vik Gongidi and the Premier Cardiology clinical team, Dr. Dinan contributes the radiologist's trained eye to cardiac CT evaluation. This brings together two complementary disciplines: cardiology's understanding of cardiovascular disease, symptoms and treatment, and radiology's expertise in complex imaging.

Premier Cardiology's imaging strategy specifically recognizes the value of having both a cardiologist and radiologist involved in the program — a collaborative "dual-read" approach that brings multiple areas of expertise to the same case

Experience Built Around Imaging

Dr. Dinan is board certified in Diagnostic Radiology and holds a Certificate of Added Qualification in Pediatric Radiology. He completed his diagnostic radiology residency at William Beaumont Hospital and a pediatric radiology fellowship at The Children's Hospital of Philadelphia.

His career has included extensive experience with advanced imaging, including serving as Section Chief of CT/MR at St. Christopher's Hospital for Children. He has also held academic appointments at the University of Central Florida College of Medicine, Florida State University College of Medicine and Drexel University College of Medicine.
That depth of CT and MR experience brings an important layer of imaging expertise to Premier Cardiology's growing cardiac program.

One Connected Team. One Location.

For patients, Dr. Dinan's addition means the technology, imaging expertise and cardiac care team are coming together in one personal outpatient setting.

Rather than imaging being a separate step, Premier Cardiology is building a model in which the scan becomes part of a larger clinical conversation — from evaluation and imaging through interpretation, prevention and treatment planning.

The practice's growth strategy identifies Dr. Dinan and the radiologist's role as an important part of that connected-care model. We are pleased to bring his expertise to Premier Cardiology of Vero Beach and to introduce patients to the experience and perspective he brings to our cardiac imaging program.

Medical Focus: One Roof. One Chart. Advanced Technology

Heart disease rarely looks the same way twice. Finding it, understanding it, and treating it takes more than one kind of expertise.

The Problem: Information That Has to Travel

Every handoff between offices is a place where information can slow down.

Patients often become the messengers. You carry results from one door to the next and hope nothing gets lost on the way.

The more of your care that happens in one place, the less you have to carry.



How Our Team Works Together

1.*We listen first.* Your history, symptoms, family history, and risk factors come before any test.

2. *We match the test to you.* The 2021 AHA/ACC chest pain guideline ties testing to a patient's level of risk. For people at intermediate to high risk with stable chest pain, it recommends coronary CT angiography or stress imaging.

3. *We read the images together.* The radiologist is trained to read what the images show. The cardiologist knows the patient. Dr. Dinan and Dr. Gongidi put those two views side by side.

4. *We build one plan.* You hear the result, what it means, and what comes next in one conversation. Everyone in the room has seen the same information.

What Each Test Helps Answer

- Calcium score: How much calcified plaque is in the walls of your coronary arteries?
- Stress imaging: Is your heart muscle getting enough blood flow when it works harder?
- Coronary CT angiography: Do your coronary arteries show plaque or narrowing?

Something New Is Coming

Premier Cardiology is preparing to add advanced cardiac CT technology to our Vero Beach practice. ***Details are coming soon.***

Here is what it means for you. Detailed pictures of your heart's arteries. AI-assisted software that helps your physicians study plaque more closely. And the people who know your story reading those results in the same place where you are seen.

Your care team still decides which test fits you. A conversation always comes first. The technology simply gives your physicians more to see.

The Bottom Line

This is not about more tests. It is about the right test, read by the right people, and explained by the people who know you.

Questions about which test fits your situation? Ask at your next visit.

MYTH Buster!

“A zero score means I am in the clear”

TRUTH: A zero calcium score is good news. It is not a guarantee. A calcium score measures calcified plaque. The 2018 AHA/ACC cholesterol guideline says statin treatment may be withheld or delayed in some intermediate-risk adults with a zero score, except in cigarette smokers, people with diabetes, and people with a strong family history of premature heart disease (Grundy et al., 2018). In the MESA study, people with a zero score were followed for a median of 16 years. Current smoking, diabetes, and high blood pressure were each independently linked to later cardiovascular events (Al Rifai et al., Circulation, 2022).

Other common misconceptions:

“Smoking is only a lung problem.” → Smoking raises the risk of coronary heart disease by 2 to 4 times, and it is responsible for one in every four deaths from cardiovascular disease (CDC). One to two years after quitting, the risk of heart attack drops sharply (CDC). The Great American Smokeout is Thursday, November 19.

"My blood sugar and my heart are separate conversations” → The American Heart Association states that people living with diabetes are twice as likely to develop heart disease as people without it (AHA, Know Diabetes by Heart, as reported by AANP). November is American Diabetes Month.

The key takeaway: A result is a data point. A team turns it into a plan

Our Happy Patients

★★★★★

My dad switched to Stacey at premier cardiology last month and has Never underwent the battery of tests that Stacey put him through i was so impressed the amount of time she spent with him. We did Not have to wait in the waiting room like all the others. Check in and we're in the exam room 10 minutes or less, I was shocked.
All the staff is very professional and knowledgeable just for the record my dad has been to 3 cardiologist none of them come close

Ken Bennett

★★★★★

I am a new patient at Premier Cardiology. I see Stacy McCarter Dr Vik’s APRN. She is very easy to talk to and really listens. I feel very comfortable with her and am very happy with all the people I have met in the office. It a very nice practice. Glad I have them for my Cardiology problems

Sharon Strassner



Heart-Smart Recipe: Rosemary Balsamic Roasted Vegetables

November earns a sheet pan. Thanksgiving is Thursday, November 26, and this side dish brings color, fiber, and flavor to the table. It makes eight servings, so there is enough for the meal and for the leftovers.

Recipe courtesy of the American Heart Association | recipes.heart.org

Prep 15 min | Cook 45 min |Total 1 hour | Serves 8| Serving size 1 1/2 cups

Ingredients

- Cooking spray
- 1/2 pound Brussels sprouts, brown ends trimmed off and cut in half
- 1/2 medium cauliflower (cut into florets)
- 4 medium carrots (sliced)
- 1/2 pound turnips (peeled, cut into 1/2-inch cubes)
- 1/2 pound beets (peeled, cut into 1/2-inch cubes)
- 1/3 pound sweet potatoes (peeled, cut into 3/4-inch cubes, optional)
- 3 tablespoons balsamic vinegar
- 3 teaspoons extra-virgin olive oil
- 2 teaspoons no-calorie sweetener (granulated)
- 2-3 tablespoons fresh, chopped rosemary OR 2-3 teaspoons dried rosemary
- 2 medium garlic cloves, minced
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

Directions

1. Preheat the oven to 375°F.
2. Lightly spray 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In a small bowl, whisk together the vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over the vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.

❤️ Why it's heart-healthy:

- 98 calories, 3 g protein, 5 g dietary fiber, and 2.1 g total fat per serving
- 170 mg sodium and zero cholesterol
- Dietary exchanges: 1/2 fat, 3 vegetable
- Nutrition information reflects the American Heart Association's published values for this recipe.

👉 Get the full recipe **here**

This Month's Action Step

November asks you to look at the whole picture. Take every step on this list that applies to you.
♥ Meet the full team. Schedule your Meet & Greet and ask who will be reading your results.
♥ If you smoke, mark Thursday, November 19, the Great American Smokeout. Go 24 hours without tobacco or set a quit date. Call the American Cancer Society at 1-800-227-2345 or visit cancer.org/smokeout.
♥ If you live with diabetes or prediabetes, ask your care team how your blood sugar, blood pressure, and cholesterol fit into one heart plan. November is American Diabetes Month.
♥ If you have had a calcium score, ask what it means for you, given your history with smoking, diabetes, and family health.
♥ Make the roasted vegetables for Thanksgiving on Thursday, November 26.

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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🌐 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.

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