



Cardiovascular Concierge Care

Dr. DeoNarine is pleased and excited to announce that beginning January 1st, 2024, we will be adding Cardiovascular Concierge Care to the Practice.

Dr. DeoNarine has enjoyed practicing as an independent cardiologist for 26 years in Vero Beach. He believes that he is blessed to live in a unique and special place in Vero. He has been able to provide the type of small town care everyone has grown accustomed to over the years, away from the “corporate medicine” model.

He envisions cardiovascular concierge care as a way of continuing to provide high quality, personalized care. In the past 26 years of practice, he realized that prevention of disease is more beneficial than treating the disease once it takes hold. One of his rules as a physician is to educate his patients on how to maintain good health and wellness. In order to do this effectively, he believes that he needs to know the patient and ascertain details such as:

- ♥ Are they exercising 150 minutes a week per AHA (American Heart Association) recommendations and if not, why? What are the obstacles?
- ♥ Are they sleeping well and if not why? Do they have sleep apnea?
- ♥ Are they aware of effects on the cardiovascular system with regard to hypertension and atrial fibrillation?
- ♥ Do they know that the Mediterranean diet is an anti-inflammatory diet and recommended for patients with coronary artery disease or the DASH diet for hypertension?
- ♥ How much alcohol are they consuming and do they know that it may make treating hypertension and or losing weight more difficult?
- ♥ Do they know the health benefits of meditation / yoga / Tai chi?

Unfortunately, the current model of medicine does not allow time or place emphasis on these important issues. His goal as a concierge cardiologist is to focus on cardiovascular wellness. He wants to spend more time with his patients to make sure they are educated on these topics and much more. He looks forward to having like-minded patients join our concierge practice.