

# Dr. Pedro Martinez-Clark and Amavita Raise Awareness About Heart Health for American Heart Month

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MIAMI, FL, UNITED STATES, February 7, 2025 /EINPresswire.com/ -- As the nation observes American Heart Month this February, Dr. Pedro Martinez-Clark, a Harvard-trained interventional cardiologist and founder of Amavita Heart and Vascular Health™ ("Amavita"), emphasizes the critical importance of cardiovascular health and early detection of heart disease.

American Heart Month, established in 1964, serves as a nationwide initiative to raise awareness about heart disease, the leading cause of death for both men and women in the United States. The American Heart Association continues to spotlight the significance of heart health and encourages individuals to adopt heart-healthy lifestyles.

Dr. Martinez-Clark, recognized as one of the nation's leading cardiologists, brings over 26 years of experience in the medical field. His comprehensive cardiovascular practice, Amavita, founded in 2017, provides state-of-the-art care for heart and vascular diseases.

Affiliated with Jackson Memorial Hospital and Mercy Hospital in Miami-Dade County, Amavita operates independently, offering minimally invasive procedures and outpatient laboratory services to enhance patient outcomes.

In alignment with the goals of American Heart Month, Dr. Martinez-Clark and his team at Amavita are committed to educating the community about the prevention and treatment of cardiovascular diseases. Their services encompass the management of coronary artery disease, arrhythmias, peripheral vascular disease, and chronic venous insufficiency, among other conditions.

"Heart disease remains a significant health challenge, but with early detection, lifestyle modifications, and advanced medical interventions, we can make substantial strides in reducing its impact," says Dr. Martinez-Clark. "Our mission at Amavita is to provide comprehensive care that not only treats but also prevents cardiovascular conditions."

Supporting Dr. Martinez-Clark's dedication to educating the community on heart health, Amavita will offer a few screenings for peripheral arterial disease, a chronic condition that occurs when arteries narrow or block, reducing blood flow to the legs or arms. Amavita will also participate in a couple of health fairs and give lectures all month through the community.

As part of their commitment to advancing cardiovascular health, Amavita has multiple locations across Miami-Dade County, ensuring accessibility to cutting-edge technology and compassionate care for patients throughout South Florida. The practice's multidisciplinary team includes board-certified physician assistants, surgical instrument technicians, research fellows, and ultrasound technicians, all dedicated to delivering personalized patient care.

During American Heart Month, Dr. Martinez-Clark encourages individuals to take proactive steps toward heart health by:

- Engaging in regular physical activity to strengthen the heart muscle.
- Adopting a balanced diet rich in fruits, vegetables, and whole grains.
- Avoiding tobacco products and limiting alcohol consumption.
- Regularly monitoring blood pressure and cholesterol levels.
- Managing stress through mindfulness and relaxation techniques.

For more information about Amavita Heart and Vascular Health™ and their services, visit <https://amavita.health/>.

About Dr. Pedro Martinez-Clark and Amavita Heart and Vascular Health TM

Amavita Heart and Vascular Health TM is a comprehensive cardiovascular practice founded in 2017 by Dr. Pedro Martinez-Clark, an interventional cardiologist with ample experience in heart disease and peripheral vascular interventions. Although Amavita Heart and Vascular Health TM is affiliated with the Jackson Memorial Hospital System and Mercy Hospital in Miami-Dade County, Amavita manages its work independently.

About American Heart Month

American Heart Month is a federally designated event encouraging Americans to focus on cardiovascular health. Since its inception in 1964, the initiative has been crucial in increasing awareness about heart disease and promoting heart-healthy lifestyles nationwide.

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