

# Wellness Wednesday



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## The 5 Biggest Early Warning Signs Of A 'Mini Stroke'

Mini strokes, also known as transient ischemic attacks (TIAs), are often overlooked or dismissed as minor health concerns. However, these warning signs should never be ignored, as they can indicate the risk of a full-blown stroke in the near future. In fact, nearly 1 in 5 people who experience a suspected mini stroke will have a stroke within 90 days. Recognizing the early warning signs is crucial for timely medical intervention and prevention of further complications.



We'll explore the 5 biggest early warning signs of a mini stroke. By understanding and recognizing these symptoms, you can take proactive steps to protect your health and reduce the risk of a debilitating stroke. Remember, time is of the essence when it comes to stroke prevention, so don't hesitate to seek medical attention if you experience any of these symptoms.

### 1. BALANCE DIFFICULTY AND WEAKNESS

One of the most common signs of a mini stroke is balance difficulty and weakness. This symptom often manifests as a sudden loss of coordination or a feeling of unsteadiness. You may find it challenging to maintain your balance or experience weakness on one side of your body. It's essential to pay attention to these signs, especially if they occur suddenly and without any apparent cause.

Dr. Hardik Amin, an associate professor of neurology and medical stroke director at Yale New Haven Hospital, explains that balance difficulty and weakness usually affect one side of the body. This unilateral manifestation is a key differentiating factor between a mini stroke and other health issues. If you notice any unexplained changes in your balance or weakness, it's crucial to seek immediate medical evaluation.

### 2. LOSS OF VISION

Another early warning sign of a mini stroke is a loss of vision. This can manifest as a sudden and temporary loss of vision in one or both eyes or double vision, also known as diplopia. It's important to note that loss of vision doesn't necessarily mean complete blindness. You may experience blurred vision, partial loss of vision, or see two images of a single object.

According to Dr. Larry Goldstein, co-director of the Kentucky Neuroscience Institute, loss of vision occurs due to an interruption of the blood supply to a portion of the brain. This interruption can result from a mini stroke, which should be taken seriously as it can be a precursor to a more severe stroke. If you experience any changes in your vision, consult a healthcare professional promptly for a comprehensive evaluation.

### 3. FACE DROOPING OR NUMBNESS

Face drooping or numbness is another significant warning sign of a mini stroke. This symptom is characterized by the loss of muscle control on one side of the face, resulting in a drooping appearance. You may also experience numbness in your face, making it difficult to smile or move parts of your mouth.

It's essential to be aware that face drooping can resemble Bell's palsy, a condition that causes facial paralysis. However, even if face drooping is the only symptom you're experiencing, it's crucial to seek immediate medical attention. While a stroke typically presents with additional symptoms, it's better to err on the side of caution and rule out any potential health risks.

### 4. ARM WEAKNESS

Arm weakness is a common early warning sign of a mini stroke. You may notice difficulty lifting objects or holding up your arms, especially on one side of your body. These tasks may suddenly become challenging, even if you haven't had any previous issues with arm strength. Dr. Goldstein emphasizes that arm weakness is often unilateral, affecting only one side of the body. If you experience unexplained weakness in your arms, it's essential to seek medical evaluation promptly. Early intervention can help prevent the progression of a mini stroke into a more severe stroke, which can have long-lasting consequences.

### 5. SPEECH ABNORMALITIES

Folks experiencing a mini stroke may also encounter difficulties with their speech. Speech abnormalities can range from difficulty producing speech to finding the right words. Slurred or jumbled speech is a common occurrence during a mini stroke, causing surprise and concern for both the speaker and their loved ones.

Dr. Amin advises that if you or someone around you experiences sudden speech abnormalities, it's crucial to seek medical attention immediately. Prompt evaluation can help determine the underlying cause and guide appropriate treatment to minimize the risk of a full-blown stroke. If you experience any of the early warning signs of a mini stroke, it's essential to take immediate action. Recognizing these symptoms is the first step towards preventing further complications.

Recognizing the early warning signs of a mini stroke is crucial for timely medical intervention and prevention of a full-blown stroke. Balance difficulty and weakness, loss of vision, face drooping or numbness, arm weakness, and speech abnormalities are significant indicators that should never be ignored. If you or someone around you experiences these symptoms, seek immediate medical attention to minimize the risk of further complications.

Additionally, adopting a healthy lifestyle and managing underlying health conditions can significantly reduce the risk of stroke. By managing blood pressure, controlling diabetes, maintaining a healthy weight, quitting smoking, limiting alcohol consumption, eating a balanced diet, staying active, managing stress, and following medical advice, you can take proactive steps towards stroke prevention.

Remember, your health is in your hands. Stay vigilant, prioritize your well-being, and seek medical help without hesitation if you experience any warning signs of a mini stroke. With timely intervention and appropriate lifestyle changes, you can protect yourself from the devastating effects of a stroke and enjoy a healthier, happier life.



# AIR FRYER ROTISSERIE CHICKEN

## INGREDIENTS

2 teaspoons kosher salt 1/2  
teaspoon sweet paprika 1/2  
teaspoon garlic powder 1/2  
teaspoon onion powder 1/4  
teaspoon dried oregano 1/4  
teaspoon dried thyme 1/4  
teaspoon ground sage olive  
oil spray  
3 pounds whole chicken

Air Fryer Rotisserie Chicken is the ultimate recipe for juicy and crispy chicken that is ready to eat in under an hour. With its golden brown skin and mouthwatering flavors, this chicken is sure to become a family favorite.

### WHY AIR FRYER ROTISSERIE CHICKEN IS A MUST-TRY

There are several reasons why you should give Air Fryer Rotisserie Chicken a try. Firstly, the prep time is quick and easy. Unlike traditional rotisserie chicken recipes that require brining or marinating, this recipe only takes about 5 minutes to mix the spices and rub them onto the chicken. It's perfect for those busy weeknights when you want a delicious meal without spending hours in the kitchen.

Secondly, this chicken is a crowd-pleaser. With its juicy and flavorful meat and crispy skin, there won't be any complaints at the dinner table. Whether you're serving it with Latin-inspired sides like Peruvian green sauce, rice, and beans, or with more traditional accompaniments like mashed potatoes and green beans, this chicken is sure to satisfy everyone's taste buds.

### Nutrition Information

Serves: 6 | Serving Size: 4 oz. | Calories: 200 | Protein: 17g |  
Fat: 14g | Saturated Fat: 4g



## INSTRUCTIONS



## HOW TO MAKE IT

### 1. Step 1: Prepare the Spice Blend

Start by combining the spices in a small bowl. The spice blend includes kosher salt, sweet paprika, garlic powder, onion powder, dried oregano, dried thyme, and ground sage. Mix them well to create a flavorful seasoning.

### 2. Step 2: Season the Chicken

Pat the chicken dry with paper towels to remove any excess moisture. Then, spritz the chicken with olive oil to help the spices adhere to the skin. Rub the spice blend all over the outside and inside of the chicken's cavity, making sure to distribute it evenly.

### 3. Step 3: Tie the Legs (Optional)

For a prettier presentation, you can tightly tie the legs of the chicken together with kitchen twine. This step is optional but can enhance the appearance of the finished dish.

### 4. Step 4: Cook in the Air Fryer

Place the seasoned chicken in the air fryer basket, belly or breast side down. Set the air fryer to 350°F and cook for about 25 minutes, until the top of the chicken is browned. Then, flip the chicken over and continue cooking for another 25 minutes, or until the juices run clear and the thigh is no longer pink when pierced with a knife near the joint. You can also check the internal temperature with a meat thermometer – it should read 165°F.

### 5. Step 5: Let it Rest and Serve

Once the chicken is cooked, remove it from the air fryer and let it rest for 10 minutes before carving. This allows the juices to redistribute, resulting in a juicier and more flavorful chicken. Serve the chicken with or without the skin, depending on your preference.



<https://www.self.com/gallery/yoga-for-back-pain>

# Featured Exercise ► Warrior III



## HOW TO DO IT:

- Start in Mountain Pose
- Transition to Warrior I
- Extend arms overhead
- Shift weight to right foot, lift left leg
- Keep both legs engaged
- Aim for parallel alignment of arms, torso, hips, and raised leg
- Maintain steady focus
- Hold for 30 seconds, then return to Mountain Pose
- Repeat on opposite side

## THE BENEFITS:

Warrior III is a transformative yoga pose that embodies strength, balance, and focus. The pose creates stability throughout the body by engaging the core, arms, and legs. By practicing Warrior III, you can enhance your inner and outer strength, stability, and concentration.



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*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



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