

From: Her Desk Drawer

Spicy Sweet Potato and Red Pepper Cornbread

Sweet potato provides moistness, a golden hue and a load of nutrients. Serve with soup, chilli, baked beans or barbecued ribs.



- 1 medium Ontario Sweet Potato, about 12 oz
- 2 eggs
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1 tbs baking powder
- 1 tsp each baking soda and salt
- 1/2 tsp red pepper flakes
- 1/2 cup finely diced sweet red pepper



Scrub sweet potato and trim off ends. Pierce with small knife in several places; microwave at High for 6 to 8 minutes or until tender; turning over halfway through. Let cool enough to handle; remove skin and mash with fork until smooth. Measure 1 cup and place in bowl; whisk in eggs, milk and oil until smooth.

In large bowl, stir together flour, cornmeal, baking powder, baking soda, salt and red pepper flakes. Stir in sweet potato mixture along with red pepper just until combined.

Spread batter in greased or parchment paper-lined 9-inch square cake pan or divide among 12 greased muffins cups. Bake in 400°F oven for 18 to 24 minutes or until tester inserted in centre comes out clean. Let cool on rack for 10 minutes. Remove from pan and let cool completely.

Vision loss may signal transient ischemic attack

Recently I had a patient visit my office with a very frightening visual experience. Earlier that day while drinking coffee, he noticed that he lost close to 95 percent of his vision in one eye. After three minutes, the vision in that eye returned to normal. He reported no other unusual symptoms.



DR. TODD WILBEE
OPTOMETRIST

Most of us would agree that experiencing any temporary visual loss would cause us to be concerned. Obviously it is not normal to lose vision, even temporarily. There are several possibilities to explain what occurred with this patient. The most common cause of temporary vision loss is a transient ischemic attack. It is more commonly known as a TIA or a "mini-stroke".

TIA's are a warning sign that a stroke may occur. They are caused by a reduction in blood flow to the brain or eye for a short period of time due to a small blood clot. Symptoms of a TIA may include one or more of the following: painless loss of vision of one or

both eyes, weakness and tingling on one side of the body, difficulty speaking, or vertigo (dizziness). When the blood flow returns, usually in a matter of minutes, the symptoms go away. Rarely does a TIA last for more than twenty four hours. With a stroke the blood flow does not return causing permanent damage.

The risk factors of transient ischemic attacks are as follows: high blood pressure, high cholesterol, smoking, IV drug use, cocaine use, excessive alcohol, use of oral contraceptives, and lack of exercise causing obesity.

Patients suffering from a transient ischemic attack

need to see a doctor as soon as possible. A list of tests the doctor may order include blood pressure, full blood work-up, CT scan, MRI, Doppler ultrasound, or an echocardiogram. If a loss of vision is experienced, an examination by your optometrist or ophthalmologist is important to rule out any other possible causes of vision loss.

Initial treatment of a transient ischemic attack usually involves taking blood thinners. The long-term treatment of a TIA depends on the cause of the attack.

The symptoms of a transient ischemic attack may only last a matter of minutes but they should not be ignored since roughly fifteen percent of patients who survive their first TIA or stroke will suffer another one within one year.



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It takes many hands and a strong commitment to achieve success. This year's Election Campaign has been a successful team effort from day one through to election day. As your Mayor, I will continue to look to teamwork to accomplish our community goals and to achieve future success. Looking forward to proudly serving my hometown community, I again say 'Thank You'!

Sincerely,
Nelson Santos

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