You are given a **0-indexed** array of **distinct** integers nums.

There is an element in nums that has the **lowest** value and an element that has the **highest** value. We call them the **minimum** and **maximum** respectively. Your goal is to remove **both** these elements from the array.

A **deletion** is defined as either removing an element from the **front** of the array or removing an element from the **back** of the array.

Return *the* ***minimum*** *number of deletions it would take to remove* ***both*** *the minimum and maximum element from the array.*

**Example 1:**

Input: nums = [2,10,7,5,4,1,8,6]  
Output: 5  
Explanation:   
The minimum element in the array is nums[5], which is 1.  
The maximum element in the array is nums[1], which is 10.  
We can remove both the minimum and maximum by removing 2 elements from the front and 3 elements from the back.  
This results in 2 + 3 = 5 deletions, which is the minimum number possible.

**Example 2:**

Input: nums = [0,-4,19,1,8,-2,-3,5]  
Output: 3  
Explanation:   
The minimum element in the array is nums[1], which is -4.  
The maximum element in the array is nums[2], which is 19.  
We can remove both the minimum and maximum by removing 3 elements from the front.  
This results in only 3 deletions, which is the minimum number possible.

**Example 3:**

Input: nums = [101]  
Output: 1  
Explanation:   
There is only one element in the array, which makes it both the minimum and maximum element.  
We can remove it with 1 deletion.

**Constraints:**

* 1 <= nums.length <= 105
* -105 <= nums[i] <= 105
* The integers in nums are **distinct**.