



BREAST DENSITY

Understanding its Significance and Impact on Breast Health

Breast health is a crucial aspect of overall well-being for women worldwide, and annual screening mammograms play a pivotal role in the early detection and treatment of breast cancer. A significant factor gaining attention recently is breast density, its implications for women's health, and its impacts on breast cancer detection and risk assessment.

There are two main reasons breast density is important:

- An increased risk of breast cancer. While the reason is still unknown, women with dense breast tissue have a higher chance of breast cancer when compared to women who have less dense breast tissue.
- Dense breast tissue makes it more difficult for radiologists to detect cancer because dense (fibrous and glandular) breast tissue appears white on a mammogram potentially obscuring cancer which also appears white.

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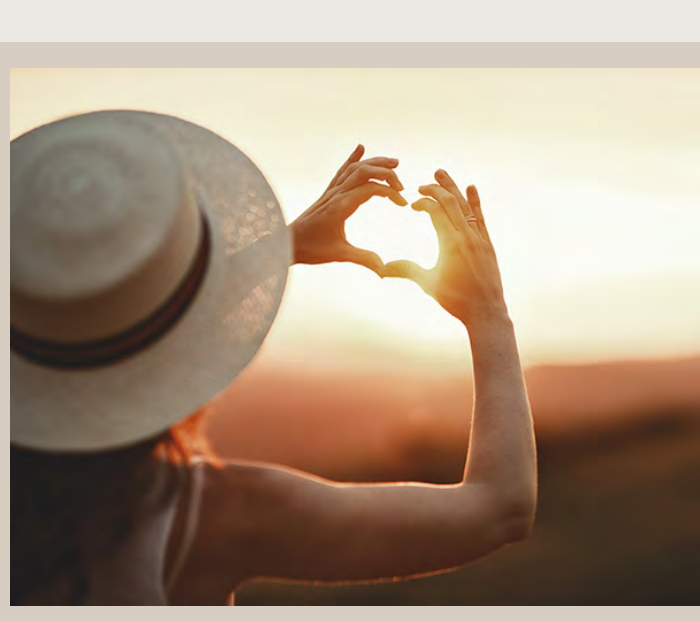


FEMALE FRIENDSHIPS

Unexpected Benefits Of Hanging With The Girls

Did you know that mammograms and friendships have something in common? They both have the ability to help women live longer. Women have realized the great value of female friendships on their journeys through life. But did you know that spending time with these women can provide benefits

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EMPOWERING WOMEN

Essential Self-Care Habits to Recharge & Thrive

In our fast-paced, modern world, women often find themselves overwhelmed with various responsibilities, leaving little time to care for themselves. For women to thrive, it is important to prioritize selfcare, and by incorporating some simple yet powerful habits into daily routines, women can maintain good physical health, mental balance and ultimately live their best lives.

[Learn More](#)

STAFF SPOTLIGHT

"Helping others is a win-win situation and a lesson I learned when I was quite young. It not only made them feel better, but it also made me feel good and eventually led me to pursue a career in healthcare. It was an injury to my finger in high school that inspired me to pursue a career in radiology. The radiology student who took my xray was completing clinical training at my local hospital. She kindly provided me with a brochure about the school and showed me the film processor and my x-ray. I knew right away that this was where I was supposed to be.



"As my career progressed, I found myself transitioning into the field of breast imaging as a mammography technologist. This particular role allowed me to engage intimately with patients, and it has proven to be an incredibly rewarding experience. Working in women's imaging has been a journey of personal growth and continuous learning. I am extremely fortunate to be in this position as the imaging center manager at CRL Women's Imaging, as there is no other place I would rather be."

– Lauri Scalf, RT (R)(M), Imaging Center Manager

HEALTHY LIVING



Rosemary-Peach Chicken Kebabs with Orange Glaze

Source: American Heart Association

INGREDIENTS

Chicken

- Cooking spray
- 1 lb. boneless, skinless chicken breasts, cut into 16 1 1/2-inch pieces, all visible fat discarded
- 2 large ripe but firm peaches, cut into 16 1-inch wedges
- 1 large green bell pepper, cut into 16 1 1/2-inch squares
- 1/4 tsp. pepper
- 1/8 tsp. salt

Glaze

- 3/4 tsp. grated orange zest
- 3 Tbsp. fresh orange juice
- 3 Tbsp. chopped, fresh rosemary
- 1 1/2 tsp. honey
- 1 1/2 tsp. canola oil –or– 1 1/2 teaspoon corn oil

DIRECTIONS

- Lightly spray the grill rack with cooking spray. Preheat the grill on medium.
- Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14-inch to 16-inch metal skewers. Sprinkle the pepper and salt over the kebabs.
- In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons). Brush both sides of the kebabs with the remaining glaze.
- Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center and the vegetables are almost tender, turning once halfway through and brushing with the reserved 2 tablespoons of glaze, using a clean basting brush. Reduce the heat or move the kebabs to a cooler area of the grill if they are cooking too fast.

TIPS

- Ripe but firm peaches are important for this recipe. The direct heat softens and sweetens the fruit, even if it's not quite at its prime.
- You can replace the peaches with other stone fruits, such as nectarines and plums.

COMMUNITY Festivals and Events



July

Jul 19-22 Minneapolis Aquatennial

July 21-23 Hastings Rivertown Day

Jul 22 St. Paul Food Truck Festival

Jul 29-30 Loring Park Art Festival



August

Aug 3-9 Minnesota Fringe Festival

Aug 4-6 Uptown Art Fair

Aug 5 Tour de Tonka

September

Sept 9-10 Edina Fall Into The Arts Festival

Stop by our booth to enter the giveaway

Sept 9 Minneapolis Monarch Festival

Sept 10 Saint Paul Bike Classic

Sept 17 Let's Beat Breast Cancer Rally

Twin Cities Veg Fest



ABOUT CRL WOMEN'S IMAGING

CRL Women's Imaging is a leader in outpatient imaging and designated as a Breast Center of Excellence by the American College of Radiology (ACR). Our team of dedicated, board-certified breast imagers with broad expertise and a genuine interest in breast imaging and our knowledgeable technologists certified in mammography and ultrasound are committed to provide our patients with the high-quality compassionate care they can trust.

"Early detection of breast cancer saves lives. And with the tools of 3D mammography/tomosynthesis and supplemental screening breast ultrasound we are better equipped than ever to positively impact women's health."



Jillian Karow, MD
Medical Director

CRL WOMEN'S IMAGING

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