



CRL WOMEN'S IMAGING



EMPOWERMENT THROUGH UNITY

While October for some is about the fall colors, pumpkin-spiced lattes, and donning that favorite sweater, millions of people around the globe unite around the color pink, a symbol of hope, strength, and empowerment, to raise awareness in support of those affected by breast cancer, and to encourage women to take an active role in their breast health.

Increased awareness and early detection are key in the fight against a disease that affects 1 in 8 women. That is more women worldwide than any other cancer, and according to the [Minnesota Department of Health](#), the most common invasive cancer diagnosed in women in Minnesota, where approximately 4500 new cases are diagnosed each year.

It has been more than 40 years since several major breast cancer organizations banded together to establish Breast Cancer Awareness Month. Since then, it has developed into a global movement...

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PATIENT NAVIGATOR SERVICES

Support and Piece of Mind

At CRL Women's Imaging, we understand that healthcare can be a complex and sometimes overwhelming journey. We believe that every woman deserves comprehensive and compassionate care, especially when it comes to matters of breast health. With patient navigator services ...

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AUTUMN INVITES

Moments for Friends and Fitness

Autumn presents an opportune season for women to kickstart a new fitness routine, ensuring they remain healthy and active throughout this time of the year. The cooler climate and the enchanting beauty of the fall landscape combine to make outdoor exploration feel like ...

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STAFF SPOTLIGHT

As a patient navigator, I consider it a privilege to streamline the process and serve as a single point of contact for our patients. Making meaningful connections with patients throughout their healthcare journeys and being a consistent resource for patients until they successfully transition to their next phase of care is immensely rewarding.

Every day, I am filled with gratitude for the opportunity to meet new patients and contribute to a compassionate team that consistently places caring for people at the top of our priorities.



Kandi Lovin RT(R)(M), CN-BI
Patient Navigator

FLAVORS OF FALL



Butternut Squash Pasta Carbonara with Rosemary Bacon

Source: [Half-Baked Harvest](#)

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 2 cups cubed butternut squash (about 1 small squash)
- 2 tablespoons fresh thyme leaves
- 1/2 teaspoon crushed red pepper flakes
- kosher salt and black pepper
- 2 cloves garlic, smashed
- 8 slices thick-cut bacon
- 2 tablespoon chopped fresh rosemary
- 1/2-1 teaspoon cayenne pepper
- 2 teaspoons honey
- 1 pound dry linguine pasta
- 2 large eggs, at room temperature, beaten
- 1 cup grated parmesan cheese, plus more for serving
- 2 tablespoons salted butter, at room temperature

DIRECTIONS

- Preheat oven to 400 degrees F. On a baking sheet, toss together the olive oil, butternut squash, garlic, thyme, and a pinch each of crushed red pepper flakes, salt, and pepper. On a plate, rub the bacon with rosemary and cayenne, drizzle with honey. Lay the bacon over top.
- Transfer to the oven and roast for 10 minutes, flip the bacon and bake another 5-8 minutes, until the bacon is crisp, watch closely. Remove the bacon. If squash needs more time, return to the oven for another 10 minutes, or until the squash is tender.
- Transfer the squash and garlic to a food processor. Puree until smooth. Season with salt and pepper. Roughly chop the bacon, reserve for topping.
- Meanwhile, whisk together the eggs and parmesan.
- Boil the pasta until al dente. Before draining, scoop out 1 cup pasta water, then drain the pasta and add the pasta back to the hot pot. Immediately add the egg/cheese mixture, tossing quickly (to ensure the eggs do not scramble) until the eggs thicken and create a sauce. Add the butternut squash puree, and the butter, tossing to combine. Thin the sauce with the reserved pasta water until it reaches your desired consistency.
- Divide the pasta between plates. Top with bacon.

COMMUNITY

Firefly Sisterhood



Find Firefly Sisterhood this month at:

- Oct 5**
Girl's Night Out 2023
- Oct 7**
Shoulak BreastFest Music Festival
- Oct 5**
Breast Cancer Education Association

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 breast ultrasound we are better equipped than ever to positively impact women's health."



Jillian Karow, MD
Medical Director

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