



FIGHTING *the* GOOD FIGHT

A skin cancer diagnosis can be devastating. The uncertainty that comes from living with cancer can be life-disrupting, and losing someone to cancer can leave a lasting void. But in the face of such challenges, sometimes a new path will appear.

Linda Nagel, Bob and Lauren Manning, and Maribeth Bambino Chitkara, MD, have all been affected by skin cancer, but their experiences prompted them to become advocates for skin cancer awareness, bringing information on skin cancer prevention to their communities that could save many lives. Their courage and determination are an inspiration.

ELIZABETH MICHAELSON



LAUREN & BOB MANNING:

A Community Effort

Bob Manning, 59, is the Executive Director of Wealth Management at Morgan Stanley. He's also a lifelong runner, and as "Anyone who's been to a track meet knows, you're there from 8 AM to 6 PM. And I come from a generation where all we did was take our shirts off in the sun, and burn and peel, and burn and peel."

At a 1999 visit by Bob to the dermatologist, the doctor found a melanoma on Bob's trunk and another on his forearm, which thankfully were not advanced. "I hadn't even noticed the melanomas," Bob said. "I thought they were freckles." Since then, Bob has had multiple basal cell carcinomas removed — he estimates he's had at least 300 stitches.

After he was declared melanoma-free, Bob's wife, Lauren, decided to help educate members of their Avalon, NJ, summer community about the dangers of unprotected sun exposure. As runners, they felt a charity race would be an ideal way to advance the



cause, so with the support of the Avalon Yacht Club, where the Mannings are members, they organized the first Avalon Yacht Club Run from the Sun 5K race. Since 2004, the event has raised close to \$135,000 to help fund The Skin Cancer Foundation's prevention, detection, and research programs.

Bob and his wife remain avid runners, though their habits have changed: "Today, I use sun protection, wear long sleeves, and run at a time of the day when the sun is not that intense," Bob explains. "Our kids, who are all sailing instructors and are on the water during the day, are so protective of their skin and their students' skin. They lather up with sunscreen, and reapply at lunch. The basic sun protection lessons they've learned will hopefully protect them throughout their lives."

LINDA NAGEL:

Honoring the Memory Of Her Husband

After her husband, Todd Nagel, was diagnosed with advanced melanoma in 2001, "He fought for five years," recalled his wife, Linda. "We traveled the country so that Todd could try different treatments and take part in clinical trials. I believe — as did Todd — that these efforts extended his life." Todd lost his battle in September, 2006, at the age of 42; their son Ryan was just three at the time.

After his death, said Linda, "I wanted to have a day to celebrate him, for people who knew him, and even people who didn't." She added, "I wanted to set a good example for my son. Though I couldn't bring Todd back, I could do

something to raise awareness about melanoma, so other people don't have to go through what we did."

Her husband had loved golf — in fact, the Nagels lived on a golf course in the Minneapolis suburb of Shakopee, MN — so a golfing event seemed like the perfect way to honor Todd's memory and raise funds for melanoma research. After speaking with Todd's oncologist, Linda chose The Skin Cancer Foundation to be the recipient of her fundraising efforts, and in September, 2007, the first Todd Nagel Open was held. Today, about 100 people take part in the annual event, and the golf outing, lunch, and silent auction have raised more than \$65,000 towards

education efforts and melanoma research. In 2011, Linda awarded the first ever Todd Nagel Memorial Award, a \$10,000 melanoma research grant. Her commitment has continued with \$15,000 grants presented to researchers in 2012 and 2013.

While Linda's fundraising efforts have done so much for raising awareness of melanoma, organizing the event itself has also been enormously gratifying: "Part of my healing process was in the planning," Linda said. "I'm so happy that people continue to support this event and to continue Todd's legacy."

Linda Nagel presenting the Todd Nagel Memorial Award





The Melissa Fund Sun Run™

MARIBETH BAMBINO
CHITKARA, MD:A Sister's
Strength

Melissa K. Bambino was a 26-year-old University of Notre Dame graduate and a *Teen Vogue* staffer in New York City when her dermatologist removed a small mole from her shoulder. Unfortunately, the mole proved to be a melanoma. As she wrote in an essay later published in *Teen Vogue*, "I found out that the melanoma had progressed into my lymph nodes in my underarm, that I had to have surgery and consider post-surgical treatment."

"So quickly, everything seemed to get worse and worse... Nothing like this had ever happened to me, nor to any family members. Even my father, himself a physician, was lost for words on how to handle what was happening..."

Melissa lost her hard-fought battle with melanoma less than three years later, in 2003. After her death her family founded The Melissa K. Bambino Melanoma Foundation, and organized a 5K run/walk to raise funds for melanoma awareness and education. "I know now that as a pediatrician, I have to make a difference. I cannot let my sister's death be in vain," said her sister, Maribeth Bambino Chitkara, MD. "Parents need to know how to protect their kids against the sun and its harms. Since Melissa died, I've changed my career path to try to be a louder voice for melanoma. I figure that by telling people her story and making them understand how awful a disease melanoma is, maybe more deaths can be prevented. This is the best way I can think of to honor her memory." Dr. Chitkara and The Melissa K. Bambino Melanoma Foundation have done that with the annual Melissa Fund SUN RUN™ in New York City, inaugurated in 2004, and through The Skin Cancer Foundation's Melissa K. Bambino Memorial Award, which has funded more than \$50,000 in research grants since 2008. ■

Make Your
Stand Against
Skin Cancer

Would you like to make a difference in the fight against skin cancer? Consider hosting an event in your community. From races and walks to golf outings, the opportunities to raise skin cancer awareness and support the vital mission of The Skin Cancer Foundation are endless. **Below, expert fundraisers provide their tips on how to make your event a success.**

Linda Nagel

THE TODD NAGEL OPEN

"Spread the word about your event through word of mouth, local newspapers, neighbors, and different networking groups in your area, and [create] a website. For instance, people who want to participate in the Todd Nagel Open can register or donate online."



Bob Manning

**AVALON YACHT CLUB RUN
FROM THE SUN**

"You want the fees from your runners to cover the cost of the race, so that 100 percent of the donations will go towards charitable giving."



Maribeth Chitkara, MD

THE MELISSA FUND SUN RUN™

"For people working with a low, low budget (as we are), we've found that the best marketing strategy is working [with] friends, family, and social media."

**WE'RE HERE TO HELP**

When you organize an event that benefits The Skin Cancer Foundation, our team will help you spread the word about your event on our website, SkinCancer.org; Facebook; Twitter, and in our monthly e-newsletter. **The Skin Cancer Foundation will even provide personalized event websites to eligible event organizers;** this can be used to fundraise and accept participant registrations. Hosting a fundraising event has never been easier. **Take the first step and learn more at SkinCancer.org/fundraising.**

