



***NOTE TO MEDIA:** Additional "Success Stories" and corresponding photos for different regions of New York State are available to read or download at the New York State Smokers' Quitline's Online News Room: <https://nysmokefree.com/newsroom>. Please reach out to us any time for interviews to enhance your coverage of New Year's resolutions and wellness stories. Tobacco cessation experts are available locally and online; clients may be available upon request.*

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CAPITAL REGION RESIDENT ACHIEVES FREEDOM FROM SMOKING WITH SUPPORT FROM THE NYS SMOKERS' QUITLINE

Kate D. from Wilton, N.Y. overcame 27 years of cigarette smoking



WILTON, N.Y. – Jan. 2, 2023 – Quitting smoking or vaping is challenging; however, people across New York State achieve lasting success every day with proper support. The **New York State Smokers' Quitline** (Quitline) celebrates those who pursue and maintain tobacco-free living and encourages those who smoke or vape to make a quit-attempt in 2023 – whether it's a first time or trying again. The Quitline reminds all New York State residents personalized support from trained tobacco treatment specialists and free resources are available seven days a week by calling 1-866-NY-QUITS (1-866-697-8487), texting QUITNOW to 333888 and visiting nysmokefree.com.

Turning 40 was a milestone for Kate D. (*pictured*), as it marked the start of a tobacco-free journey. The resident of Wilton, N.Y. – 45 miles north of Albany, between Glens Falls and Saratoga Springs – previously smoked for 27 years. Just prior to her milestone occasion, Kate received a jarring diagnosis from her doctors: she had cervical cancer.

"The doctors told me treatments would be less effective and result in worse side-effects if I continued smoking," Kate said. "Fortunately, I reached out to the Quitline and got support to become a nonsmoker. My ensuing cancer treatment lasted only seven weeks and I'm happy to report I'm cancer-free."

Until her diagnosis, Kate was unsure whether she would ever stop smoking. Her mother and friends smoked during her youth, and she mistakenly thought cigarettes provided comfort. In addition, Kate had tried becoming tobacco-free at points throughout her life but with no sustained success.

"After contacting the Quitline, they quickly shipped me free nicotine gum," she said. "Medications aren't cheap, and I'm glad I received assistance to overcome cigarette cravings. I had tried nicotine patches but never nicotine gum – and that's what worked for me."

Kate is enjoying 10 months of being a nonsmoker and feels a sense of relief from what she calls the "burden of smoking." She especially notices improved health while running, particularly through smoother breathing and lessened effects of allergies.

"For those looking to quit, my advice is to stick with it – the process gets easier after the first few weeks," Kate said. "Keep trying to find what works for you. Looking back, being a smoker was absolutely disgusting, smelly and harmful. Now, I don't have to go outside for cigarette breaks or hide smoking during social situations. This is freeing."

Most New York State adults are eligible to receive a free starter supply of nicotine replacement therapy (NRT) medications via mail, typically in the form of nicotine patches and often with supplemental nicotine gum or nicotine lozenges. When used appropriately and in combination, NRT medications can double or triple the odds of becoming and staying tobacco-free.

For those who prefer support via text, the Quitline reminds all New York State residents to try the new Learn2QuitNY six-week comprehensive program by enrolling at nysmokefree.com or texting QUITNOW to 333888. The Quitline also recommends all tobacco and vape product users to visit the CDC's "[Resolve to Be Smokefree in '23](#)" website, complete with tips, resources, links and app recommendations.

The Quitline wishes everyone a happy, healthy and tobacco-free 2023.

About the New York State Smokers' Quitline

The New York State Smokers' Quitline is a service of the New York State Department of Health and based at Roswell Park Comprehensive Cancer Center in Buffalo, N.Y. It is one of the first and busiest state quitlines in the nation and has responded to nearly 3 million calls since it began operating in 2000. The Quitline encourages tobacco and vape product users to talk with their healthcare professionals and access available Medicaid or health insurance benefits for medication support. All New York State residents can call **1-866-NY-QUITS** (1-866-697-8487) or text QUITNOW to 333888 for coaching and resources, free of charge, seven days a week beginning at 9 a.m. Visit www.nysmokefree.com for more information.

About Roswell Park Comprehensive Cancer Center

Roswell Park Comprehensive Cancer Center is a community united by the drive to eliminate cancer's grip on humanity by unlocking its secrets through personalized approaches and unleashing the healing power of hope. Founded by Dr. Roswell Park in 1898, it is the only National Cancer Institute-designated comprehensive cancer center in Upstate New York. Learn more at www.roswellpark.org, or contact us at 1-800-ROSWELL (1-800-767-9355) or ASKRoswell@roswellpark.org.

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