



FOR IMMEDIATE RELEASE

Media Contact

Tony Astran, MPA, APR
New York State Smokers' Quitline
716-845-8239
anthony.astran@roswellpark.org

- *Ed B. quit smoking in January 2018 with support from the New York State Smokers' Quitline*
- *Coaching and medication, plus concern for his son, helped Ed B. finally quit for good*
- *After one year of being smoke-free, the benefits are dramatic and palpable*

THE BEST ANNIVERSARY EVER: ONE YEAR OF BEING SMOKE-FREE

Fort Ann resident Ed B. wants to be an inspiration to those looking to quit smoking for the New Year



BUFFALO, N.Y. – Dec. 28, 2018 – As the New Year approaches, a common resolution tops many tobacco-users' to-do lists: making 2019 the year they finally quit for good. Smoking is an addiction and difficult to overcome, but thousands achieve a smoke-free life each year with support and medication from their healthcare providers and the New York State Smokers' Quitline. One Capital Region resident knows this very well, as Ed B. of Fort Ann gained freedom from nicotine nearly one year ago.

Ed (*pictured with his son*), now 42, said he began smoking at age 16 because his friends smoked. He hadn't ever made a concerted effort to quit, but wanting to try had always been on his mind. After successfully giving up alcohol in 2016 and soon seeing his son approach the age of 10, Ed knew it was time to quit for good and turned to the New York State Smokers' Quitline for support and medication.

"It felt like smoking was killing me," Ed said. "I had given up drinking and thought maybe I could give up smoking, too. I also don't want my son to ever smoke. Just after I had called the Quitline and had set a quit-date, I came down with an illness and then wanted to quit more than ever. For me, I think the timing came together just right."

Ed believes it is crucial to have a support system in order to successfully quit smoking. Talking to family, friends and co-workers greatly helped him on his journey to become smoke-free. Ed particularly credits the Quit Coaches and services of the New York State Smokers' Quitline as playing a major factor in his success.

"Everything was so easy and fast," he said. "The Quit Coach I spoke with was wonderful and was the key in terms of getting me focused. Then the package arrived just a few days later with patches, gum and materials to help me quit successfully."

Now that he is almost a year smoke-free, Ed feels a dramatic difference in his health. He especially loves to travel and is glad he does not have the added stress of waiting for a flight to end in order to light up a cigarette.

"It's such a relief to be smoke-free," Ed said. "For anyone trying to quit, don't give up – get the proverbial 'monkey' off your back. Stick to your plan and remember that the Quit Coaches at the Quitline can help."

The New York State Smokers' Quitline is available as a free resource for all New Yorkers seeking help to quit smoking. Quit Coaches can provide personalized coaching support and check eligibility for a starter kit of nicotine replacement therapy. In addition, the New York State Smokers' Quitline recommends smokers talk to their healthcare providers about quitting and ask for a prescription for stop-smoking medications – most of which are covered by health insurance plans.

"Smoking continues to be the leading cause of preventable death in the world, but many free resources are available in the New York State to help smokers quit," said Maegan Frantz, program coordinator for Tobacco-Free North Country of Glens Falls Hospital. "By combining coaching and medication, the odds for quitting successfully increase threefold."

“Healthcare providers play a major role in getting the process started, between prescribing the right medications and making referrals to the New York State Smokers’ Quitline for extra support,” added Erin Sinisgalli, director for St. Peter’s Health Partners Community Health Programs, based in Albany. “Health plans, especially Medicaid, often cover extra nicotine replacement therapy and local cessation classes. Quitting smoking is the best thing you can do for your health, so use all the benefits available to make it happen.”

This New Year and any year, smokers should call the New York State Smokers’ Quitline at **1-866-NY-QUITS** (1-866-697-8487) anytime the journey gets tough for achieving or maintaining a smoke-free life. Quit Coaches are available seven days a week beginning at 9 a.m., and additional resources are available online at www.nysmokefree.com.

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. It is one of the first and busiest state quitlines in the nation, and has responded to more than 2.5 million calls since its inception in 1999. The Quitline encourages tobacco users to talk with their healthcare providers and access available Medicaid or health insurance benefits for stop-smoking medications. All New York State residents can call **1-866-NY-QUITS** (1-866-697-8487) 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.

#

NOTE TO MEDIA: To download a higher-resolution version of the embedded photo in this press release, please visit the Quitline’s Online News Room at <http://www.nysmokefree.com/NewsRoom>. We encourage you to regularly visit the webpage for our latest updates and experts for stories.