



- *Jean L. of Troy, N.Y. smoked for nearly 35 years and quit at age 50*
- *The NYS Smokers' Quitline and Jean's pulmonologist provided coaching and medication*
- *Quit Coaches are available for any NYS resident looking to quit nicotine-use for the New Year*

#### **FOR IMMEDIATE RELEASE**

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## **CAPITAL DISTRICT WOMAN BECOMES SMOKE-FREE WITH SUPPORT FROM QUITLINE AND DOCTOR**

*Jean L. of Troy also motivated by "scary CAT scan" and milestone birthday*



**TROY, N.Y. – Dec. 23, 2019** – Those wishing to make a stop-smoking New Year's resolution successful can look to Jean L. of Troy, N.Y. for inspiration. With assistance from the New York State Smokers' Quitline (Quitline), a pulmonologist at Albany Medical Center and online support groups, Jean began a smoke-free journey in September 2017 that continues to this day.

Like many former smokers, Jean, now 52, tried cigarettes as a teenager and became addicted for nearly 35 years. She tried quitting multiple times on her own, but with short-lived success. Fortunately, age 50 lived up to its moniker as the "Golden Year."

Although Jean had identified as “being a smoker” for much of her life, she wanted to be free from cigarettes. During a visit with her pulmonologist, Dr. Ariel Jaitovich of Albany Medical Center, Jean received her first of many motivating factors to fully stop smoking when she viewed a scan of her lungs.

“Looking at a scary CAT scan was an initial motivator for me,” Jean said. “There were concerns I would need a bronchoscopy. Dr. Jaitovich and I had a good discussion, and he provided a prescription for nicotine patches and lozenges. He also recommended calling the Quitline for additional support.”

“Smoking cessation is the single most important intervention to help patients with pulmonary diseases,” said Dr. Jaitovich, assistant professor of pulmonary critical care at Albany Medical Center. “I counsel all my patients about the benefits of quitting: health-related, social and economic.”

The Quitline’s Quit Coaches assisted Jean to develop a customized quit-plan and shipped her a starter kit with additional nicotine patches and lozenges. Through the Quitline’s recommendation, Jean reached out to her health insurance provider and learned she was covered for additional medication through her plan.

Jean also joined an online support group and made new friends from as far away as England. “I learned a great phrase from that group: ‘never quit quitting,’” Jean said. “We lean on each other and remind new group members that past quit-attempts aren’t failures. It’s important to have that mindset. Learn from what worked and what didn’t. Use those experiences to bolster your resolve to quit for good.”

Jean continues to experience more benefits the longer she remains tobacco-free. Food tastes better, her skin glows, her mood is happier and a constant cough is gone. “Especially now, during winter, I love not having to go out in the cold for cigarette breaks,” Jean said. “It’s absolutely wonderful to be free from smoking. It’s like having my life back.”

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This New Year and any year, in addition to support from a healthcare professional, tobacco users can 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 tobacco-free life. In addition, as [recently announced](#) by the New York State Department of Health, the Quitline now offers expanded services to help e-cigarette users quit vaping. Coaching support at the Quitline is available for New Yorkers of all ages, including adolescents, seven days a week beginning at 9 a.m. Additional resources are available online at [www.nysmokefree.com](http://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 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 nicotine users to talk with their healthcare professionals 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](http://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](http://www.roswellpark.org), or contact us at 1-800-ROSWELL (1-800-767-9355) or [ASKRoswell@roswellpark.org](mailto:ASKRoswell@roswellpark.org).

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