



***NOTE TO MEDIA:** Our press releases are available in downloadable PDF format at our Online News Room: <https://nysmokefree.com/newsroom>. The webpage also includes an Experts Database with healthcare professionals and researchers from every region of New York State. Please contact us anytime to arrange an interview with any of our experts and/or Success Story participants.*

## **FOR IMMEDIATE RELEASE**

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- *NY Quitline participants throughout the state share their stories of successful quitting*
- *Tim D. of Watervliet quit smoking four years ago*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

## **TIM D. FROM THE CAPITAL REGION OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE**

*With support of free services from New York State Smokers' Quitline, 35-year-old Watervliet resident celebrates four years of smoke-free living*



**Jan. 2, 2024 – WATERVLIET, N.Y.** – The start of the New Year is always a popular time for those thinking about quitting commercial tobacco\* or vape products to make a quit-attempt. [Most adults who smoke or vape want to quit](#), and it is not unusual for people to make multiple attempts before achieving lasting success. For those living in the Capital Region and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Tim D. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

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Tim, age 35 of Watervliet, N.Y., first tried cigarettes in high school because other friends smoked. By age 18, he began smoking regularly. Tim tried quitting a few times but never felt committed to the process. Shortly into his 30's as circumstances in his life began to change, Tim felt ready to make quitting permanent.

"My girlfriend and I became serious about moving in and building a life together," Tim recalled. "I was spending more than \$300 a month on cigarettes. More than anything, I wanted to improve my health and ensure I had a good future ahead with my partner."

Tim learned about the NY Quitline through his supervisor at work and decided to call. He received a free supply of nicotine patches and nicotine gum in the mail and lowered his dosage over time with support from NY Quitline specialists. Despite a few minor slip-ups in his smoke-free journey, Tim persisted and eventually no longer craved cigarettes.

"It's very freeing to be smoke-free," Tim said. "I no longer feel preoccupied; I feel much more present with my family and loved ones. I experienced so quickly how much better I can breathe, smell and taste things."

Tim's future indeed became brighter. He and his girlfriend married in October 2020, and they estimate his four years of smoke-free living saved more than \$23,000.

"For all those thinking about quitting, have a good plan in mind and know why you want to do it," Tim advises. "Start with small, attainable goals and take it one day at a time so you don't get discouraged. Keep at it, keep trying and remember there are a lot of resources available to help you successfully quit."

The NY Quitline advocates all those trying to quit smoking and/or vaping to use its free services, speak with their healthcare professionals and access available support through healthcare insurance. For those in the Capital Region, [St. Peter's Health Partners](#) can also recommend local and online cessation group classes.

The NY Quitline encourages all those living in New York State to make 2024 smoke-free by calling **1-866-NY-QUITS** (1-866-697-8487), texting QUITNOW to 333888 or visiting [nysmokefree.com](https://nysmokefree.com). Participants can connect with a specialist through an online chat, request a call-back, [order free nicotine replacement therapy medications](#) and register for the six-week [Learn2QuitNY](#) text messaging program. If a slip-up happens along the journey, stay positive and *try, try again*. Cheers to the best year yet in 2024!

*\* The term tobacco throughout this press release refers to the use of manufactured, combustible commercial products and vape products – not the sacred, medicinal and traditional use of tobacco by Native American nations and other indigenous groups.*

**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 those who use commercial tobacco and vape products 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](http://www.nysmokefree.com) for more information.

**About Roswell Park Comprehensive Cancer Center**

From the world's first chemotherapy research to the PSA prostate cancer biomarker, Roswell Park Comprehensive Cancer Center generates innovations that shape how cancer is detected, treated and prevented worldwide. Driven to eliminate cancer's grip on humanity, the Roswell Park team of 4,000 makes compassionate, patient-centered cancer care and services accessible across New York State and beyond. Founded in 1898, Roswell Park was among the first three cancer centers nationwide to become a National Cancer Institute-designated comprehensive cancer center and is the only one to hold this designation in Upstate New York. To learn more about Roswell Park Comprehensive Cancer Center and the Roswell Park Care Network, visit [www.roswellpark.org](http://www.roswellpark.org), call 1-800-ROSWELL (1-800-767-9355) or email [ASKRoswell@RoswellPark.org](mailto:ASKRoswell@RoswellPark.org).

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