



***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

Media Contact

Tony Astran, MPA, APR, TTS (*he, him, his*)

New York State Smokers' Quitline

716-982-2088 (cell)

anthony.astran@roswellpark.org

- *NY Quitline participants throughout the state share their stories of successful quitting*
- *Charlotte P. of Syracuse quit vaping in March 2023*
- *Free, proven, effective resources available for all those seeking vape-free or smoke-free living*

CHARLOTTE P. FROM CENTRAL NEW YORK OFFERS INSPIRATION FOR VAPE-FREE OR SMOKE-FREE LIVING

With support of free services from New York State Smokers' Quitline, 30-year-old Syracuse resident celebrates nine months of freedom from vape products



Jan. 2, 2024 – SYRACUSE, 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 Central New York and other parts of New York State seeking to become smoke-free or vape-free, the **New York State Smokers' Quitline** (NY Quitline) and Charlotte P. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

Charlotte, a dual-citizen from England, moved to New York City at age 21. She had never

tried cigarettes, as she did not like the smell and worried about becoming addicted to them. Later in her 20's, Charlotte relocated to Syracuse, N.Y. for nursing school at Onondaga Community College and for work as a certified nursing assistant at SUNY Upstate Medical University. In 2021, her worries about addiction to tobacco products manifested.

"I went on a vacation with girlfriends to Hawaii, and I became curious about vaping because everyone else was doing it," Charlotte recalled. "There were all sorts of attractive flavors, like bubble gum. I started vaping and didn't take it seriously, as I didn't think I'd get addicted."

Upon return, Charlotte developed a heavy dependence on vape products, mistakenly thinking they would calm periods of stress. She vaped so frequently, she had difficulties breathing and developed asthma. Nevertheless, Charlotte always kept her vape product by her side and would even use it during restroom breaks at work.

"There were times when I tried quitting 'cold turkey,' but nothing seemed to work," Charlotte said. "Finally, I reached a point in March [2023] where it didn't feel logical anymore to keep vaping. I thought to myself, 'What am I doing to my body?' That's when I got serious and called the Quitline for help."

Charlotte said talking to a NY Quitline tobacco treatment specialist helped her to reframe her approach to quitting and develop a plan. She also received a free supply of nicotine patches in the mail, which especially eased her cravings during her first week of quitting.

Now age 30 and nine months vape-free, Charlotte feels calmer and "more level" for the first time in years. She no longer feels winded after activities and has more money for savings.

"I relied on vapes as a crutch because of the stress of school and work – but looking back, I realize the products made me 'high-strung,'" Charlotte said. "For anyone thinking about quitting vaping, ask for help. Throw out your accessories, make a quit-plan, and find distractions like exercise. It is wonderful to no longer feel controlled by vape products."

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 Central New York, the [CNY Regional Center for Tobacco Health Systems at St. Joseph's Health](#) 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. 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 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, call 1-800-ROSWELL (1-800-767-9355) or email ASKRoswell@RoswellPark.org.

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