



***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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New York State Smokers' Quitline

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- *NY Quitline participants throughout the state share their stories of successful quitting*
- *Mary B. of Spencerport quit smoking in early 2020 and avoided adverse COVID-19 outcomes*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

MARY B. FROM THE FINGER LAKES REGION OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

With support of free services from New York State Smokers' Quitline, 60-year-old Spencerport resident celebrates 3-plus years of successful quitting



Jan. 2, 2024 – SPENCERPORT, 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 Finger Lakes Region and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Mary B. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

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Mary first tried cigarettes at age 14 and smoked for more than 30 years throughout her life. She was smoke-free throughout her 20's for childbirth but later returned to cigarettes. As time passed, Mary felt her lung capacity decrease and needed inhalers to help with physical activity. She also battled with bouts of bronchitis and pneumonia. After undergoing a CAT scan ordered by her primary care physician and pulmonologist, Mary learned she had lung nodules and an enlarged pulmonary artery.

"My doctors also diagnosed the onset of mild emphysema but said I'd avoid lasting damage if I quit smoking," Mary said. "I had tried quitting before but finally stuck with it in early 2020. I'm so glad I quit because I contracted COVID-19 later that year. Vaccines were not yet available, and maybe I wouldn't have made it if I had still been smoking."

Mary is especially grateful for the specialists at the NY Quitline, who encouraged her to keep trying to quit despite past failed attempts. Free shipments of nicotine gum from the NY Quitline via mail also greatly helped Mary, especially due to her limited financial resources and her need for a boost of nicotine replacement therapy medication to help overcome cigarette cravings.

In recent years through smoke-free living, Mary can again enjoy activities from her younger years, such as biking and swimming. Her pulmonologist, Dr. Daniel Croft with the University of Rochester Medical Center, considers Mary's health turnaround "an A+."

"I'm so proud of Mary and am glad she is free from tobacco," said Croft, who also serves as a member of the NY Quitline's Healthcare Professional Task Force. "Quitting smoking can take a village, so I encourage everyone to always check with their healthcare professionals and the NY Quitline to learn about all the options available for successful quitting."

For those who live in the Finger Lakes Region, the [Center for a Tobacco-Free Finger Lakes](#) can recommend local and online cessation group classes. Mary likewise recommends support groups, exercising and staying away from tempting situations to make quit-attempts last.

"It's so wonderful to be smoke-free," Mary said. "Even though I smoked for so many years, I'm now disgusted by the smell of cigarettes. Being smoke-free feels like a burden is lifted from my shoulders. Others should know to keep trying and don't give up. If you give up, you'll never succeed."

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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