



***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*
- *Leann W. of Middle Island quit smoking in fall of 2022 after an emergency hospital visit*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

LEANN W. FROM LONG ISLAND OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

With support of free services from New York State Smokers' Quitline, 52-year-old Middle Island resident celebrates 15 months of successful quitting



Jan. 2, 2024 – MIDDLE ISLAND, 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 on Long Island and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Leann W. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

Leann first began using cigarettes just before her 13th birthday, and both her parents smoked. She quickly became a frequent smoker, although she was able to successfully quit

for five years in her 30's for the birth of her children. The stress of a divorce, however, played a major factor in Leann returning to smoking. In September 2022, a sudden sharp pain in her shoulder led to an emergency hospital visit and a wake-up call to quit for good.

"My blood pressure was 220 over 180 and a chest scan found nodules in my lungs," Leann recalled. "Just as I was already feeling overwhelmed at that moment, my son video messaged me to learn what was wrong. I choked up and thought about being around to watch his lacrosse tournaments. I decided right then I didn't want to make excuses for deteriorating health later in life."

After a short hospital stay, Leann contacted the NY Quitline for assistance. She worked with a specialist, developed a quit-plan and received a free shipment of nicotine gum in the mail. "The professionalism has always been on point during my interactions with the Quitline," Leann said. "Their follow-up calls kept me honest throughout my quit-journey, too."

Now age 52 and living in Middle Island, N.Y., Leann enjoys a new outlook on life through 15 months of being smoke-free. She worked with her employer to set aside \$200 from her paycheck for savings, as a reminder of the money she used to spend on cigarettes and to show her continued accomplishments toward better health.

"Cigarettes used to be a priority in my life and impacted everything I did," Leann said. "I no longer feel segregated from others, especially with having to leave for smoke breaks. For those thinking about quitting, adjust routines involving cigarettes – put pretzels in your car or have a cup of tea first thing in the morning. You'll certainly have a lot of time on your hands once you try to quit. If I can do it at age 52, you can too! Take it one day at a time."

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 on Long Island, the [Center for Tobacco Control at Northwell 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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