



## FOR IMMEDIATE RELEASE

### Media Contact

Tony Astran, MPA, APR, TTS  
New York State Smokers' Quitline  
716-982-2088 (cell)  
[anthony.astran@roswellpark.org](mailto:anthony.astran@roswellpark.org)

## VETERANS BECOMING TOBACCO-FREE CAN USE THE QUITLINE AND MANY OTHER TAILOR-MADE TOOLS

*Healthcare professionals, New York State Smokers' Quitline, 1-855-QUIT-VET, veterans.smokefree.gov among a plethora of resources available for veterans*

**BUFFALO, N.Y. – Nov. 10, 2020** – Veterans understand to win in battle, they need a plan and the right tools. This Veterans Day, the New York State Smokers' Quitline (Quitline) wants veterans who use tobacco products to know many tailor-made resources are available to help them become tobacco-free and overcome nicotine dependence.

Most tobacco users try several times to quit, and each attempt can steer toward success through the use of additional tools. A healthcare professional is a critical first line of defense throughout the entire journey to become tobacco-free. In addition to offering support and medication, healthcare professionals can refer patients to the Quitline for free quit-coaching and free nicotine replacement therapy (NRT) such as nicotine patches and nicotine gum or lozenges. The Quitline encourages all veterans who use tobacco products to call 1-866-NY-QUITS (1-866-697-8487) any day of the week beginning at 9 a.m. or visit [nysmokefree.com](http://nysmokefree.com) to request a call and gain additional educational materials.

A healthcare professional and the Quitline are two vital tools for becoming tobacco-free; fortunately for veterans, even more tailored resources are available, including:

- **1-855-QUIT-VET:** In addition to the New York State Smokers' Quitline phone number at 1-866-NY-QUITS, the phone number 1-855-QUIT-VET is a similar service offered through the U.S. Department of Veteran Affairs and is custom-focused on veterans' needs. Counselors are available 9 a.m. to 9 p.m. Monday through Friday.
- **veterans.smokefree.gov / SmokefreeVET:** The National Institutes of Health (NIH) hosts a website with resources for veteran smokers at <https://veterans.smokefree.gov>. One tool featured on the website is SmokefreeVET, a custom text-to-quit program offering multiple messages per day with tips, information and support during a span of six to eight weeks.
- **YouCanQuit2:** The Department of Defense offers YouCanQuit2 online at <https://www.ycq2.org> for service members and their loved ones. One unique and powerful feature available through the program is its "24/7 Quit Tobacco Live Chat."
- **CDC OSH and the *Tips*® Campaign:** The Center for Disease Control's Office of Smoking and Health (CDC OSH) offers a [comprehensive website](#) with tobacco-free resources sorted by specific military branches. In addition, [six people](#) highlighted in the acclaimed and ongoing *Tips from Former Smokers (Tips®)* campaign served in the military and share personal stories that may resonate highly with veterans.

Locally in New York State, the Quitline welcomes veterans to call 1-866-NY-QUITS (1-866-697-8487) to connect with a Quit Coach. Nearly all Quitline participants are eligible to receive NRT, coaching and self-help materials. The Quitline's Quit Coaches work with all types of traditional tobacco and vape-product users by developing personalized quit-plans to navigate the behavioral and psychological aspects of nicotine dependence.

The Quitline salutes all who have so selflessly served our Nation and wishes all veterans happy and healthy lives. We stand ready to support you on your journey to become and stay tobacco-free.

### **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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