



***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*
- *Christine K. of Mohegan Lake quit smoking 20 years ago*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

CHRISTINE K. FROM HUDSON VALLEY REGION OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

With support of free services from New York State Smokers' Quitline, 71-year-old Mohegan Lake resident celebrates 20 years of successful quitting



Jan. 2, 2024 – MOHEGAN LAKE, 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 Hudson Valley Region and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Christine K. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

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Christine first tried cigarettes as a teenager and continued to smoke for 37 years, as most of her extended family and friends also did. Despite her parents passing away from smoking-related illnesses, including her mother who suffered from emphysema, Christine still smoked up to four packs a day. Her health was deteriorating, and she needed money to move into an adult assisted living facility. Christine tried quitting and was able to maintain smoke-free living for eight months, but then relapsed.

“I remember getting to a point where I was up all night coughing,” recalled Christine. “It just wasn’t healthy. Then I saw an ad on the TV for the Quitline, and the rest is history.”

After speaking with a NY Quitline specialist and learning how to use the nicotine patch, Christine received a supply in the mail with self-help materials. Twenty years later, she continues to check in periodically to the NY Quitline to express her gratitude.

“It’s a real sense of freedom to not have cigarettes in my life,” said Christine. “With others around me who still smoke, it can still feel hard with occasional urges; however, the Quitline taught me how to stay on track. For me, it’s all about staying determined and keeping busy. For anyone else looking to quit, please know you can do it. Stick with it, don’t give up and keep trying even if you falter.”

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 Hudson Valley Region, the [Center for a Tobacco-Free Hudson Valley](#) can also recommend local and online cessation group classes.

“We’re proud of Christine and we highly recommend the use of the New York State Smokers’ Quitline to our medical partners for supporting patients who want to quit smoking or vaping,” said Susan Lennon, director of the Center for a Tobacco-Free Hudson Valley. “It is a proven, effective and strong resource.”

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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