



***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*
- *Crystal G. of Manhattan quit menthol cigarettes in 2022 as part of surgery healing process*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

CRYSTAL G. FROM MANHATTAN OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

With support of free services from New York State Smokers' Quitline, 63-year-old Manhattan resident celebrates 18 months of smoke-free living



Jan. 2, 2024 – NEW YORK – 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 Manhattan and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Crystal G. (*pictured at left*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

Crystal smoked menthol cigarettes for 50 years, starting at age 11 with a few and increasing to a pack a day by age 14.

Both her parents smoked and even her babysitter taught her how to make O-shapes when exhaling. Crystal tried to quit in recent years, but said she did not take the process seriously. Soon, however, an unfortunate accident solidified her determination.

“In June of 2022, I fell in my kitchen and suffered a cervical spine fracture,” Crystal said. “I needed emergency surgery to avoid becoming paralyzed. Even though I had a brace on my neck for six weeks and had a long road to recovery, the tragic event was a blessing in disguise. I learned I would heal properly and faster if I quit smoking. It was just the motivation I needed to quit for good.”

Crystal had previously connected with the NY Quitline for support and free nicotine replacement therapy medications, but this time redoubled efforts to effectively use nicotine patches and nicotine lozenges to overcome menthol cigarette cravings. “I also needed to try harder to understand the right attitudes and behaviors for maintaining quitting,” Crystal recalled. “Looking back at previous quit-attempts, I wasn’t ready and willing enough.”

Now age 63 and retired in Manhattan, Crystal feels rejuvenated after 18 months of smoke-free living. She enjoys lap swimming and water aerobics at her “local Y” and can hold her breath for much longer periods of time.

“My lungs feel so clear, everything smells better and my taste buds are back,” Crystal said. “The Quitline was available as a resource whenever I felt like I was struggling during my quit-journey. I’m grateful to have stopped smoking and stay stopped. I look forward to being around to see my grandchildren attend college.”

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 anywhere throughout the Five Boroughs, [NYC Treats Tobacco](#) 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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