



***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*
- *Dylan C. of Rouses Point quit vaping in fall of 2021*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

DYLAN C. FROM THE NORTH COUNTRY OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE

With support of free services from New York State Smokers' Quitline, 28-year-old Rouses Point resident celebrates two years of freedom from vape products



Jan. 2, 2024 – ROUSES POINT, 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 North Country and other parts of New York State seeking to become smoke-free, the **New York State Smokers' Quitline** (NY Quitline) and Dylan C. (*pictured at left with daughter, Scarlett*) offer inspiration for life-improving changes in 2024 and healthier years to follow.

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Dylan first tried cigarettes and chewing tobacco at age 11. As someone who used a variety of tobacco products from a young age, Dylan also began using vape products in 2014 just as they began to proliferate in retail stores. By 2018, however, he had a perfect reason to begin a quit-journey.

"I switched completely to vaping in preparation for the arrival of my first-born child, Scarlett," Dylan said. "I thought vaping would be a safer alternative and still give me the nicotine fix I wanted. After a while, though, I wanted to set a better example for my daughter. I hated spending all my money on vapes. I felt anxious more often. Healthwise, my circulation and sense of smell were poor, and I was more susceptible to colds."

Dylan called the NY Quitline in November 2021, developed a quit-plan with assistance from a tobacco treatment specialist and then received a free supply of nicotine patches and nicotine lozenges in the mail. He greatly appreciated the assistance, especially with his varying income in the construction industry.

"I was worried about achieving success because the vape products I used have a much higher concentration of nicotine," Dylan said. "But I stuck with the patches and lozenges for a few months and then switched to mints and chewing gum. Now I'm diligent about staying away from places where people vape and avoiding triggers."

Dylan feels much healthier and enjoys spending time with his daughter, going on hikes and keeping busy with projects. Dylan also estimates he saves more than \$2,500 a year due to smoke-free living. As a present to himself to celebrate his success, Dylan recently purchased an ATV.

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 North Country, the [North Country Healthy Heart Network](#) 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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