



***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**

### Media Contact

Tony Astran, MPA, APR, TTS (*he, him, his*)

New York State Smokers' Quitline

716-982-2088 (cell)

[anthony.astran@roswellpark.org](mailto:anthony.astran@roswellpark.org)

- *NY Quitline participants throughout the state share their stories of successful quitting*
- *Marc S. of Rego Park (Queens) quit smoking in July in preparation for hip replacement*
- *Free, proven, effective resources available for all those seeking a return to smoke-free living*

## **MARC S. FROM QUEENS OFFERS INSPIRATION FOR THOSE SEEKING TO BECOME SMOKE-FREE**

*With support of free services from New York State Smokers' Quitline, 66-year-old Rego Park resident celebrates five months of smoke-free living*



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

As he entered his mid-60's, Marc of Rego Park, N.Y. decided to gradually make better choices for his health. He aimed to get in better shape and switched to a whole-food and

plant-based diet, particularly to improve poor health in his liver and kidneys. One routine he did not want to give up, however, was smoking cigarettes. Marc first began smoking at age 15 and became a regular, albeit moderate, smoker. Even with the beginnings of healthy changes later in life, Marc soon faced a life-altering choice during the summer of 2023.

"I had been living with constant pain in my hip for many years," Marc said. "As a condition of having hip replacement surgery, I needed to stop smoking and stay quit. I enjoyed smoking and had never tried quitting before, but I asked myself what I wanted more."

Marc visited the NY Quitline's website at [nysmokefree.com](http://nysmokefree.com) and learned about the importance of setting a quit-date. He also enrolled in the free, six-week [Learn2QuitNY](#) text messaging program and received daily affirmations to support his quit-journey. Through the program, he connected with a NY Quitline specialist via phone and received a free shipment of nicotine patches and nicotine lozenges in the mail.

"The lozenges kept my mouth busy and eased cigarette cravings," Marc said. "I learned how to quit, I made it stick, and I was fully prepared to have surgery in early October."

Between smoke-free living and total hip replacement surgery, Marc said the past few months feel "life-changing." He no longer has what he calls a "smoker's cough" or feels quite as winded during regular cardio routines.

"I'm saving money, I have a healthier lifestyle and there's no more tobacco smell," Marc added. "For anyone thinking about quitting, I think you have to make that decision for yourself – you can't quit for someone else. To be successful, you've got to *want* it."

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](http://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](http://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](http://www.roswellpark.org), call 1-800-ROSWELL (1-800-767-9355) or email [ASKRoswell@RoswellPark.org](mailto:ASKRoswell@RoswellPark.org).

# # #