



NOTE TO MEDIA: For a longer version of this press release with more links and further scientific explanations of the dangers of smoking, please visit the Quitline's Online News Room at <http://www.nysmokefree.com/NewsRoom>. We encourage you to bookmark our site for the latest smoking cessation updates and experts for stories.

FOR IMMEDIATE RELEASE

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- *Smoking isn't just bad for your health – it turns a date sour in a hurry*
- *Bad breath, frequent breaks and even impotence are just some of the negative effects*
- *Use of a nicotine patch not only alleviates these effects but also helps smokers quit*

FIVE WAYS SMOKING WILL RUIN YOUR VALENTINE'S DAY DATE

Smokers can benefit by talking with their healthcare providers and calling the New York State Smokers' Quitline for help becoming tobacco-free

BUFFALO, N.Y. – Feb. 6, 2019 – Valentine's Day: a holiday for romance and memorable dates. But for those couples looking to turn up the "heat," cigarettes can make the encounter go up in smoke.

Cigarettes harm your [heart health](#) and contain more than 70 known [cancer-causing chemicals](#), yet they are date-killers, too. Consider these five ways that smoking can turn your get-together sour in a hurry:

- 1.) **Bad breath** – Smoking causes smelly breath, dry mouth, stained teeth and many other [oral maladies](#).
- 2.) **Frequent breaks** – Smokers often need frequent cigarette breaks due to [nicotine withdrawal](#).
- 3.) **The smell permeates** – Secondhand and [thirdhand smoke](#) – the lingering nicotine and chemicals that seeps in to clothing and surfaces – can permeate odors.
- 4.) **Lack of stamina** – Smoking will lead to a shortness of breath and [diminished lung capacity](#) for a date involving physical activity.
- 5.) **Impotence and infertility** – For couples looking to add to their family on Valentine’s Day, smoking is a cause of [erectile dysfunction](#) for males and increases the chances of [infertility or delayed conception](#) for females.

To overcome these barriers for Valentine’s Day, smokers are encouraged to talk with their healthcare providers and call the New York State Smokers’ Quitline at **1-866-NY-QUITS** (1-866-697-8487). Healthcare providers may be able to provide prescriptions for stop-smoking medications – most of which are covered by health insurance plans. With the New York State Smokers’ Quitline, Quit Coaches can provide personalized coaching support and check eligibility for a starter kit of nicotine replacement therapy. Thousands of New Yorkers successfully quit using the [nicotine patch](#), which is designed to deliver a continuous supply of “[clean](#)” nicotine into the body while gradually lowering cravings and dependence.

Better breath, fewer interruptions, no lingering odor, more lung capacity and improved performance can all enhance the romance on a Valentine’s Day date. And these are just some of [many reasons](#) to quit smoking today. Learn more at www.nysmokefree.com.

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. It is one of the first and busiest state quitlines in the nation, and has responded to more than 2.5 million calls since its inception in 1999. The Quitline encourages tobacco users to talk with their healthcare providers 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 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, or contact us at 1-800-ROSWELL (1-800-767-9355) or ASKRoswell@roswellpark.org.

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