



***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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- *Violet R., age 46, overcame nearly 35 years of cigarette smoking in May 2024*
- *Violet's doctor from Community Care Physicians referred her to the NY Quitline*
- *Those in New York State can contact the NY Quitline seven days a week for free support*

CAPITAL REGION RESIDENT OFFERS INSPIRATION FOR THOSE LOOKING TO BECOME TOBACCO-FREE IN 2025

New York State Quitline provided free support to Violet R. of Schenectady



Jan. 2, 2025 – *"My doctor referred me to the New York State Quitline for help to stop smoking cigarettes. I would recommend anyone to give the Quitline a try if they've never used their services before."*

These are words of wisdom from 46-year-old Violet R. (*pictured*) of Schenectady in New York State's Capital Region, who became tobacco*-free in May 2024 with free assistance from the [New York State Quitline](#) (NY Quitline). Violet hopes her story will inspire others to pursue a tobacco-free lifestyle for 2025 and beyond.

Violet began using tobacco products at the young age of 11, due in part to wanting a distraction from food in order to keep thin for ballerina dancing. She traveled extensively throughout her life and continued smoking cigarettes as a way to relieve stress.

“I came to Schenectady three years ago and was smoking more and more due to all the stress of moving,” Violet recalled. “I actually hated the smell of cigarettes but simply didn’t know how to successfully quit. I never knew a service like the New York State Quitline existed until my doctor told me about it.”

Dr. Nicholas Fusella with the Niskayuna office of [Community Care Physicians](#) referred Violet to the NY Quitline as part of a treatment plan to overcome her addiction to cigarettes. Violet discussed triggers with the NY Quitline’s Tobacco Treatment Specialists and later received a free supply of nicotine patches and nicotine gum in the mail to ease cravings. These medications especially helped her during the first few challenging weeks of becoming tobacco-free.

“Life is so much better now that I’m tobacco-free,” Violet said. “My laundry doesn’t smell, I have more energy, my teeth are whiter and I get fewer colds. I also used to have asthma, and now I’m able to run without hurting or hacking. It’s also good to keep more of my money.”

Violet credits the NY Quitline and Dr. Fusella with Community Care Physicians for encouraging her to become tobacco-free and following through with ongoing care.

“The specialists at the (NY) Quitline gave me great support and encouragement; some of them even had gone through the process of becoming tobacco-free themselves,” Violet said. “I think for anyone who’s trying to quit, they should expect slip-ups to happen at first but they should keep at it. Their ‘day’ will come!”

Anyone may contact the NY Quitline by calling **1-866-NY-QUITS** (1-866-697-8487). They can also visit nysmokefree.com to connect with a specialist through an online chat, request a call-back or [order free nicotine replacement therapy medications](#). The NY Quitline additionally offers a [free texting program](#) to quit smoking or vaping, by **texting QUITNOW** (English) or **DÉJELO YA NY** (Spanish) to **333888**.

The NY Quitline wishes everyone a happy and healthy 2025 and beyond. Caring and trained Tobacco Treatment Specialists are available seven days a week to offer support for a life-changing tobacco-free journey.

** 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 Quitline

The New York State 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 those who live in New York State residents can contact the Quitline seven days a week for free coaching and resources. Text QUITNOW (English: *Learn2QuitNY*) or DÉJELO YA NY (Spanish: *Vivir sin tabaco es Vida*) to 333888 to register for a multi-week text messaging program, call 1-866-NY-QUITS (1-866-697-8487) starting at 9 a.m. or 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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