



***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

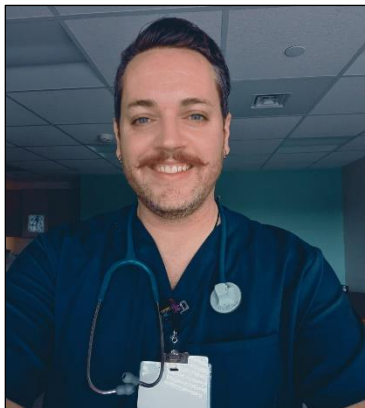
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- *Dan S., age 38, turned to e-cigarettes for stress coping during nursing school*
- *Free resources from the NY Quitline helped Dan become tobacco-free*
- *Those in New York State can contact the NY Quitline seven days a week for free support*

NORTH COUNTRY RESIDENT OFFERS INSPIRATION FOR THOSE LOOKING TO BECOME TOBACCO-FREE IN 2025

New York State Quitline provided free support to Dan S. of Plattsburgh



Jan. 2, 2025 – *"I smoked cigarettes only for two years in my 20's. It felt much harder to quit nine months of e-cigarette use at age 35. The NY Quitline was instrumental in providing support; I wouldn't have been able to become tobacco-free on my own."*

These are words of wisdom from 38-year-old Dan S. (*pictured*) of Plattsburgh in New York State's North Country Region, who has enjoyed more than two years of tobacco*-free living with free assistance from the [New York State Quitline](#) (NY Quitline). Dan hopes his story will inspire others to pursue a tobacco-free lifestyle for 2025 and beyond.

Dan tried cigarettes in his 20's and quit "cold turkey" after using them for only two years. Later in life at age 35 when he started nursing school, he turned to e-cigarettes as a way to

manage stress. After nine months and a worsening addiction to the products, Dan realized he was struggling with health issues and needed help to quit.

"I already had asthma, and using e-cigarettes made it even harder to breathe," Dan recalled. "Fortunately, fellow nurses at the hospital where I worked told me the NY Quitline was a top-notch service to learn how to quit and get free resources."

After Dan called the NY Quitline and spoke with a tobacco treatment specialist, they determined nicotine replacement therapy in the form of nicotine lozenges might work best for him to overcome e-cigarette cravings. Dan received a free supply via mail and immediately made efforts to overcome his addiction.

"My partner was very supportive, and I also was motivated because I didn't want my two little children to be exposed to tobacco products," Dan said. "Stress and peer pressure led to me using e-cigarettes, but now I'm proudly tobacco-free since the summer of 2022. I especially thank the NY Quitline for their free support and medications. The nicotine lozenges would have been expensive to purchase on my own."

Dan not only overcame e-cigarette use but also became sober with encouragement from a friend. Dan graduated nursing school with a clean bill of health and now works at a local hospital as a registered nurse. He also began weight-training shortly after graduation and developed the strength and stamina needed to referee local organized rugby games.

"It's like a breath of fresh air to be tobacco-free and it feels good to not be controlled by tobacco products," Dan said. "I recommend the NY Quitline to all my patients and tell anyone who's trying to quit to never give up. Even if quitting feels difficult and you slip up, you can always have another 'Day One' anytime."

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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