



***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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- *Amy P., age 51, became tobacco-free in 2023 with assistance from the NY Quitline*
- *The diagnosis of an autoimmune disorder prompted Amy to quit smoking*
- *Those in New York State can contact the NY Quitline seven days a week for free support*

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

New York State Quitline provided free support to Amy P. of Corning



Jan. 2, 2025 – *"I smoked cigarettes for 20 years because of anxiety. It wasn't until I was diagnosed with an autoimmune disorder that I got the final push I needed to quit for good. Now I realize all the healthy things in life I was missing out on."*

These are words of wisdom from 51-year-old Amy P. (*pictured*) of Corning in New York State's Southern Tier Region, who has enjoyed more than a year of tobacco*-free living with free assistance from the [New York State Quitline](#) (NY Quitline). Amy hopes her story will inspire others to pursue a tobacco-free lifestyle for 2025 and beyond.

Amy did not try cigarettes until age 28, when circumstances in her life became dire. A messy divorce and addictions to alcohol and drugs led to treatment at a rehabilitation center. Months later at a halfway house, a roommate introduced her to smoking.

"I was scared and feeling alone without my children," Amy recalled. "My roommate said cigarettes would help with stress. Even though I never smoked more than eight to 10 cigarettes a day, I got sick quite a bit over the years. I always wanted to quit."

During one of Amy's visits to the hospital in 2023, she learned she had Sjögren's disease, an autoimmune disorder. The diagnosis served as the final catalyst Amy needed to become tobacco-free. She knew about free resources available from the NY Quitline and reached out online through nysmokefree.com for assistance.

"After a specialist followed up with me by phone, I then received free nicotine patches in the mail right away," Amy said. "I felt motivated to quit, so it was great to get the shipment so fast. It didn't take long after using the patch that I started coughing less and gained a better sense of taste and smell."

Even though Amy continues to maintain sobriety from drugs and alcohol for more than 20 years, she thought she would never be able to overcome her addiction to cigarettes due to anxiety. Now that she is tobacco-free, she believes anyone can become like her with proper support and determination.

"I would tell anyone to never give up and to do activities to help keep your mindset right," Amy recommends. "For me, quilting, crafting and chewing gum are just some of the distractions that keep me away from cigarettes. If you really want to quit, you'll find a way."

Amy enjoys aqua-therapy at her local Y and feels much healthier. She no longer needs an inhaler and her lungs have cleared significantly in the past year.

"Being tobacco-free means having a better overall sense of well-being," Amy said. "Conversely, continuing to smoke will make every aspect of your health so much worse. I just wish I had quit even sooner, which would have minimized the damage I did to my body."

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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