



***NOTE TO MEDIA:** Please contact us anytime to arrange an interview with any of our experts, tobacco control partners throughout New York State and/or Success Story participants. Our press releases are available in downloadable PDF format at our Online News Room: <https://nysmokefree.com/news-room>.*

FOR IMMEDIATE RELEASE

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- *Chris V.'s story can provide inspiration for those wishing to become tobacco-free* in the New Year*
- *43-year-old Latham resident overcame cigarettes eight months ago through the NYS Quitline*
- *NYS Quitline offers free support, including coaching, medications and texting programs*

THIS NEW YEAR, RESOLVE TO BE TOBACCO-FREE WITH SUPPORT FROM THE NEW YORK STATE QUITLINE

Chris V. of the Capital Region celebrates eight months of freedom from cigarettes, became tobacco-free for his two young sons



Dec. 30, 2025 – With the start of 2026 comes another opportunity to tackle life’s resolutions. For many New York State residents, overcoming nicotine addiction and becoming tobacco-free* will be a top priority. The [New York State Quitline](#) (NYS Quitline) reminds everyone free support is available seven days a week and thousands of people achieve success each year. Chris V. (*pictured*), a 43-year-old resident of Latham in the Capital Region, is a “Success Story” and can offer inspiration for anyone trying to quit.

Chris first tried cigarettes at age 19 because his college roommate smoked. He never became a heavy user, yet he couldn’t shake smoking up to a half-a-pack a day, especially during social outings. As Chris approached age 40 and his two sons became active toddlers, he felt extra motivated to become tobacco-free.

“Smoking felt like a shameful addiction,” Chris said. “I would always try to hide the smell or bringing it up during doctor’s visits. I didn’t want to set a bad example for my sons, nor did I want to expose them to secondhand smoke.”

As Chris made repeated efforts to quit, a friend recommended he call the NYS Quitline for extra support. Chris spoke with a friendly and helpful tobacco treatment specialist and soon received a supply of nicotine patches and nicotine gum at his doorstep.

"After a number of weeks using the medications, the psychological urge to smoke went away," Chris said. "Getting the patches and gum so quickly really motivated me to make a focused quit-attempt. Between the Quitline, family, friends and my fiancée, I had people to keep me honest and keep my drive going."

Today, Chris breathes better, sleeps better and has increased energy for many activities with his young sons. Reflecting upon his years of smoking, Chris says he no longer feels like a "slave" and wonders how he ever enjoyed "such a pungent smell."

"It can take major lifestyle changes to become tobacco-free," Chris said. "You've got to get to the point where you won't take 'just one more drag.' So many factors, like smoke breaks at work and social situations with friends, can prolong addiction. You need support to change. It's so important to have something or someone to keep you accountable."

Anyone seeking assistance to become tobacco-free may contact the NYS Quitline by calling **1-866-NY-QUITS** (1-866-697-8487). They can also visit nysmokefree.com to reach a specialist through an online chat, request a call-back or [order free nicotine replacement therapy medications](#). The NYS Quitline additionally offers [free text-support programs](#) by visiting www.DropTheVape.org and by **texting QUITNOW** (English) or **DÉJELO YA NY** (Spanish) to **333888**.

The NYS Quitline encourages all New York State residents to try – or try again – to become tobacco-free in 2026. More "Success Stories" like Chris's are available at a new webpage, www.nysmokefree.com/success-stories. The stories, which are searchable by primary reason for quitting, type of tobacco product overcome, location and age can offer inspiration to never give up and reclaim healthier living.

** The term tobacco throughout this press release refers to the use of manufactured, combustible commercial products and electronic/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 supported by 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 NYS Quitline encourages those who use commercial tobacco and electronic/vape products

to talk with their healthcare professionals and access available Medicaid or health insurance benefits for medication support. Confidential texting programs with weekly guidance for skill-building are available by texting QUITNOW (English) or DÉJELO YA NY (Spanish) to 333888 or by visiting www.DropTheVape.org. All those who live in New York State can contact the NYS Quitline seven days a week for free coaching and resources by calling 1-866-NY-QUITS (1-866-697-8487) or by visiting www.nysmokefree.com.

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. The Roswell Park team of 4,000+ makes compassionate, patient-centered cancer care and services accessible across New York State and beyond. Rated "Exceptional" by the National Cancer Institute, Roswell Park, founded in 1898, was one of the first NCI-designated comprehensive cancer centers in the country and remains the only one 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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