



***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**

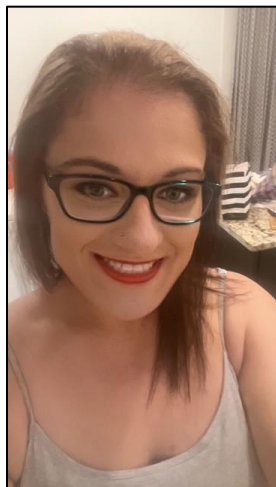
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- *Cara D.'s story can provide inspiration for those wishing to become tobacco-free\* in the New Year*
- *40-year-old Auburn resident overcame cigarettes two years ago through the NYS Quitline*
- *NYS Quitline offers free support, including coaching, medications and texting programs*

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

*Cara D. of Central New York recently celebrated two years of freedom from cigarettes while reclaiming time, money and better health*



**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. Cara D. (*pictured*), a 40-year-old resident of Auburn in Central New York, is a "Success Story" and can offer inspiration for anyone trying to quit.

Cara did not begin smoking until her early 20s and only tried due to social settings with friends. She even quit for five years but started again due to stress. After 10 more years of smoking, Cara felt chained to cigarettes.

"I began to realize I was spending upwards of \$100 a week on cigarettes," she said. "My life revolved around wondering when and where could be my next opportunity to smoke. The Sunday after Thanksgiving in 2023, I decided to give the Quitline a try."

Cara found the follow-up calls from Quit Coaches especially helpful to keep her quit-journey on track. A free supply of nicotine patches also helped her become tobacco-free in an unexpected way.

“I was quite emotional while going through nicotine withdrawal the first few weeks,” Cara recalled. “I tried using a nicotine patch but it wasn’t for me. That experience ultimately helped, though. I thought to myself, ‘If the quitting process is going to be difficult, then I definitely don’t ever want to pick up another cigarette and go through the process again!’”

With the support from the NYS Quitline as well as her family and friends, Cara stuck to a mindset of no longer needing or wanting to smoke. Today, she says she breathes better, has clearer skin with fewer wrinkles and feels rejuvenated.

“Being tobacco-free is so freeing, and I don’t ever want to feel controlled again,” Cara said. “I would tell anyone thinking about quitting to take it day by day and to not be afraid to ask for help. Keep busy, distract yourself and lean on your support systems. If quitting doesn’t work the first time, see what you can do differently to improve for the next time you try to quit.”

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](https://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](https://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 Cara’s are available at a new webpage, [www.nysmokefree.com/success-stories](https://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](http://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](http://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](http://www.roswellpark.org), call 1-800-ROSWELL (1-800-767-9355) or email [ASKRoswell@RoswellPark.org](mailto:ASKRoswell@RoswellPark.org).

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