



***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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- *Lynn D.'s story can provide inspiration for those wishing to become tobacco-free\* in the New Year*
- *66-year-old Sloatsburg resident overcame cigarettes 19 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**

*Lynn D. of the Hudson Valley Region celebrates 19 years of freedom from cigarettes, became tobacco-free simultaneously with daughter*



**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. Lynn D. (*pictured*), a 66-year-old resident of Sloatsburg in the Hudson Valley Region, is a “Success Story” and can offer inspiration for anyone trying to quit.

Family means everything to Lynn. She was heartbroken when her father, who regularly smoked two packs of cigarettes a day, passed away many years ago due to emphysema and other smoking-related factors. Even though heart disease ran in her family, Lynn still tried smoking and became addicted.

“I started smoking in junior high school and, unfortunately, got my future husband addicted, too,” Lynn recalled. “I didn’t smoke while pregnant or when my children were young, but overall I’d say I smoked at least a half a pack each day for more than 30 years.”

Smoking continued to pervade Lynn’s life and those of her family members. Her eldest

daughter, Rose, became addicted to cigarettes as a young adult. Fortunately, in 2006, the announcement of a pregnancy changed everything.

“My younger daughter came home from college and informed us she was going to become a mother,” Lynn said. “As I began to clean the house to prepare for a future grandchild, I realized just how badly everything smelled from our cigarettes. Rose suggested we all try becoming tobacco-free together.”

Lynn and Rose each contacted the NYS Quitline and received helpful coaching and free nicotine patches. Nineteen years later, they each continue to enjoy a tobacco-free life.

“The Quitline was a lifesaver!” Lynn exclaimed. “In the beginning, I felt like whenever there was an urge to want to smoke again, I knew there was always someone I could call at the Quitline for support.”

Lynn’s new tobacco-free lifestyle especially helped her career as a daycare provider. Improved breathing allowed her to walk and swim more. Subsequent weight loss increased her energy to be more active around the children at her daycare.

“I posted Quitline information sheets at my daycare and told everyone I knew how much the program worked,” Lynn said. “The support of my family and my doctors also helped me so much. For anyone trying to quit, lean on your support – especially your family.”

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](http://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 Lynn’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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