



***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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- *Karen A.'s story can provide inspiration for those wishing to become tobacco-free* in the New Year*
- *64-year-old Forestport resident overcame cigarettes 17 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

Karen A. of the Mohawk Valley and Adirondack Regions celebrates 17 years of freedom from cigarettes, still tells others about the New York State Quitline



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. Karen A. (*pictured*), a 64-year-old resident of Forestport in the Mohawk Valley Region at the foot of the Adirondack Mountains, is a “Success Story” and can offer inspiration for anyone trying to quit.

Karen knew all about the dangers of cigarettes and did not smoke in high school or college. However, when she began working as a general manager in the restaurant industry in the early 1990’s, she encountered an environment where smoking was prevalent among peers.

“I never became a heavy smoker, but I did smoke daily for about 15 years,” Karen said.

“When my preteen children became aware of the ill effects of smoking, I made the decision to become healthier for them and for myself.”

Karen remembers February 2008 like it was yesterday: she was battling bronchitis and

determined she would need extra support if she wanted to fully quit. She was familiar with the services at the NYS Quitline and decided to call for help.

“Between the free nicotine patches and their helpful brochures, I was set up for success,” Karen said. “The patches helped with urges to smoke and the information helped me think about how to change my routines.”

Karen also had a good role model in her father, who became tobacco-free years ago even after he had regularly smoked two packs of cigarettes a day. She says she channeled his willpower to stay quit.

“It is pure freedom to be tobacco-free,” Karen said. “My world no longer revolves around cigarettes. Today, we know so much more about the harms of cigarettes – plus, it’s even pricier to smoke.”

In addition to nicotine patches, Karen used flavored chew sticks to manage the first few difficult weeks of cigarette cravings. For anyone thinking about quitting in the New Year, Karen recommends daily journaling to monitor triggers and deep breathing to reduce stress and lower blood pressure.

“But most of all, use the Quitline’s free tools and resources because they work,” Karen said. “Seventeen years of freedom from cigarettes, and I still tell people about the Quitline.”

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 Karen’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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