

## **CDC: Tips from Former Smokers – Christine (:30)**

*This program is presented by the Centers for Disease Control and Prevention.*

[Christine] I'm Christine. I'm here to give you a tip on how to eat if you have your jaw removed because of smoking, like I did.

It takes a while to eat when you're using your feeding tube. So be prepared. Make sure you have a book with you, a good long book.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

*For the most accurate health information visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*