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## 2012 – Christine’s Eating Tip (:30)

### A TIP FROM A FORMER SMOKER

#### Christine’s Voice:

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 U.S. Department of Health and Human Services and CDC.