



There are ways for seniors to protect your health while flying, but it isn't easy these days. Heavy crowds, delays, bad food, security ordeals and dozens of other anxieties are enough to upset any healthy person, young and old. However, you can fight back to get to your destination in good mood, health and comfort. It won't always be easy, but here are some tips:

1. Bring an adequate supply of regular prescription meds to take at your normal daily schedule for duration of the trip plus a week extra. Also have necessary over-the-counter meds, such as allergy, aspirin and anti-diarrhea pills.
2. Carry a basic first aid kit, including single-use bandages and tube of antibacterial ointment. Use them for small cuts or scrapes. Also, to fight recirculated airport and cabin air, dab some near nostrils, mouth and eyes.
3. Take your own supply of throw-away wet towelettes, preferably those soaked with alcohol or soap. Wipe hands and face frequently, as well as seat arms and all surfaces you contact in bathrooms, in your airline seat and other public places.
4. Get adequate sleep when flying. If you're going red eye (after 11 pm), once seated, settle down with a coat or blanket, loose clothing and shoes off. A sleep mask blots out all light. Adequate rest, especially when normal daily routine is interrupted by stress of travel, helps maintain senior health.
5. Eat sensibly and modestly before flying. Heavy meals, especially spiced and high-fat ones, tend to make flying uncomfortable when confined to a narrow seat for hours.
6. Go easy on beer and booze, but drink plenty of bottled water, tea and juices. If cabin air tends to make your mouth and throat dry, take frequent sips.
7. Bring electronic gear that can help keep you calm, including noise-reducing earphones. Consider a well-filled smartphone for reading, music and video.
8. On long flights, every few minutes, stretch arms and legs. Get up once an hour and find a place beyond the passenger area near a bulkhead to do full-body exercises.