



Former NYC mayor Rudy Giuliani, 73, fell recently and was hauled off to the hospital. Fortunately, his injuries were relatively light and he was soon walking OK again. Other famous oldsters, including astronaut John Glenn, Hillary Clinton and Justice Sonia Sotomayor had injuries after falling in bathrooms at home or while traveling.

Many younger celebrities have also had similar falls. They include Beyoncé, Justin Bieber, Tom Cruise and Madonna. And many past stars who did dangerous stunts for a living, including Jerry Lewis, Buster Keaton, Charlie Chaplin and John Wayne endured their share of painful falls. Whether youthful or elderly, you can't possibly prevent all such accidents, especially if you're an avid traveler. Areas in airports, stairways, escalators, cruise ships and city streets can become more dangerous as we get older and less physically capable.

No matter what the reason, especially when traveling, don't make a sudden rush to get somewhere. If you miss a flight, taxi or sailing, it's better take it slow than spending weeks in the hospital with your leg up in traction.

Walk carefully on unfamiliar city streets. A simple crack in the paving could send you flying into painful injury. In hotels, museums, theaters, airports, stores and other very busy places, don't walk anywhere alone, especially if using stairways is required.

Always have a companion close to you, and if necessary, holding your arm. Give up a bit of freedom for peace of mind and uninjured body. Always remember the old gripe: I ain't so young any more.