



It's embarrassing, especially when I'm in the middle seat of a very crowded aircraft. How can I prevent the gas attack or at least keep it quiet? *PLJ, Denver CO*

A: Gas happens to seniors and other flyers due to increasing air pressure that causes your stomach to bloat. You can reduce the pressure before you fly by avoiding carbonated beverages and fatty foods. Also, when you feel gassy, leave your seat and move around the cabin to get rid of bloating. Sip water to reduce gas attacks.