

Hearing loss is the third most common health condition among older adults.

It happens gradually—and the signs are often subtle.

Many people develop adaptive behaviors—or habits—to help compensate for hearing loss in social settings.

They might not even realize they're doing it!

Those with hearing loss often practice “social bluffing,” or pretending to hear.

They smile and nod along, or respond with vague expressions.

They also might take cues from other people's reactions in the room.

Another common behavior is learning to read a person's lips—and other body gestures—to help fill in the gap.

If any of these behaviors sound familiar, don't worry. You're not alone.

Though it might be a good time to get your hearing tested by a hearing care specialist.