

# AutoShack Weekly Tip



- **Myth or Fact?** High mileage oil can help prevent leaks on older vehicles.
- Before we attempt to answer, let's discuss what high mileage oil is.
- **So what is high mileage engine oil?**
  - High mileage oils that are specially engineered for older engines to help reduce engine wear and provide anti aging benefits.
- **How does high mileage engine oil work?**
  - High mileage oils are made thicker than regular oils.
  - This is because as engines get older, the gaps between engine components get bigger.
  - This condition is normal and is caused by the constant movement and rubbing of components over each other.
  - The larger gaps mean the engine isn't as properly sealed as it ought to be for optimum performance.
  - This is one of the main reasons why engines put out less power as they get older.
  - High mileage oils also contain additives that help clean sludge out of the engine.

'High Mileage' is printed on the container of oils engineered for high mileage vehicles.



- **Do I need high mileage oil?**

- Typically many vehicles with high mileage do reasonably well without high mileage oil. Here is a guide to help you decide.
- If your mileage is **under** 100,000miles or 160,000km, and you have no oil leaks you likely don't need high mileage oil.
- If your mileage is **under** 100,000miles or 160,000km, and you have oil leaks see a qualified technician for diagnosis. You may need more than just high mileage oil. You may need additional service.
- If your mileage is **over** 100,000miles or 160,000km, and you have no oil leaks you may not need high mileage oil.
- If your mileage is **over** 100,000miles or 160,000km, and you have oil leaks you should consult a qualified technician. You may need high mileage oil.

- **Do I need high mileage oil? Continued...**
  - Note that some may oil leak is normal regardless of vehicle age. The amount of leakage is usually not noticeable.
  - Note also that high mileage oil is more expensive than regular oil so if you don't need it, don't get it.
  - Finally using high mileage oil isn't meant to be a repair method for oil leaks. A proper diagnosis must be performed to ascertain the cause of the leak.
  - In most cases you may need to replace a seal.
- Hopefully you have enough information to answer the myth of fact question.

- Click the links below to visit/contact us to learn more about us and how we might be able to assist you.
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- A majority of the tip topics are suggested by others based on their experiences.
- Consider helping others to benefit from your experiences by suggesting a topic for our tip bank based on your car troubles, experiences or observations.

## CREDITS

✓ High mileage oil photo: [www.advanceautoparts.com](http://www.advanceautoparts.com)