

Run Forever With...

High-Mileage Motor Oil

Give Your Aging Car The TLC It Needs

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As vehicles age, they change just like people do, which is why it is important to take special care of an aging car. There are many vehicles on the road today that have more than 75,000 miles on them, and the average car on the road is more than nine years old.

One way to take special care of older vehicles is with high-mileage motor oil. It is recommended to start using high-mileage motor oil when the odometer clicks past 75,000 miles.

And for those drivers who like to get the top level of performance, there are full synthetic high-mileage motor oils available.

One of the main functions of motor oil is to cool the engine. So, oil must be able to withstand high temperatures. If the oil can't take high temperatures, it will break down and form deposits in the engine, making the engine temperature rise.

There are also some unique problems that high-mileage vehicles experience as opposed to newer vehicles, most notably oil consumption. Oil consumption can be caused

by a number of factors such as shrunken engine seals or worn engine parts.

Oil consumption can show up in a couple different ways. You may see spots of oil on your driveway, or you may see nothing. You may just find that when it comes time to change the oil, the oil level is down a bit.

A few decades ago, motorists would check their oil level at every tank fill up. Now, almost nobody looks at the oil level until it is changed. So, it is much more critical to use a product like high-mileage engine oil that is specially designed to help reduce consumption and ensure you're not running low.

Oil consumption puts strain on the oil. If your engine level is even a quart low, there is a lot more stress on the oil.

"The oil circulates through the engine, and it gets some time to rest and get away from the heat when it gets down into the oil pan," said Thom Smith, a technical director for Valvoline. "However, if you are a quart low, it doesn't get the chance to rest and recover."

This means the oil is always being stressed and always at a high temperature. This causes the oil to wear out more quickly. When the oil wears out, that's when deposits and wear start showing up in the engine. These will ultimately lead to a shorter life for your engine.

Is the increased cost of high mileage motor oil really worth it? Think of it this way—you put more money into the oil to get more life out of the engine. Your engine is going to last longer if you take care of it, and one of the best ways to take care of it is to use an oil that is designed specifically for a high-mileage engine. +

FAST facts

- Vehicles age and change just like people do.
- Start using high-mileage motor oil at 75,000 miles to keep your vehicle in peak operating condition.
- Older vehicles can suffer from oil consumption, which can appear as oil spots on the driveway or just as a low oil level.
- High-mileage motor oil is specially formulated to prevent oil consumption.