

Can WD-40 Help with Arthritis?

Patients who suffer from arthritis are trying anything to relieve those stiff and aching joints. Some have even tried spraying sore joints with WD-40 as they would to fix a squeaky, door hinge. But this folk remedy is not proven to work and may even be harmful. Any positive effect felt is probably false or imagined. Some may get benefit from increased blood circulation in the affected area as it is massaged into the skin. WD-40 can be harmful to the skin causing dryness and irritation due to the petroleum distillates it contains. There are, however, several “natural” remedies that have proven results for arthritis pain. Some of these are SAM-e, omega-3-fatty acids, glucosamine, or capsaicin. Come into Homer Drug Co. or Tiger Town Pharmacy to consult with our pharmacists for help with your arthritis pain.