

## **DROWNING IN BLOOD - RARE MANIFESTATION OF FAT EMBOLISM SYNDROME WITH DIFFUSE ALVEOLAR HAEMORRHAGE**

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**Introduction:** Fat Embolism Syndrome is an orthopedic emergency which can be life-threatening and may develop after traumatic long bone fracture. It was first described in 1861 by Zenker. The Fat Embolism Syndrome which was associated with diffused alveolar hemorrhage is very rare and need to be identified .

**Discussion:** This report describes a 23 years old male patient suffering from fat embolism syndrome with diffuse alveolar hemorrhage caused by traumatic closed fracture midshaft of left femur. Diffuse alveolar hemorrhage (DAH) is a rare complication of fat embolism syndrome leading to severe hypoxemia due to the effusion of blood into the alveoli from the damaged pulmonary microvasculature. Bloody bronchoalveolar lavage specimens (with numerous erythrocytes and siderophages) establish the diagnosis of diffuse alveolar hemorrhage. Closed monitoring in intensive care unit with optimum supportive measure are necessary to encounter the sinking lung.

**Conclusion:** Fat Embolism Syndrome with diffuse alveolar hemorrhage are rare. Despite early fracture fixation, patient condition might deteriorate if not identified early. Awareness about this clinical presentation are important in order to diagnosed it and to manage accordingly.