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Sudden Death from Toluene Intoxication: A Case Report and Review of Literature

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Abstract

Toluene is an aromatic hydrocarbon (C₇H₈) found in gasoline, acrylic paints, varnishes, lacquers, paint thinners, adhesives, and shoe polish. Toluene toxicity can occur from unintentional or deliberate inhalation of fumes, ingestion, or transdermal absorption. Unintentional exposure to high concentrations of toluene results in severe toluene intoxication. This is a report of toluene poisoning in a middle-age man found dead at home after varnish application by spray. There was no obvious external and internal cause of death. The blood test revealed the presence of toluene. The cause of death was diagnosed as cardiopulmonary failure caused by toluene, which is a rare case report in Thailand.

Keywords: Toluene, Volatile agent, Sudden death, Non-occupational intoxication

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