

Bronny Carroll

InsideOut Institute Advisory Board Member & mother to a daughter who has been living with anorexia nervosa for 20 years, SYDNEY

InsideOut Institute for Eating Disorders Advisory Board Member and mother-to-four, Bronny Carroll, Sydney, realised one of her daughters was showing signs of disordered eating at 11 years of age. Her daughter was subsequently diagnosed with anorexia nervosa a year later. Now aged 31, her daughter has been living with anorexia nervosa for more than 20 years.

A strong advocate for the Eating Disorder Genetics Initiative (EDGI), Bronny believes pinpointing the genes that predispose people to eating disorders could revolutionise future research into their causes, treatment and prevention.

Given her longstanding first-hand experience of caring for a daughter with anorexia nervosa, Bronny serves as both an Advisory Board member and a carer consultant for the InsideOut Institute for Eating Disorders.



As a mother-to-four, Bronny knows how to cope with the challenges that life throws at her. But when her daughter developed anorexia nervosa, there was little support then available.

"When my daughter developed anorexia nervosa, it was confronting. I aimed to try and keep my other children as settled and on track as possible, while we were dealing with the devastation and seriousness of our daughter's illness," said Bronny.

After finishing her schooling, some of which was completed via distance learning, Bronny's daughter eventually chose to withdraw from treatment, and relocated overseas.

"She became seriously unwell and had to be escorted home to Australia after three years of living in England and Norway. She was dangerously unwell and was admitted to hospital a week later. She's been acute for the three years since she returned home, with numerous hospital admissions.

"Now we're at a stage where she remains medically stable, but not medically safe," Bronny said.

"Her current treatment plan involves a weekly GP visit, a twice-weekly visit to a psychologist, and she should be seeing a dietitian each week, but she's cut back on that.

"As her carer, I need to have my own treatment. I see a psychologist every week to be able to anticipate the rest of my family's needs, reactions and responses, and to try to keep it all together," said Bronny.

Bronny is an advocate for the Australian arm of the Eating Disorders Genetic Initiative (EDGI) – the world's largest genetic investigation of eating disorders ever performed, which aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"I hope that identifying the genes that predispose people to eating disorders will revolutionise future research into causes, treatment and prevention of the illnesses," Bronny said.

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