

SILENT KILLERS

What illnesses does The Talk's Carrie Ann Inaba have?

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THE Talk and Dancing with The Stars' Carrie Ann Inaba is fighting Sjögren's Syndrome and fibromyalgia.

The TV star has been battling the autoimmune illnesses for years.



Carrie Ann Inaba is featured on The Talk and Dancing with the Stars Credit: Getty Images – Getty

What illnesses does Carrie Ann Inaba have?

Carrie Ann Inaba, guest judge on Dancing with the Stars and co-host of The Talk, has been diagnosed both with Sjögren's Syndrome and fibromyalgia.

According to the Center for Disease Control, fibromyalgia is a condition that causes pain all over the body, sleep problems, fatigue, and emotional and mental distress.



Carrie battles a host of autoimmune illnesses Credit: Getty Images

Sjögren's Syndrome is an autoimmune disease that causes fatigue, pain, and dryness of the eyes and mouth.

She has created a regimen of craniosacral therapy, acupuncture, yoga, Pilates and Reiki to deal with the pain she experiences as a result of her conditions.

What has she said about her conditions?

Carrie candidly told her co-hosts on The Talk that she feels "so much shame" about her illnesses.

"I have all these autoimmune conditions, and I'm in a really bad flare," the 51-year-old told the panel.



Despite her illnesses bringing her 'shame' at times, she stays positive Credit: The Talk

“It sounds so silly, but people who have these like invisible illnesses - whether it’s rheumatoid arthritis, or a gastrointestinal thing... I feel so much shame when I go through these things, because I want to be what people see. And people see a healthy person, from the outside,” she continued.

“I look healthy and I am really healthy — all things considered, but then I have these incredible sharp pains like today [the hairstylist] was doing my hair and he barely touched me but I thought he burnt me with a curling iron because my body is in a fibromyalgia flare.”

She once said that getting her diagnosis was "overwhelming" and that she went through a "period of anxiety and depression" to the National Institute of Health's [MedLine Plus](#) magazine.



Carrie and her fellow hosts on The Talk Credit: Getty Images – Getty

She said that despite her struggles, she tries to stay strong.

“I want to encourage people because even though I feel shame, I know at the same time I shouldn’t feel shame,” the Dancing with the Stars judge explained on the show.

“I love when life throws me something challenging,” she said positively. “Because I know something beautiful is just around the corner.”

Who else is on The Talk?

As well as Carrie, The Talk lineup includes Sheryl Underwood, Sharon Osbourne, Eve and Sara Gilbert.

Despite their usually happy demeanors, a source exclusively claimed to The Sun that The Talk hosts are “fake friends.”

The insider alleged: “The idea that the hosts are friends is a big lie. They are not friends off camera at all.



Marie Osmond was fired from The Talk after she allegedly did not get along with her co-hosts

Credit: Getty Images – Getty

“Eve is focused on her music career and family and doesn’t allow herself to get involved in any bulls**t. Carrie Ann is too busy with Dancing with the Stars and suffers from many autoimmune disorders.”

Previous co-host Marie Osmond was fired from The Talk after just one year on the daytime series, sources exclusively revealed to The Sun.

Marie, 60, who joined the CBS show in 2019 to replace Sara Gilbert, was fired from the daytime talk show amid tension with her cohosts.

Some viewers boycotted The Talk following Marie’s departure.

<https://www.thesun.co.uk/tvandshowbiz/12801661/carrie-ann-inaba-the-talk-autoimmune-illnesses/>