

Charles J. Meakin, MD, MHA, MS

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[Home - Meakin Metabolic Care](#)



PERSONAL STATEMENT

I am a 64-year-old physician who works to integrate metabolic health strategies into cancer care. After graduating from the University of Notre Dame with a degree in economics and pre-medicine, I matriculated at the University of Cincinnati Medical College. After completing my residency in radiation oncology at Stanford University Hospital, I supplemented my formal education by enrolling in a diverse array of programs ranging from hypnosis and nutrition to Eastern philosophy.

I started the practice of oncology in 1989, and 34 years have passed quickly. As noted below, I spent most of my time in practice in the Charlotte NC area working as the medical director of CaroMont Cancer Center. As a physician caregiver, I strove to introduce effective, well-tolerated lifestyle and repurposed medication adjuvants to supplement the standard of care therapies to enhance patient outcomes. Interventions include simple balance training programs, diet adjustments, supplements, repurposing of metabolically acting drugs, portable O₂, exercise bands, and sleep hacks. Although these strategies differ substantially from one another, all are designed to be safe, inexpensive, and universally accessible.

I left the large cancer center practice environment in early 2019 due to loss of peripheral vision due to congenital retinitis pigmentosa and designation as legally blind. I returned to school for a year of onsite entrepreneurial training at Notre Dame with the blessings of my wife and graduated 6/20. My capstone project was aiding in rolling out a new virtual company in the US called Care Oncology that used repurposed metabolically acting drugs along with the standard of care for cancer patients. I left Care Oncology post-merger with a larger company and started **MeakinMetabolicCare.com** in late 2022 to better serve this growing metabolic care space with more efficient and lower-cost offerings with partner and author Travis Christofferson. We are now growing this service and have rejoined many of the original Care Oncology RNs through our partnership with **HealNavigators.com**.

When I am not seeing a virtual consult, I enjoy spending time in nature. My wife Lindsay and I love to hike the North Carolina Mountains trails near our home and stand-up paddle boards on nearby lakes and rivers. During the winter, we enjoy traveling to Montana to ski and snowboard with our two children and friends. Most of my charity work endeavors to encourage people to explore the outdoors, preserve nature, inspire human potential, and recognize the role of spirituality in health outcomes while elevating awareness of metabolic issues in the care of patients with cancer.

PROFESSIONAL EXPERIENCE

MEAKINMETABOLICCARE.COM

- Virtual metabolic care for health optimization for cancer patients and non-cancer patients covering 45 states.

October 2022 to current

CARE ONCOLOGY US Medical Director

June 2019 – July 2022

- Metabolic oncology virtual service platform startup in the U.S. and U.K.

COACH IT FORWARD CHUCK.COM

Sole Proprietor

- Charity health and wellness coaching hub and resource

Amelia Island, FL
January 2019 – Present

CAROMONT CANCER CENTER

- Medical Director of Radiation Oncology
Gastonia, NC

October 1994 – December 2018

SANTA MEMORIAL HOSPITAL

Radiation Oncologist

- Developed an outpatient cancer center in collaboration with a seven-member medical oncology group at Santa Memorial Hospital, opened June 1995 (cared for my father in Hospice Care 8-94 to 10-94)

Santa Rosa, CA
September 1991 – July 1994

THE CHRIST HOSPITAL

- Radiation Oncologist

Cincinnati, OH

August 1989 – September 1991

UNIVERSITY OF CINCINNATI

Radiation Oncology Residency-

- Part-time residency teaching while private practice at Christ Hospital above

Cincinnati, OH
August 1989 – September 1991

EDUCATION

UNIVERSITY OF CINCINNATI COLLEGE OF MEDICINE

Doctor of Medicine

Cincinnati, OH
May 1985

UNIVERSITY OF NOTRE DAME

Notre Dame, IN
Bachelor of Arts in Economics/Pre-Med

May 1981

POSTGRADUATE & POSTDOCTORATE TRAINING

UNIVERSITY OF NOTRE DAME

Master of Science in Engineering, Science, and Technology Entrepreneurship (ESTEEM) June 2019 to May 2020

Notre Dame, IN

ST. MARY'S COLLEGE OF MORAGA

Master of Science in Health & Administration

Moraga, CA
May 1993 to May 1994

STANFORD UNIVERSITY HOSPITAL

Radiation Oncology Resident

Stanford, CA

1986-1989

- One-month rotation – Memorial Sloan Kettering Hospital
- One-month rotation – Memorial Hospital, Long Beach, C

THE CHRIST HOSPITAL Cincinnati, OH
 Medical Internship 1985-1986

PROFESSIONAL ASSOCIATIONS

CAROMONT HEALTH BOARD OF DIRECTORS 2013-2021

GASTONIA PARKS AND RECREATION BOARD 2000-2020

AMERICAN SOCIETY OF THERAPEUTIC RADIATION ONCOLOGY 1986-2019

GASTON COUNTY COMMUNITY FOUNDATION BOARD 2004-2012

CATAWBA LANDS CONSERVANCY 2003-2012
 Board Member

U.S. NATIONAL WHITEWATER CENTER 2003-2010
 Executive Board Member

AMERICAN COLLEGE OF RADIOLOGY 1994-2010

NORTH CAROLINA MEDICAL SOCIETY 1994-2020

GASTON COUNTY MEDICAL SOCIETY 2005-2007
 President

GASTON HOSPICE BOARD 1998-2003
 Board Member (1998-2002); President (2003)

GASTON CANCER SOCIETY 1995-2002
 Board Member

SONOMA COUNTY MEDICAL ASSOCIATION, NORTHERN CALIFORNIA 1993-1994
 Head of Young Physician Group

CALIFORNIA MEDICAL ASSOICATION, NORTHERN CALIF. REG. DISTRICT 1993-1994
 Alternate Delegate

HONORS & AWARDS

CaroMont Hospital Spiritual Care Award – 2005

First Place Finish, Neuroscience Division at Midwest Medical Student Research Forum – 1983

Mayfield Neurologic Institute Fellowship Award – 1981

RESEARCH & PUBLICATIONS

Research

- Presented abstract poster at the Metabolic Health Summit, Long Beach, CA (2020)
- Member of regional protocol association through the hospital for access to national clinical trials including RTOG, SWOG, NSABP (1994-2019)
- Clinical investigator for the Southwest Oncology Group (SWOG) in Cincinnati, OH and Santa Rosa, CA (1989-1994)
- Principal investigator for the National Prostate Detection Project at The Christ Hospital in Cincinnati, OH (1990-1991)
- Principal investigator of the Radiation Clinical Research Trial through the Radiation Therapy Oncology Group (RTOG) at The Christ Hospital, Cincinnati, OH (1989-1991)
- Clinical research reviewing Stanford Hodgkin's Disease Trials (1987-1989)
- Part-time photodynamic therapy research at The Christ Hospital, Cincinnati, OH (1985-1986)
- Part-time clinical research, Department of Internal Medicine and Orthopedics, University of Cincinnati College of Medicine (1981-1982)
- Summer student internship at The Mayfield Neurologic Institute (1981)

Publications

- Carlson RW, Sikic BI, Gandara DR, Hendrickson CG, Meakin CJ, McWhirter KM. Late consolidative radiation therapy in the treatment of limited-stage small cell lung cancer. *Cancer*. 1991;68(5):948-958.
- Meakin CJ, Hobson C, First MR. Avascular (aseptic) necrosis of bone following renal transplantation. *Int J Artif Organs*. 1985;8(1):19-20.
- Steiger HJ, Meakin CJ. The meningeal representation in the trigeminal ganglion, an experimental study in the cat. *Headache*. 1984;24:305-309.
- Meakin CJ, Keller J. Pathways of vascular headache: identification of the sensory neurons innervating the arteries of the anterior cerebral circulation of the cat. *J Clin Research*. 1983;31(4).

COMMUNITY WORK

- Member of Gastonia Parks and Recreation Board (2006-2021)
- U.S. National Whitewater Center, Charlotte, NC – Startup Board Member and Board Secretary (2006)
- Catawba Lands Conservancy, Charlotte, NC – Two-Term Board Member (2004)
- Gaston County Community Foundation – Two-Term Board Member (2004)
- Belmont Abbey College – Two-Term Board Member and Head of Student Retention Committee (2002)

STATE LICENSURE

I currently hold 44 state licenses and have not incurred any infractions, minor or major, in my 40-year history that would preclude me from pursuing further licenses.