



Charles J. Meakin, MD, MHA, MS

Integrating Metabolic Health into Cancer Care



support@metabolicscare.com



www.metabolicscare.com



CoachItForwardChuck.com



35+

Years
in Oncology



49

State Licenses



24

Years
as Medical Director



1989

Began Oncology
Practice



About Dr. Meakin

Dr. Charles J. Meakin is a board-certified Radiation Oncologist with more than 35 years of experience caring for patients with cancer. Throughout his career, he has focused on integrating practical, evidence-informed metabolic strategies alongside conventional cancer care to help improve patient outcomes and quality of life.

After serving for many years as Medical Director of Radiation Oncology at CaroMont Cancer Center, Dr. Meakin founded Metabolic Care to provide accessible, whole-person care that emphasizes nutrition, movement, lifestyle medicine, and scientifically supported metabolic interventions.

My mission is to combine practical, well-tolerated metabolic strategies with compassionate care to help patients live stronger, longer.

Empowering patients through knowledge,
compassion, and metabolic health.



Areas of Focus



Metabolic Oncology

Integrating metabolic strategies alongside conventional cancer care.



Nutrition & Lifestyle

Evidence-based nutrition and lifestyle approaches that support overall health.



Repurposed Medications

Using established medications in innovative, evidence-informed ways when appropriate.



Movement, Sleep & Balance

Practical strategies to improve strength, mobility, energy, and recovery.



Virtual Patient Care

Personalized virtual consultations for patients across the United States.

Metabolic Care

Patient-focused. Science-based. Whole-person care.



October 2022 - Present

Metabolic Care | Founder & Physician

Providing virtual metabolic care and health optimization for patients across the United States, integrating evidence-informed metabolic strategies into cancer and non-cancer care



June 2019 - July 2022

Care Oncology (US) | Medical Director

Led the U.S. launch and expansion of a virtual metabolic oncology program, integrating repurposed medications alongside standard cancer therapies.



January 2019 - Present

Coach It Forward Chuck | Founder

Charity health and wellness coaching platform focused on empowering individuals through lifestyle medicine, education, and personal growth.



October 1994 - December 2018

CaroMont Cancer Center | Medical Director of Radiation Oncology

Led one of the Southeast's largest radiation oncology programs, providing comprehensive, patient-centered cancer care while advancing innovative treatment approaches.



September 1991 - July 1994

Santa Memorial Hospital | Radiation Oncologist

Helped establish an outpatient cancer center in collaboration with a multidisciplinary oncology team while delivering comprehensive radiation oncology services.



August 1989 - September 1991

The Christ Hospital | Radiation Oncologist

Provided comprehensive radiation oncology care while contributing to resident education and physician training.



August 1989 - September 1991

University of Cincinnati | Radiation Oncology Residency

Completed residency training while serving as a part-time clinical instructor and caring for patients at The Christ Hospital.

PHYSICIAN PROFILE

A career dedicated to advancing cancer care through innovation, compassionate leadership, and metabolic health.



University of Notre Dame

Bachelor of Arts

Economics & Pre-Medicine

May 1981



University of Cincinnati

College of Medicine

Doctor of Medicine

May 1985



University of Notre Dame

M.S. in Technology Entrepreneurship

2019-2020



Saint Mary's College

M.S. Health Administration

1993-1994



Stanford University Hospital

Radiation Oncology Residency

Memorial Sloan Kettering Hospital

Memorial Hospital, Long Beach

1986-1989



The Christ Hospital

Medical Internship

1985-1986



Outdoor Enthusiast

Enjoys hiking, stand-up paddleboarding, skiing, and snowboarding with family and friends.



Family First

Values faith, family, meaningful relationships, and time spent in nature.



Purpose Driven

Committed to inspiring healthier lives through metabolic health, education, and service.



Community Advocate

Dedicated to conservation, outdoor recreation, charitable leadership, and improving access to whole-person healthcare.

“Combining science, compassion, and innovation to help patients live stronger, longer

Metabolic Care

Patient-focused. Science-based. Whole-person care.