Center for Endocrinology, Diabetes and Metabolism

Children’s Hospital of Richmond at VCU’s (CHoR) new Center for Endocrinology, Diabetes and Metabolism, offers added convenience and improved access to care by bringing together clinical and specialized support services for children with diabetes, obesity and other endocrine disorders.

CHoR offers the most comprehensive pediatric endocrine program in Central Virginia and the new facility is the region’s only pediatric endocrinology center to offer treatment, clinical trials, education, medical nutrition therapy and psychological support in one location. The consolidation of services allows for additional clinic appointment availability, extended clinic hours, group classes, and a new obesity clinic.

**New Facility**
The new Center has exam rooms, support group space and a learning center/resource library with access to the latest in health care management technology. The center is centrally located on Parham Road, accessible via I-64 or Chippenham Parkway. Free parking is available.

**Diabetes Management**
The Center provides comprehensive care for children with all forms of diabetes. Specialized diabetes management services include:

- American Diabetes Association (ADA) recognized Diabetes Education Program
- Clinical trials
- Computerized pump and meter data downloads and interpretation
- Continuous glucose monitoring systems
- Family-centered education
- Health education
- Insulin pumps
- Medical nutrition therapy
- Point-of-care testing for hemoglobin A1C
- Psychological support
- Support groups and group classes
- Type 1 diabetes research programs
- Type 2 diabetes clinical trials

**Healthy Lifestyle Weight Management and Diabetes Prevention**
The Center provides multidisciplinary healthy lifestyle management and diabetes prevention through:

- Basal metabolic rate measurement
- Individual and group nutrition counseling
- Medical screenings
- Motivational psychology
- Nutrition evaluation
- Psychological inventories
- Self-paced computer learning
- Support groups and group classes
- TEENS Weight Management Program referrals
- TrialNet diabetes prevention trials

**Endocrine Disorders**
The Center provides diagnosis, treatment and management options for a full range of endocrine disorders including:

- Adrenal disorders
- Endocrine tumors and polyglandular autoimmune syndromes
- Growth disorders: Turner syndrome
- Hyperlipidemia
- Hypertension
- Metabolic syndrome
- Obesity
- Pituitary: abnormalities and tumors
- Polycystic ovary syndrome
- Puberty disorders
- Sexual differentiation disorders
- Thyroid disorders: hypothyroidism, hyperthyroidism, thyroid nodules and cancers
- Vitamin D deficiency and rickets

**Location and Appointments**
Children’s Hospital of Richmond at VCU – Pembroke Office Park
2305 N. Parham Road, Suite 1
 Henrico, VA 23229
Appointments:  804-628-7337 x2
Center fax:  804-527-4728
Center for Endocrinology, Diabetes and Metabolism

PEMBROKE OFFICE PARK
2305 North Parham Road • Suite 1 • Henrico, VA 23229
Appointments: 804-628-7337

From Southside/Chesterfield
• Take VA-150 N./Chippenham Parkway
• Chippenham Parkway becomes N. Parham Road
• Turn RIGHT on Fordson Road
• Take first LEFT into Pembroke Office Park
• Take immediate LEFT
• Center is on RIGHT

From Points West (Charlottesville)
• Take I-64 East toward Richmond
• Take EXIT 181 for Parham Road
• Turn RIGHT on N. Parham Road
• Turn LEFT on Fordson Road
• Take first LEFT into Pembroke Office Park
• Take immediate LEFT
• Center is on RIGHT

From Points East (East End)
• Take I-64 West toward Charlottesville
• Take EXIT 181A for S. Parham Road
• Turn LEFT on Fordson Road
• Take first LEFT into Pembroke Office Park
• Take immediate LEFT
• Center is on RIGHT

From Points North (Fredericksburg)
• Take I-95 South toward Richmond
• Take EXIT 83B for E. Parham Road
• Continue on Parham Road for 6.5 miles
• Turn LEFT on Fordson Road
• Take first LEFT into Pembroke Office Park
• Take immediate LEFT
• Center is on RIGHT

From Points South (Petersburg)
• Take I-95 North toward Richmond
• Merge onto I-64 West via EXIT 79 toward Charlottesville
• Continue on I-64 for 5.9 miles
• Take EXIT 181A for S. Parham Road
• Turn LEFT on Fordson Road
• Take first LEFT into Pembroke Office Park
• Take immediate LEFT
• Center is on RIGHT