

To:  
Aloha Foot and Ankle Associates  
Attn: Dr. Cachia- Testimonial  
26732 Crown Valley Parkway  
Mission Viejo, CA 92691

January 14, 2010

To Whom it May Concern:

This testimony has been difficult to put down in words, due to the passion and amount of thanks that I would like to give towards Dr. Cachia and his staff.

I am a former athlete of 12 years, and have continued to remain consistently active in a wide variety of sports. For nearly 5 years before my surgery, I had inconsistent, but noticeable, pains in my right foot; never knowing or caring for the reason why. It was always in my nature as an athlete to never let anything stop me, even pain. Then one weekend, winter of 2008, my whole outlook on the pain had changed. The inconsistent had become chronic, and the pain level had multiplied exponentially, and more often than not I was having severe sharp pains so bad to where I was constantly holding back tears and could not walk at points throughout the day. It was time to see the doctor.

After my MRI report came back, I knew the results weren't good because I was immediately referred to a specialist, with little to no explanation. I was fearful because I thought this meant surgery was my only option. Surgery had always frightened me as an athlete because I had seen so many teammates go through it and have to quit due to severe limitations found after recovery. With these fears in mind, I went to see the referred doctor. After my examination, Dr. Cachia gave me my options; one non-surgical, and the other surgical. We discussed the two thoroughly, listing the pros and cons of both, how they would affect me in the long run, and the procedures involved. He was so open and honest with me, and fulfilled every detail that I asked for, that it was easy to gain a level of trust for him as a good doctor. He showed me genuine care for my issues with both options, and respected me, my questions, and my choices thoroughly. I knew I didn't need a second opinion after that first meeting, and I chose the surgery.

During the whole process, Dr. Cachia was there every step of the way. During my pre-op conference, he gave me a thorough description of what and how he was going to proceed with my operation. He answered all of my insecurities about the surgery, and the future recovery, with assurance and a boost of my confidence as well as the necessary explanations. On the day of the surgery, he was their bright and early to meet me in the pre-operation room at 5:45 am for my 7:00 am surgery. He stayed with me for just about the whole time before heading into the operating room. Before he left, he made sure that I was comfortable and at ease and the surgery was still what I wanted. It was. Then, mid-surgery, there was a change of plans. I heard of my mid-operation change in procedure afterwards, of course, but I could not help but be even more impressed with his professionalism. Dr. Cachia was portrayed to me by my family as the hero who saved their world, and mine. He found practically double the amount of repair needed

within my foot, which doubled the time of my surgery, and consequently doubled the amount of time he spent with my family and friends answering all of their questions and fears with the changes. Even my mother, who was very hesitant and disliked the idea of my getting surgery, told me when she was taking me home, "You did well, my dear. I shouldn't have doubted that you would find the best doctor out there." At that moment, I knew that Dr. Cachia meant so much more to my family than just being a great doctor.

I am also most thankful for Dr. Cachia during my recovery. I became severely sick from my medication due to an allergic reaction, losing almost 20lbs within my first week recovering due to inability of being able to eat or drink anything. He answered every single phone call we gave him, and it didn't matter from what phone number it came from. He called in multiple necessary prescriptions at every odd hour of the night, and gave thorough, detailed instructions to my caretakers and what to look out for while I was dealing with my problematic initial recovery. He checked in with me and my family multiple times to ensure everything was okay and was headed in the right direction. He showed me the greatest compassion I have ever dealt with for someone going through a very new and raw experience, such as I was. He then later continued to follow up in physical therapy to make sure that I was doing my exercises, and was taking every necessary step I needed to, to continue living my life the way I wanted to live it.

To conclude, I never thought when I began this journey that it would become one of the best experiences of my life. I have had the opportunity to experience the service of a highly respected and charitable doctor, he has helped my family grow closer and more united with his caretaking skills, and I am now able to live my life the way I have always wanted to; 100% pain free. This journey will soon be closing, but I know that it has only become the beginning opportunity of the rest of my life.

Thank you for everything,

And so much more...

Danielle