



Reproductive Technologies, Inc.

# THE SPERM BANK OF CALIFORNIA

## INTERVIEW NOTES: 4974

Donor 4974 came to our interview wearing a grey waffle-textured long john shirt, a puffy black Marmot vest and jeans. When I think of handsome, outdoorsy types who climb Mount Everest and white water raft for fun this is the guy I think of. His dark brown hair is spiked up but not overdone, and his 80 style boxy sunglasses are perched atop his head. Donor 4974 strongly resembles a cross between Brad Pitt and Brendan Fraser. His jawline is wide and square-shaped, very similar to Brad Pitt, and his nose and absolutely mesmerizing green/hazel eyes are perfectly matched. His skin is handsomely tan and below his perfect teeth and lower lip he rocks a tiny soul patch. I could see through his shirt that he is incredibly built, a personal trainer body to the core.

Growing up north of the Bay Area, donor 4974's home was tucked in the foothills. As a result he spent a great deal of time in the woods in his backyard and hiking surrounding trails. All this forest roaming would turn out to be a lifelong passion, he found it connected him to nature and gave him a sense of independence. As an adult, he told me, he "finds therapy in nature, it keeps him grounded and connected." Along with a healthy dose of nature, donor 4974 grew up on health conscious food, runs with his dad and home cooked dinners every night. He got along famously with his siblings, too, recalling they called him "rambunctious" and "a rascal".

A deeply curious child, donor 4974 found school engaging and easy. When not playing outside (his favorite) he was asking questions; tons and tons of questions. When he didn't get to ask all of his questions in class he would often stay after to pepper the teacher with even more probing queries. During his school years donor 4974 was profoundly empowered by sports, another common theme in his life. Primarily he played lacrosse; an incredibly physical game played using a small rubber ball and a long stick. He also played football and water polo, two other physically demanding games. Sports allowed him to travel all over the US and even though he identified as a jock, he still managed all AP classes.

After high school donor 4974 moved into the city, and found it to be loud and fast moving after the nature soaked foothills of Norcal. Despite the culture shock, he knew he needed to try something new in life, to attempt to be "on his own". He felt it was important to be "exposed to culture, music, arts and even things like homelessness". Moving away was just the sort of drastic change he was yearning for. After starting college he worked odd jobs to support himself; a coffee place, a catering company, and made good money too. Ultimately he got exactly what he was looking for; the city "toughened him up and gave him street smarts".

Donor 4974 says the city and school put him into a "revolutionary mindset". With a major in Public Health, the classes he took were all "culturally tinged". He is inspired by social justice issues. He used school to get experience in grant writing. He hopes to find a way to work in wellness and healing, herbs using alternative methods like herbs and art. Although it took a while to graduate (he ran out of money half way through) he ultimately saved enough money to finish. He's now working on his master's degree in Public Health and has found more satisfying work as a personal trainer specializing in Cross Fit. It certainly shows.

Interviewer: Anat Avittan

April 2014



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## DONOR PROFILE: 4974

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 4974 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in July, 2014.

### PERSONAL INFORMATION

- Identity-Release<sup>®</sup> Program: **Yes**
- Month/year of birth: **December/1986**
- Education: **BA in Public Health, currently obtaining graduate degree in Public Health**
- Current occupation: **Personal Trainer**
- Ethnic origin: **French, Irish, Italian, Sicilian**
- Religion: **Zen Buddhism**

### PHYSICAL CHARACTERISTICS

- Height: **5'7' ¼**
- Weight: **174.5**
- Hair color: **Dark brown**
- Hair type: **Straight**
- Eye color: **Green/hazel**
- Complexion: **Olive**
- Body type: **Medium**
- Blood group/Rh: **O+**
- Baby photo available: **Yes**
- Other distinguishing features: **Very ridge facial features, defined jaw line, straight nose, large eyes**

### FAMILY MEDICAL HISTORY

**KEY: D** donor    **Ch** child    **F** father    **M** mother    **S** sister    **B** brother  
**Co** cousin    **A** aunt    **U**ncle    **MGF** maternal grandfather    **MGM** maternal grandmother  
**PGF** paternal grandfather    **PGM** paternal grandmother

Allergies: **D: Allergies (seasonal, pollen) at 16, treated with OTC meds, resolved at 20. M: D: Allergies (seasonal, pollen) at 30, treated with OTC medication, managed.**

Breast Cancer: **M: Breast cancer at 45, treated with alternative therapies and homeopathy, in remission.**

Congenital Anomalies (Birth Defects):

Gastro-intestinal: **F: Appendicitis at 27, treated with surgery, resolved.**

Heart: **MGM: High blood pressure (mild) at 61, treated with medication, managed. MGM: Stroke (mild) at 75, treated with hospitalization, recovered well. PGF: High cholesterol at 47, treated with medication, ongoing.**

Metabolic/Endocrine: **MGF: Type 2 diabetes at 52, treated with medication, managed.**

Muscles/Bones/Joints: **MGF: Osteoporosis at 46, treated with medication, managed.**

Respiratory (Lungs): **D: Allergies (seasonal, pollen) at 16, treated with OTC meds, resolved at 20. M: D: Allergies (seasonal, pollen) at 30, treated with OTC medication, managed. M: Asthma at 30, treated with inhaler, managed.**

Sight/Sound/Smell: **D: Right eye 20/15, left eye 20/20. PGM: Cataracts at 79, no treatment, managed.**

Skin: **MGF: Skin cancer (Basal cell, nose) at 60, treated with surgical removal, resolved.**

Cancer (see above): **M: Breast cancer at 45, treated with alternative therapies and homeopathy, in remission.**

**MGF: Skin cancer (Basal cell, nose) at 60, treated with surgical removal, resolved.**

## DONOR LAB RESULTS

Chlamydia: **Not Detected**

Gonorrhea: **Not Detected**

Syphilis: **Non-Reactive**

HIV 1 & 2: **Non-Reactive**

CMV total antibody: **Negative**

Hepatitis B: **Non-Reactive**

Hepatitis C: **Non-Reactive**

HTLV 1 & 2: **Non-Reactive**

Urinalysis: **Normal**

Chem panel: **Normal**

CBC: **Normal**

## GENETIC SCREENING RESULTS: ALL TEST VALUES IN NORMAL RANGE

*Genetic screening tests can significantly reduce, but never completely eliminate, the chance that a person is a carrier for a particular disorder.*

Cystic Fibrosis: (> 500 mutations) **No mutation detected**

Spinal Muscular Atrophy (SMA): **Two copies of SMN1 detected**

Hemoglobinopathies/Thalassemia: **No abnormal hemoglobin detected (including sickle hemoglobin);  
No evidence of thalassemia**

## DONOR NARRATIVE: 4974

*The content of this narrative has not been altered by TSBC staff and therefore reflects original written work of the Donor*

**Describe your personality: introvert, extrovert, funny, serious, goal-oriented, curious, shy, etc.**

I am really enthused to live life! It is so interesting, fun and rewarding if you give it a little effort. I love to work really hard and see my goals come to fruition. Feel empowered. I tend to be very professional and serious during my productive hours. Then conversely I love to have an absolute blast with my friends and family, during leisurely times. Really enjoy the moment and share genuine connections. I like to joke and play games with my friends. We are all very close and love each other. I always strive for balance in life, the Yin and Yang, and strive for a grounded mindset day to day. My Italian side does come though and I gesture a lot with my hands, and get really excited about whatever is a going on.

**What are your interests and talents?**

I am very intrigued with the human body-mind. I love fitness, yoga, hiking, camping, reading, and meditation. I do some personal training on the side while I am in grad school. I like to motivate people to be the best version of themselves, "be the change they want to see in the

world". It is really amazing to help a person get to a goal, but more importantly it is special to see a person start to believe in themselves. I also deeply enjoy art, whether it be music, graffiti, or films. The artistic expression is a really amazing thing. I love music and going to live shows. Lastly, I like to read what very revolutionary thinkers have to say about things, historically and currently. I love the pursuit of wisdom, and to learn what I can in this thing called life. I am very inspired by the writing of Alan Watts, Bruce Lee, Sean Covey, and Terence McKenna.

### What are some of your goals and ambitions in life? Where do you see yourself in 5 or 10 years?

I want to pursue the public health field, and work for a nonprofit organization, or the local government to improve citizen health. I would really like to be involved in environmental sustainability, or world aid. Then, after a time, I really do not want to have to work a 9-5 job. I want to semi – retire early. I want to have some land, resources, and enough capital to live a simple life close to nature. Farm, and have cattle, and maybe do wellness coaching out of my home. I also would like to be able to hunt, and have a healthy, sustainable source of meat instead of supporting the industrial food system. I would like to have a big happy family. I would like to travel as often as possible and experience other cultures. I will never be rich in money; my life will be rich of family, connections and experiences.

### How would you describe your skills and interests in the following areas?

**Math:** I am not very passionate about math, but I have the diligence, and precision of mind, to be moderately decent in skills. It tends to be just too linear for me. I'm not passionate about the connections.

**Mechanical:** I am very mechanically minded. I like to figure out how things work, to understand them more intimately. I always am taking things apart and putting them back together. I like to see the full picture, and understand, the underlying processes of systems.

**Athletic:** I am very athletic, I love to be alive and in movement in my body with no other mind chatter. Being embodied, almost forces you to be in a meditative state by necessity. I do functional workouts, hike, run, and ride my bike every day.

**Musical, artistic, creative:** I really enjoy spending down time enjoying art, or creating it. I love to put on great music at home and do yoga. My girlfriend and I like to paint periodically, usually oil on canvas.

**Language (what languages besides English do you speak?):** Only English

**Writing:** I maintain a wellness blog, as a hobby and enjoy putting my thoughts into words. I discuss topic on sleep, stress, being strong, etc.

**Literature:** I love to read, but wish I had more time to do so. I like Philosophy and Sci-Fi novels. Poetry and Zen books as well.

**Science:** Science is really interesting, I love to stay attune to new discoveries and theories about the world. I love to read about string theory, and the origins of the cosmos. I have been known to watch Carl Sagan once and a while ;).

### Stranded on a deserted island what one book, movie and album would you bring?

**Movie:** I Heart Huckabees.

**Book:** Darma Bums

**Album:** Led Zeppelin

### What are some of your reasons for becoming a sperm donor?

If two people would like to have children, and biologically cannot, I would like to help create that possibility. All people should be able to create and nurture life. I think it will be a spiritual and amazing process one day when I do it. Also it really is terrific that modern science can make that happen.

### Did you choose to be an Identity-Release® Program donor?

Yes  No

### Why did you make this choice?

I think that if my DNA is going into another human, they should be able to speak with me one day if they like. There will of course be questions, and I would like to be able to answer them. They should be able to know, what they came from. I am sure that I would like as well if in the same position. I think it is great that there is an option.

### Is there anything else you would like to share with participating families and offspring?

Humans are the universe aware of itself. What a special thing!?! I hope you enjoy the gift of life, and nurture your child to be a wonderful person : )



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## HEALTH PROBLEMS DONOR 4974

FAMILY MEMBER	HEALTH PROBLEM	TREATMENT/RESOLUTION
<b>Donor</b>	Allergies <i>Seasonal, pollen</i>	Age at onset/diagnosis: 16 Treatment: OTC meds Outcome: Resolved at 20
<b>Mother</b>	Allergies <i>Seasonal, pollen</i>	Age at onset/diagnosis: 30 Treatment: OTC meds Outcome: Managed
	Asthma	Age at onset/diagnosis: 30 Treatment: Inhaler Outcome: Managed
	Breast cancer	Age at onset/diagnosis: 45 Treatment: Alternative therapies, homeopathy Outcome: Remission
<b>Father</b>	Appendicitis	Age at onset/diagnosis: 27 Treatment: Surgery Outcome: Resolved
<b>Maternal Grandfather</b>	Osteoporosis	Age at onset/diagnosis: 46 Treatment: Medication Outcome: Managed
	Type 2 diabetes	Age at onset/diagnosis: 52 Treatment: Medication Outcome: Managed
	Skin cancer, nose <i>Basal cell</i>	Age at onset/diagnosis: 60 Treatment: Surgical removal Outcome: Resolved
<b>Maternal Grandmother</b>	High blood pressure, mild	Age at onset/diagnosis: 61 Treatment: Medication Outcome: Managed
	Stroke, mild	Age at onset/diagnosis: 75 Treatment: Hospitalization Outcome: Recovered well

<b>Paternal Grandfather</b>	High cholesterol	Age at onset/diagnosis: 47 Treatment: Medication Outcome: Ongoing
<b>Paternal Grandmother</b>	Cataracts	Age at onset/diagnosis: 79 Treatment: None Outcome: Managed

s complete and accurate information as possible, but we are unable to completely rule out the existence of other health information that is not known, or that remains unreported to us.

As a board certified genetic counselor, I have reviewed this donor’s family medical history for identifiable patterns of inheritance that may place the donor or his biological offspring at increased risk for certain health problems. (“Increased risk” is risk that is greater than the risk in the general population).

Upon review of the available family medical history information from this donor, the risk for similar health problems occurring in offspring is not expected to exceed the risk in the general population.

Cynthia Kane, M.S., C.G.C.  
Genetic Counselor