



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 5223

5223 is a sweet, intelligent, funny, good-looking guy. He is super healthy and super fit! In the interview he was wearing a well-tailored button-down shirt with the sleeves rolled up; clearly accentuating the fact that he works out and takes care of himself. He has brown straight hair, cut neatly and short. He could easily pass as a Marine, in a good way, based on his posture, hairstyle, and build. You can tell from his coloring that 5223 spends time in the sun. His arms are nicely covered in sun freckles and his face has a sun-kissed color to it. 5223 is a great conversationalist and this interview was filled with great stories and lots of laughter.

5223 is an only child who grew up with both of his parents in the rural, rural (like *lived on dirt road* rural) South. He said that he was a very loving child and that he's been told he was an *early reader*. His parents say that whenever he got fussy, he was soothed by the sound of the vacuum cleaner or the dryer. His dad eventually made recordings of these noises to help him fall asleep. He self-describes as a *super intense, major overachiever*, and admits that he has been that for as long as he can remember. He excelled in academics and also played the French horn, the trumpet, and the piano in his school band. He learned to play the piano from his dad. Like most kids, he hated it when he was young, but he is so glad that he learned and can still play today. In high school, 5223 spent his time with a group of *very involved, very smart friends*. He fell in love with literature after reading George Orwell's 1984. He excels in math and science and describes himself as a very visual learner.

5223 lives in the Bay Area now and loves it. His two favorite things are eating avocados year-round, and the diversity of people in his neighborhood. He appreciates his independence and lifestyle, and values his freedom from religion and the oppressiveness of the South. Although he has moved far away from his family home, he still has a great relationship with his parents. When I asked how he thinks they would describe him as an adult, 5223 said they'll say that he is *aware, intelligent, and caring*.

5223 is an early riser and loves long distance cycling and CrossFit. He eats very consciously, loves Mexican food, and does his best to avoid sugar, carbs, and grains. He is social and has a great group of friends and describes himself as *low-maintenance, not fancy*. He doesn't eat out at high-end places or sip fancy drinks, but instead, he is happy with a good whiskey or an IPA. I asked what those closest to him would say about him if I asked what kind of friend he is, and he easily answered that they would say he is *loyal, thoughtful, a good listener, and impatient*.

This donor has dreams to see the Northern Lights and the rainforests in South America. He says he travels to places where, when he gets there, *there is something specific to see or experience*. He has two kitties with the most amazing names and is a voracious reader. The best book he has read most recently is Tiny Beautiful Things: Advice on Love and Life from Dear Sugar written by Cheryl Strayed. His description of the book makes me want to read it! ☺ This guy is awesome, an excellent conversationalist, very self-assured, confident, funny, and kind.

In each interview I try to remember to ask the donor if he has a quote, an expression, or a mantra that he keeps close, has on his mirror, or something he tells himself when he needs motivation. 5223's is amazing. He said *it's one from Theodore Roosevelt, the one that talks about life being about daring greatly, not sitting on the sidelines judging people*. After our interview I googled it, here is an excerpt from the speech "Citizenship in a Republic": *It is not the critic who counts; ... The credit belongs to the man who is actually in the arena, ... who knows great enthusiasms, ...devotions; who spends himself in a worthy cause; who... knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat*. That this is 5223's favorite quote and that he named it without hesitation pretty much tells you all you need to know about 5223. I encourage you to look up the entire quote. It's stunning. ☺

Interviewer:

Jil V. May 2016



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DONOR PROFILE: 5223

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5223 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in November, 2016.

Donor cannot be shipped to New York

PERSONAL INFORMATION

- Identity-Release[®] Program: **Yes**
- Month/year of birth: **December, 1982**
- Education: **B.S. Engineering, Masters in Engineering**
- Current occupation: **Senior Analyst**
- Ethnic origin: **Irish, German, English**
- Religion: **None**

PHYSICAL CHARACTERISTICS

- Height: **6'**
- Weight: **186lbs**
- Hair color: **Medium brown**
- Hair type: **Straight**
- Eye color: **Dark brown**
- Complexion: **Fair/creamy**
- Body type: **Medium**
- Blood group/Rh: **O+**
- Baby photo available: **Yes**
- Other distinguishing features: **Dimples**

FAMILY MEDICAL HISTORY

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

Allergies: **D: Cat dander at 8, treated with avoidance, resolved at 16.**

Blood: **MA#1: Anemia during 50s, no treatment, ongoing.**

Gastro-intestinal: **MGF: Appendicitis at 28, treated with surgical removal, resolved.**

Genital/Reproductive: **M: Ovarian cysts at 53, treated with surgical removal, resolved.**

Heart: **M: Mitral valve prolapse at 30, no treatment necessary, ongoing. M: High blood pressure at 60, treated with medication, ongoing, managed. M: High cholesterol at 60, treated with medication, managed. F: High blood pressure at 45, treated with medication, ongoing, managed. F: Congestive heart failure at 69, treated with medication, ongoing, managed. MGF: Stroke at 77, no treatment, cause of death. PGM: High blood pressure at 50, treated with medication, ongoing, managed. PGM: Stroke at 83, no treatment, cause of death.**

Metabolic/Endocrine: **MA#1: Type 2 diabetes at 60, treated with medication, ongoing, managed.**

Muscles/Bones/Joints: **F: Rheumatoid Arthritis (hand) at 65, treated with medication, ongoing, managed.**

Neurological: **MGM: Alzheimer's Disease 85, treated with supportive care/hospice, cause of death at 87. MC#1: Asperger's disease at 20, no treatment known, ongoing, high-functioning.**
Respiratory (Lungs): **F: Asthma (exercise-induced) during 20s, no treatment, resolved at 30. F: COPD at 66, treated with medication, ongoing, managed. MU#1: Lung cancer at 79, treated with chemotherapy and radiation, cause of death 6 months later.**
Sight/Sound/Smell: **Right eye: 20/70, left eye: 20/70. MU#2: Glaucoma at 50, treated with eye drops, ongoing.**
Skin: **F: Skin cancer (basal cell, benign, left shoulder) at 69, treated with surgical removal, resolved.**
Cancer (see above): **F: Skin cancer. MU#1: Lung cancer.**
Other: **F: Prostatic hypertrophy at 55, treated with medication, ongoing, managed.**

DONOR LAB RESULTS

Chlamydia: Not Detected	Gonorrhea: Not Detected	Syphilis: Non-Reactive
HIV 1 & 2: Non-Reactive	CMV total antibody: *Positive	
Hepatitis B: Non-Reactive	Hepatitis C: Non-Reactive	HTLV 1 & 2: Non-Reactive
Urinalysis: Normal	Chem panel: Normal	CBC: Normal

**CMV IgM is negative/IgG positive. This combination shows a historic CMV exposure and donor is presumed to currently be non-infectious*

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: 5223

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.

My Myers-Briggs personality type is ISFJ. If you Google it, I think it fits me pretty well across the board. I would describe myself as "big I" introvert and "little E" extrovert. I definitely need alone time to recharge, but I'm assuredly not a wallflower and enjoy being in lots of different social situations; however, I'm not often the center of attention. I'm happy sitting at home reading a book and also going out and dancing until 2AM ☺ I'm more of an observer at heart; I love to sit in coffee shops and people watch. I'm not one to cast a wide and shallow social net, but rather stick with a handful of close friends and family who know my heart and whom I trust deeply.

I would also describe myself as generally agreeable and warm. I don't have a hard time meeting and connecting with people right off the bat. Trust is important to me, and I'm pretty trusting upfront. So is altruism and

kindness. Those are the things I value most in people. Most of my friends work in altruistic professions (social workers, teachers, therapists, etc.) and they resonate with me because of that. Further, I see myself as conscientious; I'm very organized and can follow through to achieve a goal I want. I do try to maintain a healthy curiosity in the world by trying new things (I recently tried building ships in a bottle...not so fun). Some of them stick. Some don't.

I love to laugh. My friends tell me I have an easy laugh, which makes me happy. I can be ridiculously silly and dumb when I'm around the right people. I've recently learned the power that comes through vulnerability, and that even though it's often uncomfortable, being able to "show up and be seen" and present your true self to others is really courageous and empowering.

What are your interests and talents?

I love being physically active. A year and a half ago I drank the CrossFit kool-aid and haven't looked back. I didn't grow up playing sports as a kid (I lived in the middle of nowhere and no one ever taught me how!), and now I've found a wonderful community of people in the CF world who challenge me to do all these weird things like gymnastics and Olympic weightlifting. It's incredibly fun. I love to cycle too. I train for and participate in long-distance cycling events as well. Generally I find it hard to sit still for hours at a time, and one of my favorite things in the world is to pop my iPod in and go for long walks around my city.

I also like to play music. I've played the piano since I was 5 years old. I can play by note and taught myself how to play by ear too. I grew up in an evangelical church and I played the piano there during my high school years. Gospel music is definitely in my bones, although I'm not religious one teeny tiny bit now. I still like to sit down and make my own arrangements of music from time to time. I also played the trumpet and French horn in high school, and I was an all-state French horn player. I loved sitting down with a group of strangers and making beautiful music, and I really miss my horns, but I think my urban neighbors would hate me if I picked them back up. 😊

I also like to grow things. I've always liked to plant and tend to things and watch them grow. I like to cook too, but I'm by no means an extraordinary chef! I love to be outdoors, and hiking is one of the things I look forward to many weekends.

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

The dreaded "where do you see yourself in 5 years" question! Haha. I work in the energy field and have worked in several areas within that industry. I definitely know I want to continue there and focus on the difficult task of transforming our energy economy to integrate more renewables into our electricity grid and transportation sector in order to fight climate change. That's probably my longest-term goal.

Other than that, I want to travel a lot more. It's something I've done a little throughout the years, but I haven't pushed myself to do enough of it lately. My passport recently expired, and I didn't even know it. Shameful. 😊

I also really want to learn another language. I frequently entertain the thought of doing this by joining the Peace Corps or some other overseas organization where I can do good work and learn a new language at the same time.

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

Math: I love math! My favorite class in college was differential equations. I loved the real-world applications of math there. I've always said if I had picked another career it would have been a high school math teacher.

Mechanical: I'm pretty good with the academic side of "mechanical" things like the engineering classes I took in college. But ask me to fix anything on a car, and you're out of luck. I can fix basic things around the house though.

Athletic: Like I said earlier, I didn't grow up playing traditional sports, but as an adult I found CrossFit and cycling which have definitely helped develop my fitness and athletic skills.

Musical, Artistic, Creative: I can't draw or paint at all. I really wish I could. But my musical abilities are an asset to me and I still enjoy using them. I want to explore more "hands on" creative things like glass blowing, blacksmithing, woodworking, etc. I just have to find the time, space, and money.

Language (what languages besides English do you speak?): I took a few semesters of Spanish in college. I know enough vocabulary words to keep me alive in a foreign country. I want to learn more for sure.

Writing: I think my writing is pretty strong. I enjoy using words to communicate exactly how I feel. Between work and school I've honed my writing skills, and I think I can communicate to a wide variety of audiences clearly and effectively.

Literature: I enjoy reading. I'm not a huge fan of biographies or non-fiction.

Science: I follow a lot of astronomy blogs and websites. I don't know a terrible lot about specific astrophysics and such, but I do enjoy the wonder that comes from watching the sky and learning a little about what's happening out there. I also recently bought a do-it-yourself robot kit where I'm teaching myself how to program and build simple robots.

Please list a few of your favorite:

Movies: The Color Purple, Whiplash, Contact

Books/Authors: 1984 by George Orwell, Tiny Beautiful Things by Cheryl Strayed, Daring Greatly by Brene Brown

Albums/Musicians/Performances: Amy Winehouse, Lauryn Hill, Jess Glynne, Pentatonix

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

I really like the idea of helping families have a child that want one but can't for whatever reason. I think I'm a good man, and I would like to help others achieve their goal of having a child while keeping my heritage alive.

I'm in my mid-thirties and just went through the dissolution of a long-term relationship. I don't see a new one on the horizon anytime soon, and I want to take this step to increase the chances that my genes get passed on. I'm the only child of an only son, and making sure there's something left of my dad's lineage is becoming more important to me as time goes on. I am also not sure I want kids myself for several reasons (I don't think I want to be close to 40 with kids and there be a large generational gap between us; I'm not sure I can ever afford to support a child in today's expensive times and still achieve my own personal goals, etc.). So being a sperm donor seems to me to be a wonderful way of helping another family out while ensuring my own needs like these are met.

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

Yes

No

Why did you make this choice?

I think it would be very important for an adult to be able to know who their sperm donor is in whatever capacity they chose. We all want to know where we came from, and I wouldn't want to deny someone that out of a simple desire to protect my anonymity. And honestly, I would be curious to know how my offspring turned out. What do they look like? What things do they enjoy? Learning from them the answers to all these questions I just answered. If they chose not to contact me that's totally fine as well. I hold no expectation of being a child's "parent", but I like the idea of keeping the mystery of it all alive and maybe learning a little bit about them down the road if they chose to open that door.



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HEALTH PROBLEMS DONOR 5223

FAMILY MEMBER	HEALTH PROBLEM	TREATMENT/RESOLUTION
Donor	Allergies <i>Cat dander</i>	Age at onset/diagnosis: 8 Treatment: Avoidance Outcome: Resolved at 16
Mother	Mitral valve prolapse <i>MVP</i>	Age at onset/diagnosis: 30 Treatment: No treatment necessary Outcome: Ongoing
	Ovarian cysts	Age at onset/diagnosis: 53 Treatment: Surgical removal Outcome: Resolved
	High blood pressure	Age at onset/diagnosis: 60 Treatment: Medication Outcome: Ongoing, managed
	High cholesterol	Age at onset/diagnosis: 60 Treatment: Medication Outcome: Managed
Father	Asthma <i>Exercise-induced</i>	Age at onset/diagnosis: 20s Treatment: No treatment Outcome: Resolved at 30
	High blood pressure	Age at onset/diagnosis: 45 Treatment: Medication Outcome: Ongoing, managed
	Prostatic hypertrophy <i>Enlarged prostate gland</i>	Age at onset/diagnosis: 55 Treatment: Medication Outcome: Ongoing, managed
	Rheumatoid Arthritis <i>Hand</i>	Age at onset/diagnosis: 65 Treatment: Medication Outcome: Ongoing, managed

	Chronic Obstructive Pulmonary disease <i>COPD</i>	Age at onset/diagnosis: 66 Treatment: Medication Outcome: Ongoing, managed
	Congestive heart failure	Age at onset/diagnosis: 69 Treatment: Medication Outcome: Ongoing, managed
	Skin cancer <i>Basal cell, benign, left shoulder</i>	Age at onset/diagnosis: 69 Treatment: Surgical removal Outcome: Resolved
Maternal Grandfather	Appendicitis	Age at onset/diagnosis: 28 Treatment: Surgical removal Outcome: Resolved
	Stroke <i>Fatal</i>	Age at onset/diagnosis: 77 Treatment: None Outcome: Cause of death
Maternal Grandmother	Alzheimer's disease	Age at onset/diagnosis: 85 Treatment: Supportive care/Hospice Outcome: Cause of death at 87
Paternal Grandmother	High blood pressure	Age at onset/diagnosis: 50 Treatment: Medication Outcome: Ongoing, managed
	Stroke <i>Fatal</i>	Age at onset/diagnosis: 83 Treatment: None Outcome: Cause of death
Maternal Aunt	Anemia	Age at onset/diagnosis: 50s Treatment: None Outcome: Ongoing
	Type 2 diabetes	Age at onset/diagnosis: 60 Treatment: Medication Outcome: Ongoing, managed
Maternal Uncle #1	Lung cancer	Age at onset/diagnosis: 79 Treatment: Chemotherapy and radiation Outcome: Cause of death six months later

Maternal Uncle #2

Glaucoma

Age at onset/diagnosis: 50

Treatment: Eye drops

Outcome: Ongoing

Maternal Cousin

Asperger's disease

Age at onset/diagnosis: 20

Treatment: None known

Outcome: Ongoing, high-functioning

The above family medical history information has been self-reported by the donor. We work with each donor to obtain as 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