



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 5373

Donor 5373 is a ball of positive energy and light. He is incredibly friendly and has a great attitude about life. During our interview, he was so attentive and present in the conversation that when I looked into his piercing blue eyes, it was like staring into the sun. He has a tall, lean, athletic build and he wore a nice multicolored Henley shirt over grey jeans. His unruly dark blonde hair was at shoulder-length and his golden beard was scruffy but clean, pairing well with his mustache. He noted that people tell him he looks like Brad Pitt and Matt Damon, and I would say he is actually a pretty good mix of these two in his facial features, especially when he smiles. Overall, 5373 is intelligent, kind, and obviously someone who is very easy to be friends with.

Donor 5373 grew up on the West Coast with his parents and siblings. He had a super physical childhood *living for the fun* with his brothers and the other boys in his neighborhood. They would gather together daily to build just about anything including creek rafts, bike ramps, and slingshots. 5373 chuckled when he told us that at any given time at least one of them had poison oak. Family time was mostly spent outdoors. His parents, siblings, and extended family went on a massive annual camping trip where everyone would bring people and they would all live in bathing suits for the duration of the trip. Worth noting, he also spoke briefly about not meeting his maternal grandfather before he passed away, but his mom described his grandfather as being extremely goofy just like the donor. He was also *always finding the fun* in everything.

A perpetual mover and shaker (literally and figuratively), donor 5373 said he comes from a family that is full of people who are very hands on and driven in what they do. They are all very athletic and physical, but out of all of them, he has had the most success in the athletic world. In school, he was great in math and science. It took him a while to get into reading, but he eventually got there, and he was always very meticulous in getting his school work done. His real passion, however, has always been moving and working with his body. He started swimming and biking from a young age, eventually making a career of the latter.

Recently, 5373 has begun to love dancing about as much as he loves mountain biking. His brother introduced him to a wonderfully accepting dance community which involves body awareness and communication through touch. A few years ago, he had a major bike accident that left him lucky to be alive, let alone able to walk after healing. He has always been a positive, energetic person, but that experience totally woke him up in a brand new way. Whereas he used to focus a bit more on his career and winning races, nowadays he's much more focused on being a better human and using his natural positive energy to bring joy and excitement to others.

Even in the short time we had to spend with donor 5373, the beautiful vitality he had to share was palpable. It was genuinely a fun experience to interview him, and it is clear that 5373 is a favorite around the office. He was sincerely interested in our work and totally committed to the meaningfulness of what we do here at TSBC. He said that he strives to see the big picture in everything. It is clear that he is very mindful in the decisions that he makes and he is a fabulous addition to our program.

Interviewed by Marisa S. and Maribel L.

April 11, 2017



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DONOR PROFILE: 5373

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5373 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in November 2017

PERSONAL INFORMATION

- Identity-Release[®] Program: **Yes**
- Month/year of birth: **June 1988**
- Education: **Associate's degree in progress**
- Current occupation: **Bike Mechanic, Movement Teacher**
- Ethnic origin: **Norwegian, German, Swedish, Dutch, English, Irish**
- Religion born into: **Catholic**
- Religion practicing: **Spiritual dancer**

PHYSICAL CHARACTERISTICS

- Height: **6'1"**
- Weight: **171 lbs**
- Hair color: **Medium blond**
- Hair type: **Wavy**
- Eye color: **Blue**
- Complexion: **Fair/rosy**
- Body type: **Medium**
- Blood group/Rh: **A+**
- Baby photo available: **Yes**
- Other distinguishing features:

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: **M: Seasonal allergies at 5, no treatment, ongoing.**

Breast Cancer: **PGM: Breast cancer at 72, treated with mastectomy, resolved.**

Gastrointestinal: **F: Appendicitis at 18, treated with surgery, resolved. MGM: Ulcerative colitis at 70, treatment not known, outcome not known. PGM: Colon cancer at 70, treated with surgery, resolved. PU3: Appendicitis at 20, treated with surgery, resolved. PCo: Appendicitis at 19, treated with surgery, resolved. PU: Colon polyp (malignant) at 65, treated with surgery, resolved.**

Genital/Reproductive: **M: Uterine fibroids at 22, no treatment, managed.**

Heart: **M: Heart murmur at 1, no treatment, ongoing. F: High blood pressure at 55, treated with medication, managed. F: Arrhythmia (one-time) at 56, treated with shock to heart, resolved. MGF: Stroke at 77, treatment**

not known, cause of death. MGM: Stroke at 78, treated with hospitalization, recovered. PGF: Heart attack at 78, treated with hospitalization, recovered. PGM: Heart failure at 87, no known treatment, cause of death. Mental Health: PGM: Dementia at 80, no known treatment, managed until death at 87. MGF: Dementia at 75, no known treatment, managed until death at 77. Metabolic/Endocrine: MGM: Type 2 diabetes at 58, treated with medication, ongoing until death at 81. MGM: Thyroid disease (hypothyroidism), treated with medication, ongoing until death at 81. Muscles/Bones/Joints: B2: Scoliosis, very mild, at 10, treated with inversion table, resolved. M: Scoliosis, very mild, no treatment, ongoing. Neurological: MHU: Amyotrophic lateral sclerosis at 55, no known treatment, cause of death at 56. MGF: Migraines at 50, no treatment, managed until death. Respiratory (Lungs): MGM: Emphysema at 55, treated with smoking cessation, ongoing, managed until death at 81. MHU2: Asthma at 15, treated with inhaler, managed. Sight/Sound/Smell: D: Right eye: 20/30. Left eye: 20/30. Skin: F: Skin cancer on arm (basal cell) at 55, treated with surgery, resolved. MGF: Skin cancer, face, arms (basal cell) at 62, treated with surgery, resolved. PGF: Skin cancer on face, arms (basal cell) at 60, treated with surgery, resolved. PA2: Skin cancer under arm (melanoma) at 56, surgically removed, resolved. Cancer (see above): Skin cancer: F, MGF, PGF, PA2. Breast cancer: PGM. Colon Cancer: PGM. Cancerous polyp: PU1 Other: PGM: Stillbirth at 30, treatment and outcome not known,

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: 5373

The content of this narrative has not been altered by TSBC staff. It reflects the original written work of the Donor

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

I tend to give large amounts of positive energy in social environments. I feel that it's not fair if I am not positive, because I have lived a very privileged life so far. I do choose to do many things alone, but I am definitely far from introverted. I aspire to be someone that is funny at all times. I am known to make the most serious situations filled with giggles. Life is too short to be super serious.

What are your interests and talents?

I currently ride mountain bikes a lot. I have been riding since age 13. The best thing I like about mountain biking is the ability to reach high speeds over many different types of terrain. The energy I get from covering massive and diverse amounts of terrain is unexplainable. Currently I am transitioning my efforts as a rider into more of a general mover. I have recently become obsessed with natural movement of the human body. I have spent so many hours in the water or on my bike, that I have developed these specialist movement patterns. My goal now is to be a more general well rounded mover. The number one thing on my mind has been dancing of all forms. I currently dance at least twice a week within groups or just by myself. As of now my most favorite thing to do is contact improvisation dancing. This is where you and a partner are sharing weight in many different ways. This can consist of many different dance styles and is never focusing on anything specific. I truly feel like I am having a conversation with my partner without even talking. The communication is all through touch and feel. I feel like dancing is something that I will be doing for the rest of my life and will only be getting more fun.

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

I don't set any major or minor goals ever. I like to experience and thrive on each and every day, rather than thinking about the future. I see myself as a stronger and smarter human in 5 to 10 years from now, especially with movement complexity. The amount of training I do with dancing and becoming a more general mover is very exciting because I know I will be way better in 10 years. I CAN'T WAIT!!!!

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

Math: I have completed Algebra (college level). I enjoyed doing it when I was in school.

Mechanical: Building and taking apart bikes was my first mechanical passion as a kid. I have spent a lot of time since then building and working on bikes, due to how much I ride. I tend to be very attracted to human powered machines that work in very complex ways.

Athletic: Mountain biker. Aspiring dancer, gymnast, Natural mover, swimmer, runner.

Musical, Artistic, Creative: I like to draw and build things from nothing. I just bought a didgeridoo and a bongo drum. I love music and would love to start playing more. I have taken many art classes and love it a lot. I have done woodworking, pencil drawings, painting, clay, and metal work. I would love to make more time in the future to pursue more art, but I would rather dance.

Language (what languages besides English do you speak?): Took Spanish in high school. I don't know much.

Writing: I have completed college level English 1 and 2. Personally I don't like to sit down and write but sometimes I think it is good for me to do. Collecting all thoughts.

Literature: I have read many leather bound books smelling of rich mahogany. I would love to read more but can't find much time to sit still.

Science: It's all up in the air. AND AWESOME!!! Very interested but don't have much experience other than school (college). Geology, biology, physics.

Please list a few of your favorite:

Movies: Ace Venture When Nature Calls

Books/Authors: The Cay by Theodore Taylor

Albums/Musicians/Performances: Polish Ambassador – Pushing through the Pavement

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

The extra money was honestly the first reason. Very quickly the money was not a factor. Now helping others and knowing that I will personally be a piece of the puzzle is that most awesome feeling. I thrive on good energy from others and thoroughly believe in the law of attraction. It is something that happens every day for me. I truly believe that the energy I give by donating is something really good. I have no idea what the outcome will be, but I do know that it will be filled with laughter and positive vibes.

You have joined the Identity-Release® Program . What appeals to you about this program?

I really want them to know what they are getting.

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

I am truly grateful to help, and I hope the best for anyone that is stoked to be on this planet. We are very lucky!!!



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HEALTH PROBLEMS DONOR 5373

FAMILY MEMBER	HEALTH PROBLEM	TREATMENT/RESOLUTION
Brother #2	Scoliosis <i>Very mild</i>	Age at onset/diagnosis: 10 Treatment: Inversion table Outcome: Resolved
Mother	Heart murmur	Age at onset/diagnosis: 1 Treatment: None Outcome: Ongoing
	Allergies <i>Seasonal</i>	Age at onset/diagnosis: 5 Treatment: None Outcome: Ongoing
	Scoliosis <i>Very mild</i>	Age at onset/diagnosis: 12 Treatment: None Outcome: Ongoing
	Uterine fibroids	Age at onset/diagnosis: 22 Treatment: None Outcome: Managed
Father	Appendicitis	Age at onset/diagnosis: 18 Treatment: Surgery Outcome: Resolved
	High blood pressure	Age at onset/diagnosis: 55 Treatment: Medication Outcome: Managed
	Skin cancer, arm <i>Basal cell</i>	Age at onset/diagnosis: 55 Treatment: Surgery Outcome: Resolved
	Arrhythmia <i>One episode</i>	Age at onset/diagnosis: 56 Treatment: Shocked heart Outcome: Resolved

Maternal Grandfather	Migraines	Age at onset/diagnosis: 50 Treatment: None Outcome: Managed until death
	Skin cancer, face, arms <i>Basal cell</i>	Age at onset/diagnosis: 62 Treatment: Surgery Outcome: Resolved
	Dementia	Age at onset/diagnosis: 75 Treatment: Unknown Outcome: Managed until death at 77
	Stroke	Age at onset/diagnosis: 77 Treatment: Unknown Outcome: Cause of death at age 77
Maternal Grandmother	Emphysema	Age at onset/diagnosis: 55 Treatment: Quit smoking Outcome: Ongoing until death at 81
	Type 2 diabetes	Age at onset/diagnosis: 58 Treatment: Medication Outcome: Ongoing until death at 81
	Thyroid disease <i>Hypothyroidism</i>	Age at onset/diagnosis: 62 Treatment: Medication Outcome: Ongoing until death at 81
	Ulcerative colitis	Age at onset/diagnosis: 70 Treatment: Unknown Outcome: Unknown
	Stroke	Age at onset/diagnosis: 78 Treatment: Hospitalization Outcome: Recovered
Paternal Grandfather	Skin cancer, face, arm <i>Basal cell</i>	Age at onset/diagnosis: 60 Treatment: Surgery Outcome: Resolved
	Heart attack	Age at onset/diagnosis: 78 Treatment: Hospitalization Outcome: Recovered

Paternal Grandmother	Stillbirth	Age at onset/diagnosis: 30 Treatment: Not known Outcome: Not known
	Colon cancer	Age at onset/diagnosis: 70 Treatment: Surgery Outcome: Resolved
	Breast cancer	Age at onset/diagnosis: 72 Treatment: Mastectomy Outcome: Resolved
	Dementia	Age at onset/diagnosis: 80 Treatment: Unknown Outcome: Managed until death at 87
	Heart failure	Age at onset/diagnosis: 87 Treatment: None known Outcome: Cause of death at 87
Maternal Half-Uncle #1	Amyotrophic lateral sclerosis <i>(ALS/Lou Gehrig's disease)</i>	Age at onset/diagnosis: 55 Treatment: None Outcome: Cause of death at age 56
Maternal Half-Uncle #2	Asthma	Age at onset/diagnosis: 15 Treatment: Inhaler Outcome: Managed
Paternal Aunt #2	Skin cancer, underarm <i>Melanoma</i>	Age at onset/diagnosis: 56 Treatment: Surgery Outcome: Resolved
Paternal Uncle #1	Colon polyp, single <i>Malignant</i>	Age at onset/diagnosis: 65 Treatment: Surgery Outcome: Resolved
Paternal Uncle #3	Appendicitis	Age at onset/diagnosis: 20 Treatment: Surgery Outcome: Resolved
Paternal Cousin	Appendicitis	Age at onset/diagnosis: 19 Treatment: Surgery Outcome: Resolved

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