INTERVIEW NOTES: 5496

Donor 5496 is the consummate professional. Imagine a Fortune 500 CEO who looks like Clark Kent, and that's donor 5496. From his well-fitted, navy blue suit, cognac-colored oxford dress shoes, to his perfectly coiffed, *barely grey above the ears*, side-parted, jet black hair, and flawlessly manicured hands… 5496 looks like he means business. His dashingly handsome face, square jaw, and ice-blue eyes sit atop a tall, healthy, medium-sized frame. His look is complemented by fun, contemporary, clear-rimmed glasses and a warm, inviting smile. 5496's effortless charm is evidence of his self-confidence and affable nature.

5496 grew up in eastern Canada with his younger brother, raised by his loving and supportive mom and dad. He said that his parents engaged in practices verging on the *free range parenting style*, as the boys were allowed to do things like take a boat across the harbor to school on their own every morning. 5496 also said his mother would probably describe him as being a bit mischievous as a child, and he says that he was definitely a daydreamer in grade school.

By the time he was in high school, 5496 started flat water kayaking which gave him an outlet for his energy and a routine to help him focus better on his studies. He also expressed being particularly grateful to his parents for raising him with a *growth mindset* philosophy, meaning that he and his brother were always told that they were intelligent, and that it was important for them to manage to figure things out on their own. This helped donor 5496 to develop a great work ethic.

After high school, 5496 joined a Canadian military program that allowed him to earn money to pay for college while serving. When asked about his military experience, donor 5496 said he wasn't really a great fit for the military, but he really appreciated his time in service. He gained friends, a solid structure to his life, and learned that he could perform well in stressful situations. This was his first opportunity to live and work closely with people who came from different backgrounds than he did, and that was an invaluable experience.

Growing up, 5496 was obsessed with cars. He says he always liked the sound of a noisy engine and the speed of a super-fast car. He got a little giddy in the interview when he talked about the Mustang that his uncle owned when the donor was young. It's no surprise, then, that he went on to get his first degree in mechanical engineering, and while he was an officer in the military, his primary responsibility was overseeing care for the tanks. He also told us a sweet anecdote about an inside joke that he has with his wife that involves him giving her snow tires for Valentine's Day.

Donor 5496's relationship with his wife seems incredibly sweet and genuine. They met in the military and she liked him because he treated her with so much more respect that the other men in that male-dominated space. Now they're going on ten years together! They have moved around extensively and they love to travel. When asked how he'd spend an ideal free day, he said that he and his wife would drive down the coast, visiting beaches and cafes, and then they would watch the sunset while dining at a Michelin-starred restaurant. Donor 5496 is a superb addition to our program!

Interviewed by Meghann C. and Marisa S. 4/4/18

Reproductive Technologies, Inc.
THE SPERM BANK OF CALIFORNIA

DONOR PROFILE: 5496

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor **5496** is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in **October 2018**.

PERSONAL INFORMATION

- Identity-Release® Program: **Yes**
- Month/year of birth: **September 1981**
- Education: **Bachelor's degree in Mechanical Engineering; Master's degree in Business Strategy , and Master's degree in Management Science**
- Current occupation: **Management Consultant**
- Ethnic origin: **Scottish, Metis**
- Religion born into: **United Church of Canada**
- Religion practicing: **None**

PHYSICAL CHARACTERISTICS

- Height: **6'1"**
- Weight: **169**
- Hair color: **Black**
- Hair type: **Straight, thick**
- Eye color: **Green/hazel**

- Complexion: **Olive**
- Body type: **Medium**
- Blood group/Rh: **B+**
- 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

Genital/Reproductive: **F: Prostate cancer at 55, treated with surgery, resolved. MGM: Cervical cancer at 80, surgery, resolved.**

Heart: **D: Heart murmur at birth, no treatment, resolved at 5. MGF: Heart attack at 85. No treatment, cause of death. MGM: Stroke at 83, no treatment, cause of death. PGF: Heart attack at 65, treated with hospitalization, resolved. PGM: Heart failure at 41, no treatment, cause of death at 41.**

Mental Health: **MA#2: Anorexia in teens, treated with therapy, resolved. MCo#1: Depression at 25, treated with medication, therapy, ongoing, managed. MCo#4: Bipolar disorder at 22, treated with hospitalization, therapy, medication, eventually committed suicide at 27.**

Metabolic/Endocrine: **PGF: Type 2 diabetes at 60, diet, leg amputation near end of life, ongoing until death at 91.**

Muscles/Bones/Joints: **M: Osteoarthritis at 64, treated with yoga, managed. MGM: Rheumatoid arthritis at 70, treated with anti-inflammatory medication, managed.**

Respiratory (Lungs): **B: Asthma at 5**, treated with inhaler as needed, resolved by 10. **PGF: Lung cancer at 83, surgery, resolved. PGM: Asthma, age of onset not known, treated with medication, ongoing until death at 41.**

Sight/Sound/Smell: **D: Right eye: 20/50, Left eye: 20/40 .**

Cancer (see above):**F: Prostate cancer, PGF: Lung cancer.**

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 *(Normal)***
Tay-Sachs disease	**No mutation detected**
Hemoglobinopathies/Thalassemia:	**No abnormal hemoglobin detected (including sickle hemoglobin); No evidence of thalassemia**

DONOR NARRATIVE: 5496

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.

To be honest, I do not believe that people's personalities are totally inherent to them: I think people's situation has a strong influence on their behavior. So for example, someone who seems introverted in a strange new environment can act in an extraverted way in a more comfortable setting. Nevertheless, I would characterize my own personality as generally thoughtful and introverted. If you get me talking about something I'm keen on – cars, economics, politics – then you might struggle to get a word in. Some people – fortunately one of them is my wife! – think I am funny, though I am by no means a comedian. I do try to use humor to diffuse stressful situations, bringing out well-rehearsed class-clown routines honed in high school and during my undergrad. I am certainly curious: I often find myself feeling like an outsider looking in, and always want to understand the curious things I see, seeking to know why things are the way they are.

What are your interests and talents?

I am interested in a wide array of topics, from politics to science to the environment. I find myself perpetually befuddled by the ways I see people behaving (particularly in politics at the moment…) and I really enjoy jawing and conjecturing with others about why things are the way they are. My wife and I are avid travelers. After visiting numerous countries (Vietnam, Costa Rica, Italy, Germany, the UK, etc.), last year my wife enlightened me as to the virtues of RV'ing, something she did with her family when she was younger but which I had eschewed as a wasteful old-persons' pastime. We rented a small RV, packed our gear and our two cats, and toured from the Bay Area through Death Valley to Joshua Tree National Park, and it was a truly wonderful and eye-opening trip.

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

My goal is to become a more enlightened, self-aware and present person, someone who is truly happy in his own skin. In 5 years, I see myself as a loving husband and father of a growing brood of children and animals.

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

Math: I've always been pretty skilled at math, though I suffered from a serious case of self-doubt early in my math career that held me back. I'm not really sure what caused this lack of confidence, but I suspect it was due to a feeling that math came easily to some people and not others. Watching my friends around me succeed at math, I believed I fell into the latter camp. Later on (and after finishing a Bachelor's in Mechanical Engineering…) my thinking evolved, and I realized that the main difference between those who are good at math and those who struggle is practice. With this re-framing, I was able to adapt my study habits and I ended up getting very strong marks in math on my applications to grad school, something that I remain very proud of.

Mechanical: Growing up in a family of auto-enthusiasts, I was surrounded by mechanical devices of all types – bicycles, cars, motorboats, Lego - from an early age. I took to this environment like a fish to water. I learned how to drive our small motorboat when I was 8, learned to repair my bicycle, and eventually moved on to fiddling with cars and doing home renovations (which is sort-of mechanical). In my teenage years, I spent a lot of time reading essays by Peter Egan in Road & Track magazine, and these stories of cars and motorcycles and the adventures you could have in them have profoundly influenced my ongoing need to own "neat" (i.e., semi-broken) cars and my perpetual wander lust.

Athletic: In an effort to use-up my abundant adolescent energy, my parents sent me to summer camps focused on aquatic sports (canoeing and kayaking). I ended up taking these sports very seriously, training every day - on the water or doing cross-training in the gym, pool or running - throughout my high-school career. My fitness helped me get into the military, where I continued athletic pursuits in an effort to fit-in with the military culture. I ended up leading teams in military long-distance races, one of which we won. With this foundation, physical fitness has become a part of my identity, one that I continue to keep-up through hiking, cycling, weight training and rowing.

Musical, Artistic, Creative: I like to think that I am creative, though I feel as though music and art are areas of my development that I have let fall to the wayside. When I was young, I played piano and violin but never practiced enough to be any good, and I gave them up after only a few years. I am someone who

doodles in the margins of their papers whenever I'm bored – in high school this meant more doodles than actual notes, and my grades reflected this fact.

Language (what languages besides English do you speak?): I was enrolled in French immersion when I started school, so I maintain a (weakening) ability to understand and speak French. I also learned a bit of German in high school, and am currently (slowly) trying to learn Chinese.

Writing: I have always prided myself in my ability to convey ideas in writing, although I have to admit that I still have a degree of anxiety about people reading my writing.

Literature: For a number of years, I forewent literature in favor of non-fiction writing. Recently, I decided that my life could be enriched by reincorporating novels into my reading, and it has been like rediscovering a lost love. I particularly enjoy reading evocative books written in the near-past, ones that transport me to an earlier time. I love thinking about how our world emerged from these earlier worlds and thinking about the similarities and differences between my modern Western life and those of the characters in the novels.

Science: As someone trained in Engineering, I have a deep respect for and interest in science of all types. I love understanding how things work, even if only at a basic level. I also deeply admire and respect the scientific method, and the ideal that scientists work to uphold whereby they try to disprove their own ideas. Though I don't believe that this is the only way to seek the truth, in a world where so much effort seems to be spent building defenses for deeply flawed thinking, the importance of the scientific way of thinking is thrown into stark relief.

Please list a few of your favorite:

Movies: Grand Budapest Hotel, Deadpool, La La Land, Ferris Bueller's Day Off

Books/Authors: Catch 22 by Joseph Heller, Hitchhiker's Guide to the Galaxy by Douglas Adams, Travels with Charley in Search of America by John Steinbeck (and other Steinbeck), Democracy in America by Alexis de Tocqueville, Freakonomics by Levitt & Dubner, most Jane Austen books, most Bill Bryson books, and pretty much every short-story ever written by Peter Egan.

Albums/Musicians/Performances: Arcade Fire, Avett Brothers, Beck, Corb Lund, Broken Bells, Dave Brubeck Quartet, and many others…

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

I chose to be a sperm donor because I wanted to help people to start families, and I felt that I could be a desirable donor candidate. I chose to be a donor with TSBC because of their history as a non-profit specifically setup to help those who could not get access to sperm through traditional sperm banks.

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

The one word that comes to mind when thinking about the Identity-Release Program is respect. The program respects both the donor-conceived adult's questions regarding a part of their origin and heritage, while simultaneously respecting the donor's rights to ensure that this information is provided in the most comfortable way possible for them.

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

I am so happy for you that you are pursuing your dream of having children, and wish you best of luck on what is sure to be an incredible adventure!

THE SPERM BANK OF CALIFORNIA

HEALTH PROBLEMS DONOR 5496

FAMILY MEMBER	HEALTH PROBLEM	TREATMENT/RESOLUTION
Donor	Heart murmur	Age at onset/diagnosis: Birth Treatment: No treatment Outcome: Resolved at age 5
Brother	Asthma	Age at onset/diagnosis: 5 Treatment: Inhaler as needed Outcome: Resolved by 10
Mother	Osteoarthritis	Age at onset/diagnosis: 64 Treatment: Yoga, maintenance exercise Outcome: Managed
Father	Prostate cancer	Age at onset/diagnosis: 55 Treatment: Surgery Outcome: Resolved
Maternal Grandfather	Heart attack	Age at onset/diagnosis: 85 Treatment: No treatment Outcome: Death at age 85
Maternal Grandmother	Rheumatoid arthritis	Age at onset/diagnosis: 70 Treatment: Anti-inflammatory medication Outcome: Managed
	Cervical cancer	Age at onset/diagnosis: 80 Treatment: Surgery Outcome: Resolved
	Stroke	Age at onset/diagnosis: 83 Treatment: No treatment Outcome: Death at age 83
Paternal Grandfather	Type 2 diabetes	Age at onset/diagnosis: 60 Treatment: Diet change. Required leg amputation near end of life Outcome: Ongoing until death at age 91

	Heart attack	Age at onset/diagnosis: 65 Treatment: Hospitalization Outcome: Recovered
	Lung cancer	Age at onset/diagnosis: 83 Treatment: Surgery Outcome: Resolved
Paternal Grandmother	Asthma	Age at onset/diagnosis: Unknown Treatment: Medication Outcome: Ongoing until death at age 41
	Heart failure	Age of onset/diagnosis: 41 No treatment Outcome: Death at age 41
Maternal Aunt #2	Anorexia nervosa	Age at onset/diagnosis: Teenager Treatment: Therapy Outcome: Resolved
Maternal Cousin #1	Depression	Age at onset/diagnosis: 25 Treatment: Therapy, medication Outcome: Ongoing, managed
Maternal Cousin #4	Bipolar disorder	Age at onset/diagnosis: 22 Treatment: Medication, therapy, hospitalization Outcome: Suicide at age 27

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