



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 5970

Donor 5970 came to our interview wearing a light olive-green long sleeve shirt with an amoeba patterned blue and gray face mask and dark jeans. His light brown hair was neatly combed with a part on the side and sweeping across his forehead. Donor 5970 is delightful and charming. He has thick brows over slightly deep-set brown eyes. His nose is proportional to his face, and he has a beautiful smile with full lips. He has endearingly prominent ears that seem perfect for this lovely donor who was sincere, reflective, and an open book during our interview.

He strikes us as a very thoughtful, goal-oriented, and caring person who is interested in making a difference in the world. We enjoyed getting to know more about him today!

Donor 5970 grew up in Northern California with his mom, dad, and younger sister. While he has grown closer to his sister as they have become adults, their interests were less aligned as kids, with him being the more bookish sibling. He describes himself as an avid reader from a very young age – “Any picture of me older than a toddler, I’ve got a book in my hand.” He and his family lived around the corner from the local library, where he spent most afternoons discovering new books and, “absorbing information.” As an elementary schooler, he especially enjoyed nonfiction and loved poring over a favorite visual encyclopedia.

His father was a competitive swimmer and encouraged him to join the swim team at age 7. He was on a traveling swim team until his freshman year of high school, when he started to get more into racing mountain bikes. He considered heading to Europe to get deeper into the sport but realized as he got older that he needed a profession that would provide a more reliable income.

Luckily, he also discovered a passion for teaching as a volunteer English language teacher with high school students who had recently immigrated to the U.S. He found a sense of meaning in investing in his students’ success and offering a “stable and caring environment,” in the classroom. He is now close to finishing his teaching credential and works as a high school social studies student teacher. He hopes to find a job in a school district where he can stay for a long time, and describes having a lot of respect for the teachers at his current internship placement who have been there for decades – “They stay a long time because they really care about the communities that they’re in.” He loves getting kids excited about what they are learning and helping them answer their own questions about how history is reflected in the world around them.

Outside of work, he enjoys going on walks, hikes, and cooking with his girlfriend. He’s picked up some good secondhand cookbooks recently, and particularly enjoys one by a chef who has restaurants in the Bay Area and Mexico City.

He enjoys a good relationship with his family and visits his parents every couple of weeks. He says his mom laughs that he is the “spitting image of my dad,” right down to their breakfast routine – “Breakfast doesn’t start until we have the newspaper in hand!”

If he was given \$1000 and a day off, he jokes that he would, “put the \$1000 under my mattress,” then go for a long hike. When asked what he is most proud of, he says that he worked hard to come out of his shell. He got bullied on the playground as a kid, and it took him some time to grow his confidence and become the self-assured person that he is today. We agree that he makes an impression as somebody who is kind, confident about the direction he is headed, and very easy to talk to. We are very fortunate to have him in our program!

Interviewed by Sinead O. and Emily T. on 05/12/2022



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DONOR PROFILE: 5970

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5970 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in July 2022

PERSONAL INFORMATION

- Identity-Release® Program: **Yes**
- Month/year of birth: **May 1997**
- Education: **Teaching Credential 2022**
- Current occupation: **Student teacher/Graduate student**
- Ethnic origin: **Dutch, German (50%), Scottish**
- Religion born into: **None**
- Religion practicing: **Agnostic**

PHYSICAL CHARACTERISTICS

- Height: **6' ¾"**
- Weight: **181.5 lbs**
- Hair color: **Medium brown**
- Hair type: **Straight**
- Eye color: **Medium brown**
- Complexion: **Fair/rosy**
- Body type: **Ectomorphic (slim)**
- Blood group/Rh: **O+**
- Baby photo available: **Yes**
- Other distinguishing features: **Dimples, strong jaw**

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

Blood: **PA: Leukemia at 40, treated with chemotherapy, cause of death at 42.**

Gastrointestinal: **MGM: Colon cancer at 78, treated with surgery, resolved.**

Genital/Reproductive: **MGF: Prostate cancer at 80, treated surgery, resolved.**

Heart: **MGF: Heart failure at 83, no treatment, cause of death at 84. PGM: High blood pressure in 60's, treated with lifestyle changes, managed. Arrhythmia in 60's, treated with medication, managed. Heart failure at 84, no treatment, cause of death at 84. PGF: Heart failure at 94, no treatment, cause of death at 94.**

Mental Health: **D: Generalized anxiety disorder from post-concussive syndrome at 22, treated with medication, managed.**

Metabolic/Endocrine: **MU#1: Parathyroid adenoma at 65, treated with surgery/removal, resolved.**
Muscles/Bones/Joints: **MA#1: Osteoporosis in 60's, treated with exercise and dietary changes, managed.**
MU#4: Legg-Calve-Perthes disease at birth, treated with a hip and knee replacement at 55, resolved.
Neurological: **S: Epilepsy at 1, treated with medication, managed. MGM: Brain aneurysm at 87, cause of death at 87. PGF: Dementia in late 80's, no treatment, managed until death.**
Sight/Sound/Smell: **D: R:20/10, L: 20/13. MGF: Red/green colorblindness at birth, no treatment, managed.**
Skin: **MGF: Skin cancer (melanoma) in 70's, treated with surgical excision, resolved.**
Cancer (see above): **MGM: Colon cancer. MGF: Skin cancer (melanoma). MGF: Prostate cancer.**
Other: **D: Post-Concussion syndrome at 22 resulting in Generalized anxiety disorder, treated with medication, managed, and remains high functioning.**

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

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

Expanded carrier screening for 268 autosomal recessive conditions was completed by Invitae and reported on **05/13/2022**.

The results were **POSITIVE** for **Cystic Fibrosis (CFTR)** and **Mucopolysaccharidosis type IIIC (Sanfilippo C; HGSNAT)**. Donor 5970 is a carrier for these conditions.

It is strongly recommended that recipients who use this donor's sperm undergo carrier screening for these specific conditions.

****Please note that Donor 5970 is a recessive carrier for the "classic" form of Cystic Fibrosis. It is relatively common for people to be recessive carriers of this condition, particularly those of Northern European descent. Carrier screening for cystic fibrosis is recommended for every person seeking to use their sperm or ovum to conceive a child. Thus we strongly encourage recipients who are considering Donor 5970 complete their own genetic screening to determine if they are also a recessive carrier.**

Testing was negative for the remainder of genes screened.

Disease	Result	Residual risk to be a carrier (based on Northern European ancestry)
Cystic Fibrosis (CFTR)	POSITIVE	n/a
Mucopolysaccharidosis type IIIC (Sanfilippo C; HGSNAT)	POSITIVE	n/a
Spinal Muscular Atrophy	Negative: 2 copies exon 7 c.*3+80T>G variant not detected	1 in 880
HBB Hemoglobinopathies & Thalassemia	Negative	1 in 37,200
Alpha Thalassemia	Negative	Reduced

Please refer to the donor's Invitae expanded carrier test report for more information on the testing completed and the donor's results.

DONOR NARRATIVE: 5970

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 would describe my personality as outgoing, light-hearted, practical, and very motivated to achieve my goals. I enjoy meeting and interacting with new people. People I know tell me that I have a witty sense of humor and a calm demeanor that makes other people feel comfortable around me. However, I do also have a serious side that can be extremely focused on overcoming obstacles in front of me.

What are your interests and talents?

My main interests include the outdoors, exercising, and learning new things. Being outdoors and away from the responsibilities of real life is the closest thing I have to a spiritual experience. Exercise is very important to me, because it is another means of being outdoors, helps me to think clearly, and never fails to put me in a better mood. I spend much of my free time learning about the world, because I like to have my brain engaged with something I can think about and ponder all the time. If it were up to me, I'd spend the rest of my life going to school. One of my favorite pastimes is reading the newspaper, and recently I've taken to learning about urban planning policy.

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

In five to ten years, I hope that I will be still teaching high school, and have found a school and district that I can spend my career in. Once I have that kind of stability, I would also like to find time to work on a Master's degree in History, mostly because I have missed studying and doing research on subjects that I enjoy. One of my regrets is that I didn't take more opportunities to travel earlier in life, so hopefully I can make up for some lost time in the future.

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

Math: I was never very interested in math, but wasn't terrible at it, either. I probably would have had a different attitude if it was made more relevant and applicable to subjects I enjoyed in school.

Mechanical: I consider myself to be very mechanically inclined. I loved taking things apart and putting them back together as a child, and also used to work as a bicycle mechanic.

Athletic: I love to exercise. I began competitive swimming at age 6 until age 14, then started racing mountain bikes in high school. I excelled at mountain biking, and raced at a professional level from age 17 to 22.

Musical, Artistic, Creative: I never learned any instruments growing up, even though my mother often played the piano. I wasn't a very talented visual artist, either.

Language (what languages besides English do you speak?): I speak Spanish proficiently, but am not very good at reading or writing it.

Writing: I enjoy writing and I do it often in my work, in many different ways.

Literature: Ever since I was a small child, books were my favorite thing.

Science: I really like learning about science, but struggled with the more math-intensive types of science, like chemistry.

Please list a few of your favorite:

Movies: *Cleo from 5 to 7*, *Monty Python's Holy Grail*, *Modern Times*, *My Octopus Teacher*, *Breathless*, Tarkovsky's *Stalker*

Books/Authors: *Social Studies* by Fran Leibowitz, *Road to Wigan Pier* by George Orwell, *Omnivore's Dilemma* by Michael Pollan, *East of Eden* by John Steinbeck.

Albums/Musicians/Performances: The Allman Brothers Band, Talking Heads, Otis Redding, Miles Davis

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

As I've become older, I've begun to realize the importance and value of having a family. Even though it may not be something that I will ever have, it is something that other people should be able to experience. Some of my friends were also conceived through donor programs, and I admire the loving environments they grew up in.

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

I think it's important that children have the option to learn about their biological parents' history if they choose to, and I feel that I should be able to answer any questions for them, as well.

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

I'd like to wish you good luck in starting your family! You have a tremendous opportunity to raise someone who will have a positive impact on our world to make changes for the better.

THANK YOU!



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HEALTH PROBLEMS LIST DONOR 5970

DONOR

Problem/Diagnosis: Post-Concussion Syndrome

Age of Onset: 22

Treatment: Escitalopram, 5mg daily since early March 2022 to treat anxiety. See below.

Outcome: Treatment ongoing. Donor reports one concussion occurred when he fell after climbing a tree; a second concussion occurred during a road biking accident. Donor developed Generalized Anxiety Disorder following second concussion. However, he continues to function well socially and in school as he pursues a Master's Degree.

Problem/Diagnosis: Generalized Anxiety Disorder

Age of Onset: 22, following two concussions

Treatment: Sertraline 50mg Sep 2019-Dec 2019; Escitalopram, 5mg daily since early March 2022

Outcome: Donor developed Generalized Anxiety Disorder following second concussion. However, he continues to function well socially and in school as he pursues a Master's Degree.

SISTER

Problem/Diagnosis: Epilepsy

Age of Onset: 1; thought to be related to development in the womb

Treatment: Levitiracetam, 1000mg daily

Outcome: Managed

MATERNAL GRANDMOTHER

Problem/Diagnosis: Colon Cancer

Age of Onset: 78

Treatment: Surgery

Outcome: Resolved

Problem/Diagnosis: Brain Aneurysm

Age of Onset: 87

Treatment: None
Outcome: Death at Age 87

MATERNAL GRANDFATHER

Problem/Diagnosis: Red/Green Color Blindness

Age of Onset: Birth
Treatment: N/A
Outcome: N/A

Problem/Diagnosis: Skin Cancer (Melanoma)

Age of Onset: 70's
Treatment: Surgical excision
Outcome: Resolved

Problem/Diagnosis: Prostate Cancer

Age of Onset: 80
Treatment: Surgery
Outcome: Resolved

Problem/Diagnosis: Heart Failure

Age of Onset: 83
Treatment: None
Outcome: Death at Age 84

MATERNAL AUNT #1

Problem/Diagnosis: Osteoporosis

Age of Onset: 60's
Treatment: Exercise and dietary changes
Outcome: Managed

MATERNAL UNCLE #1

Problem/Diagnosis: Parathyroid Adenoma

Age of Onset: 65
Treatment: Surgery/removal
Outcome: Resolved

MATERNAL UNCLE #4

Problem/Diagnosis: Legg-Calve-Perthes Disease

Age of Onset: Birth

Treatment: Hip and knee replacement at Age 55

Outcome: Resolved

PATERNAL GRANDMOTHER

Problem/Diagnosis: High Blood Pressure

Age of Onset: 60's

Treatment: Lifestyle changes

Outcome: Managed

Problem/Diagnosis: Arrhythmia

Age of Onset: 60's

Treatment: Medication

Outcome: Managed

Problem/Diagnosis: Heart Failure

Age of Onset: 84

Treatment: None

Outcome: Death at 84

PATERNAL GRANDFATHER

Problem/Diagnosis: Dementia

Age of Onset: Late 80's/Early 90's

Treatment: None

Outcome: Ongoing

Problem/Diagnosis: Heart Failure

Age of Onset: 94

Treatment: None

Outcome: Death at Age 94

PATERNAL AUNT

Problem/Diagnosis: Leukemia

Age of Onset: 40

Treatment: Chemotherapy
Outcome: Death at Age 42

CONCLUSION:

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).

As reported, DIS 5970's personal/family history is notable for general anxiety, seizures and parathyroid adenoma. The donor reports he experienced generalized anxiety, following a head concussion. Anxiety is a very common mental health condition, and the lifetime risk for any person to develop any anxiety disorder is between 15-25%. Offspring, as first degree relatives, are at an increased risk to develop anxiety, estimated at between 8-31%. His sister is affected with petit epilepsy, more commonly known as absence seizures. She experienced some difficulty in school, but the challenges resolved after diagnosis and management of her seizures with medication. The recurrence risk for a first-degree relative is 6%. The empiric risk to second-degree relatives for epilepsy is not well established but is estimated to be significantly lower and may be approaching the general population risk. Epilepsy occurs in 1% of the general population. A maternal uncle of 5970 had a parathyroid adenoma, a benign tumor. Parathyroid adenomas affect about 100,000 Americans each year and typically occur sporadically. There are rare forms of parathyroid adenomas that are caused by an inherited genetic predisposition. Based on the family history, this instance of parathyroid adenoma is most consistent with the sporadic form, though the possibility of an inherited predisposition cannot be eliminated.

Sincerely,

Janine Mash, LCGC

Certified Genetic Counselor

San Francisco Genetic Counseling