



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 5973

Donor 5973 has a sweet and unassuming nature. He came to our interview dressed casually in gray joggers, a maroon t-shirt, and his hair gathered in a low bun. He has a square face and well-defined jawline, a straight proportional nose, and symmetrical features. He stated that people say he is “always smiling,” and we agree! Though we couldn’t see his face under his mask (Covid-19), we noticed that his eyes crinkled up often, and he chuckled easily. Donor 5973 displays a charming mix of confidence, humor, and vulnerability.

Donor 5973 is the second youngest of six and was born and raised in Southern California. His parents emigrated from Vietnam, and he describes their struggle to find success in the U.S. as formative in his upbringing. He shared that his father left the family for a period of 10yrs during his childhood. During that time, his mother worked a lot to make ends meet and raise her children. He found himself coping with this difficult period by trying to help his mom and siblings as much as possible, which became a central part of his character; he continues to highly value helping others.

As one of the younger siblings, he felt his older siblings shielded him from some of the hardships his family survived. A favorite book of his was The Napping House, because he, “liked the visuals,” including illustrations of a grandma, grandkids, and the family dog piling on top of each other to take a nap. He loved cruising the neighborhood on his Looney Toons kids’ bike, dodgeball, and playing classic Super Nintendo and PlayStation games. He especially liked RPG and fantasy games and would finish his homework as quickly as possible so he could get to gaming. He was initially outgoing until he was scolded once on the playground for chasing another child, which led him to become more reserved until he grew older.

School came easily to him, especially math and science. He was so advanced that he skipped the first year of high school math. He remained close to home for his undergraduate degree in Engineering and it was during this time that he felt he truly grew into himself and came out of his shell. He graduated into the Recession era and was laid off from one of his first engineering job but took pride in taking advantage of every opportunity given to him during his layoff, including taking extra classes and considering his next steps carefully. He moved north to take his current job, which he truly enjoys.

He met his spouse about eight years ago and says they frequently feel grateful for simply enjoying each other’s company. He describes them as homebodies, with similar values. They like cooking, traveling (Japan, Taiwan), hiking, watching movies (comedies, classics, action, zombie), and spending time with their pets.

At this time, he has already met many of his life goals such as partnership, a good job, and owning a home. He and his wife are considering an egg donor to build their family, which inspired him to become a donor. He notes that their struggle to conceive has brought them closer together.

Donor 5973 is a delightful, intelligent, and thoughtful person. He is happy to contribute to helping other people become parents. We are thrilled to have him in our program!

Interviewed by Kenya C. and Emily T. on 1/28/22



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DONOR PROFILE: 5973

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5973 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in June 2022

PERSONAL INFORMATION

- Identity-Release® Program: **Yes**
- Month/year of birth: **September 1988**
- Education: **B.S. Mechanical Engineering**
- Current occupation: **Sr. R & D Mechanical Engineer**
- Ethnic origin: **Vietnamese**
- Religion born into: **Roman Catholic**
- Religion practicing: **Agnostic**

PHYSICAL CHARACTERISTICS

- Height: **5' 8"**
- Weight: **167 ½ lbs**
- Hair color: **Black**
- Hair type: **Straight**
- Eye color: **Medium brown**
- Complexion: **Light brown**
- Body type: **Mesomorphic (muscular)**
- Blood group/Rh: **O+**
- Baby photo available: **Yes**
- Other distinguishing features: **High cheekbones, 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:** Pollen allergy since childhood, treated with nasal spray, managed. Walnut & cashew allergy at 15, treated with avoidance, managed. **M:** Pollen allergy since childhood, treated with avoidance, ongoing. **B#1:** Pollen allergy in childhood, treated with nasal spray, managed with OTC meds. **B#2:** Pollen allergy in childhood, treated with nasal spray, managed with OTC meds. **B#3:** Pollen allergy in childhood, treated with nasal spray, managed with OTC meds. **S#1:** Pollen allergy in childhood, treated with nasal spray, managed with OTC meds. Seafood allergy as a teenager, treated with avoidance, managed. **S#2:** Pollen allergy in childhood, treated with nasal spray, managed.

Heart: **M: High blood pressure at 60, treated with diet management, improved with dietary changes. MGF: High blood pressure in late adulthood, treated with diet management, improved with dietary changes. Heart failure at 74, very little treatment in Vietnam, resulted in death.**

Respiratory (Lungs): **D: Asthma at 4, treated with an inhaler, resolved in adolescence.**

Sight/Sound/Smell: **D: R: 20/15, L: 20/20**

Skin: **D: Eczema in childhood, treated with topical cream, controlled. M: Eczema in childhood, no treatment, resolved in adolescence. B#2: Eczema in childhood, treated with topical cream, controlled with prescription topical cream. B#3: Eczema in childhood, treated with topical cream, controlled with topical cream.**

Other: **MGM: Death after a fall at 86. MA#1: Death of natural causes at 90. PGM: Death of natural causes at 99. PGF: Death of natural causes at 99.**

DONOR LAB RESULTS

Chlamydia: **Not Detected**
HIV 1 & 2: **Non-Reactive**
Hepatitis B: **Non-Reactive**
Urinalysis: **Normal**

Gonorrhea: **Not Detected**
CMV total antibody: **Negative**
Hepatitis C: **Non-Reactive**
Chem panel: **Normal**

Syphilis: **Non-Reactive**
HTLV 1 & 2: **Non-Reactive**
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 02/25/2022.

The results were **POSITIVE** for **GJB2-related conditions**. Donor 5973 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.

Testing was negative for the remainder of genes screened.

Disease	Result	Residual risk to be a carrier (based on Asian ancestry)
GJB2-related conditions	POSITIVE	n/a
Cystic Fibrosis	Negative	1 in 8,700
Spinal Muscular Atrophy	Negative: 2 copies exon 7 c.*3+80T>G variant not detected	1 in 701
HBB Hemoglobinopathies	Negative	1 in 5,300
Alpha Thalassemia	Negative	1 in 191

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: 5973

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.

My true personality probably wasn't discovered until I was an adult and competent enough to make more independent choices and positive changes. When I was a child and up until college, I was extremely shy and ashamed, mainly due to my environment and certain events growing up. As I graduated and started working, I began to improve myself and get outside of my comfort zone.

People I know would probably describe me as being helpful, trustworthy, and easy going. I would probably describe myself as determined yet unsure, ambitious yet passive, cynical yet optimistic. It seems my ideas always conflict each other, but in the end, I make good decisions with certainty. My personality type is best described as the INTJ (Introverted, Intuitive, Thinking, Judging) type based on the Myer-Biggs personalities.

Throughout my life I have always been very competitive, particularly with myself yet being humble towards others. I always strived to please others, which is the reason why I push myself to do better. I have always had a pretty positive outlook on life as well, knowing that with enough time and effort things can and will get better. Many people often comment how I am always smiling.

What are your interests and talents?

I have had many interests throughout my life. With enough time and practice I have had the chance to do many things. Some things I have done in the past include: surfing, snowboarding, road biking, playing the guitar, travelling and cooking. Some things that I still do today include: swimming, skiing, weightlifting, hiking, playing the piano, video games (PC/console), watching TV, music, reading, and handyman jobs around the house.

My strongest talent is most likely my curiosity and ability to solve problems which makes sense because it is also my job as a mechanical engineer. Adding on to my perseverance and resilience, I perform very well at many tasks whether it be mentally or physically related. My weakness would probably be over analyzing and being paralyzed if a difficult decision must be made especially if it's emotional or feeling in nature. I'm typically more logical when making decisions, choosing efficiency and function before aesthetics.

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

As of writing this, I'm in my early 30s being well established in my career, married, with a house, a dog, and a cat, and in great health. I have achieved many things that I wanted in life already. My next steps would be to start my own family eventually and help the new generation navigate their life as a dependable mentor. However, even so I am still striving to improve myself and will be enrolling in a Master's program next year in a different engineering discipline which I have already been accepted to.

In the next 5 years, I hope to still be in good health, have a child, and finish my Master's. In the next 10 years, I hope to still be in good health but most importantly to never forget or take for granted where I came from, the things I have worked for, and to all people who helped me along the way.

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

- Math:** Excellent, in middle school I took algebra and took and passed a challenge test to get high school credit for it. Then, when I took the next math class in freshman year for Geometry most of the students there were sophomores (being 1 year older than I was).
- Mechanical:** Excellent, my bachelor's degree was in this which I graduated from. I chose this degree since it was the broadest, as I was also interested in electrical and software engineering.
- Athletic:** Very good. In middle school, I was one of the fastest runners in the school regularly being the first one to the finish in the class. Throughout my life I have always been able to do at least 50 pushups and over 20 pullups and be strong for my weight. I am also a black belt in Goju-Ryu karate.
- Musical, Artistic, Creative:** Very good. I have always had a knack for the rhyme, pitch, and timing of music. I played the electric/acoustic guitar and later migrated to the piano which I now practice every so often.
- Language (what languages besides English do you speak?):** I can speak Vietnamese, Spanish, Japanese, and Mandarin. Vietnamese was my home language growing up. Spanish, I took in high school, Japanese in college. Mandarin, I learned on the fly for work. I've been told my pronunciation is very good from native speakers.
- Writing:** Good. Before college, my writing wasn't very good. However, with reading and starting my career, my writing improved greatly.
- Literature:** Good. Most of my reading was in high school and college, and I definitely appreciated the creative prose that gives words more impact and significance. In high school I took AP literature. Even though I spent the most time outside of school on that class, I did the worst compared to my other classes, but ironically, I think I learned the most in this class.
- Science:** Excellent. I took AP Physics and AP Calculus in high school and passed both tests with a 5/5. I really liked science, but especially physics because it explained how the physical world we lived in works.

Please list a few of your favorite:

- Movies:** The Departed, The Godfather, Back to the Future, Apocalypse Now, Terminator 2, Seven Samurai, Dredd, Catch Me If You Can, Robocop, Lord of the Rings, Toy Story, Lion King, Rurouni Kenshin, Hajime no Ippo, Berserk
- Books/Authors:** Dante's Divine Comedy, Haruki Murakami, Plato's Symposium, Homer's Odyssey, The Great Gatsby, Lord of the Flies, Animal Farm, My Antonia, Goosebumps
- Albums/Musicians/Performances:** The Killers, Thirty Seconds to Mars, Brilliant Green, Blackpink, Twice, Yasunori Mitsuda, X Japan, Calvin Harris, Ayumi Hamasaki, Yoko Shimomura, The Gazette, Weezer, Nobuo Uematsu, Asian Kung-Fu Generation

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

Frankly, the thought of sperm donation never crossed my mind. I knew it was a thing, but I never thought my genetics were unique enough to be worth donating for. Recently though, I found myself in a situation where I might need a donor, not sperm but an egg donor to start a family. Being directly affected by something like this really opens up your mind and makes you reconsider what you can do to make a difference.

With our search of finding a compatible egg donor, we noticed there was not a good representation of Asian Americans, particularly Vietnamese in the various banks. That's when my wife brought up the idea of

myself donating since we knew from the infertility process that my sperm would be viable and my genetics based on my ethnicity and family history were very good.

I realized that if I was the one affected by infertility, I would want to be able to start a family using a donor I identify the most with culturally and physically. I also know that any family looking into donor options are making a difficult decision and would not only have the resources to provide for a good upbringing, but the open-mindedness that makes for great parents. It's not a difficult thing for me to donate some my genetic tissue, but I know it can make a world of difference for promising parents.

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

Being someone who might also need a donor, I've done a lot of research into how to best raise donor conceived children and their perspectives. If I was donor conceived, I would definitely want to understand my roots and where I came from. Looking back on my own genetics and my parents, I can definitely piece together some things about myself which gives me better understanding. I think giving the donor conceived adult the ability to access this information is a huge benefit which is only ethical.

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

I know selecting a donor is a huge decision and I truly commend you if you've read this far down. My profile says a lot of things, but it doesn't really tell my story and how I got here. Like many immigrant families from Vietnam, we grew up extremely poor, but unfortunately it was exacerbated by the fact that my father ended up leaving the family for 10 years when I was aged 5 to 15. During this time my mom worked a full-time job while taking care of 6 children including myself, ages from 1 to 13. Describing the challenges we went through is far too long a story, but fortunately we all were able to come out of it alive and healthy. Now every sibling, but one has a degree in a STEM related field and all are working members of society.

Earlier, I mention the benefit of understanding my genetics. For example, I definitely received my intellect from my father, being able to rationalize things and quickly pick things up. From my mother, I received my height and optimism. I think these genetics gave me the foundation of my personality. However, I think my upbringing played the most essential role and made me who I am today. Since I was raised by my mom, she taught me hard-work, responsibly and most importantly kindness. It's with this support that I am here today.

I understand that with donating this genetic material, that the donor conceived child will also carry some of my own genetics, but genetics aren't everything. I would never consider myself a father to these children or take credit for where they eventually end up. I believe this credit is all yours and how you chose to nurture and support the child. My role in the process is a small jump start to get you going. With that, I wish you the best on your journey and hope that I was able to provide enough clarity to help you make this important decision.

THANK YOU!



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HEALTH PROBLEMS LIST DONOR 5973

DONOR

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

Problem/Diagnosis: Walnut & Cashew Allergy

Age of Onset: 15

Treatment: Avoidance

Outcome: Managed with avoidance

Problem/Diagnosis: Eczema

Age of Onset: Childhood

Treatment: Topical steroid cream, stress management,

Outcome: Controlled with prescription steroid cream

Problem/Diagnosis: Asthma

Age of Onset: 4

Treatment: Inhaler as needed

Outcome: Resolved in adolescence

MOTHER

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Avoidance and masking in high pollen areas

Outcome: Ongoing

Problem/Diagnosis: Eczema

Age of Onset: Childhood

Treatment: None

Outcome: Resolved in adolescence

Problem/Diagnosis: High Blood Pressure

Age of Onset: 60

Treatment: Diet management

Outcome: Improved with dietary changes

BROTHER #1

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

BROTHER #2

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

Problem/Diagnosis: Eczema

Age of Onset: Childhood

Treatment: Topical steroid cream, stress management,

Outcome: Controlled with prescription steroid cream

BROTHER #3

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

Problem/Diagnosis: Eczema

Age of Onset: Childhood

Treatment: Topical steroid cream, stress management,

Outcome: Controlled with prescription steroid cream

SISTER #1

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

Problem/Diagnosis: Seafood Allergy

Age of Onset: As a teenager

Treatment: Avoidance

Outcome: Managed with avoidance

SISTER #2

Problem/Diagnosis: Pollen Allergy

Age of Onset: Childhood

Treatment: Nasal spray

Outcome: Managed w/ OTC meds, worse in Spring

MATERNAL GRANDMOTHER

Problem/Diagnosis: Death following a fall

Age of Onset: 86

Treatment: General medical care – limited in Vietnam

Outcome: Death

MATERNAL GRANDFATHER

Problem/Diagnosis: High Blood Pressure

Age of Onset: Late adulthood

Treatment: Diet management

Outcome: Improved with dietary changes

Problem/Diagnosis: Heart Failure

Age of Onset: 74

Treatment: General medical care – limited in Vietnam

Outcome: Death

MATERNAL AUNT #1***Problem/Diagnosis: Death of Natural Causes/Old Age***

Age of Onset: 90

Treatment: None

Outcome: Death

PATERNAL GRANDMOTHER***Problem/Diagnosis: Death of Natural Causes/Old Age***

Age of Onset: 99

Treatment: None

Outcome: Death

PATERNAL GRANDFATHER***Problem/Diagnosis: Death of Natural Causes/Old Age***

Age of Onset: 99

Treatment: None

Outcome: Death

NOTE:

Donor also reported that he and his mother, father, and siblings were all previously infected with tuberculosis. In his case, as well as several other family members, he was diagnosed with latent, not active TB. He does not report any underlying autoimmune condition in himself or family that would increase risk for tuberculosis infection. While our advisors indicate latent TB has very low risk for transmission, we are not able to quantify the risk. Therefore, we ask that all recipients selecting this donor acknowledge that they are aware of his reported TB history and understand that they are encouraged to share this information with their medical providers.

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).

DATE: 05/05/2022

As reported, DIS 5973's personal and family history is notable for allergies, eczema, and asthma. Allergies, eczema, and asthma often share a genetic link and can be hereditary. Multiple first-degree relatives and the donor are affected with allergies, eczema, asthma, or a combination of the three conditions. Based on this family history and medical research, it is likely that the offspring of donor 5973 will have an increased risk for allergies, eczema, and/or asthma in their lifetime. This risk is estimated to be as high as 50%. It would be as high as 75-80% if the recipient also has a personal history of allergies, eczema, or asthma.

The donor reports he and his immediate family members became infected by tuberculosis in the 1990s. Per the donor, his father contracted TB first. Then, the disease spread to the other family members from close contact with his father. No extended family members were infected as they did not share households. Based on this history and the fact the family does not report increased susceptibility to other infectious diseases, the risk of an underlying, heritable immunodeficiency is estimated to be low.

Sincerely,

Janine Mash, LCGC
Certified Genetic Counselor
San Francisco Genetic Counseling