



Reproductive Technologies, Inc.

# THE SPERM BANK OF CALIFORNIA

## INTERVIEW NOTES: 5984

Donor 5984 “arrived” at our Zoom interview fresh from the ski slopes, and was quick to apologize for his charming, “helmet-head.” He has thick deep brown hair, full brows over slightly deep set blue eyes, a straight proportional nose with thin lips. He comes across as introverted, intelligent, and adventurous. It was a pleasure speaking with him today!

Donor 5984 was born and raised in Northern Spain and lived with his parents and younger brother. His extended family, including his grandparents, were a few hours away in Central Spain. He described himself as very shy growing up, and formed a close bond with his brother, who was his “best friend.” They spent childhood days riding bikes together through the nearby vineyards and farms and playing soccer with their small group of friends.

In elementary school, he was drawn to math and biology. He hated literature but, “learned to appreciate it later,” in part because his father is a literature professor. He described adolescence as a bit of a, “socially awkward” time in part because he skipped 8<sup>th</sup> grade and was younger than his classmates.

As he neared the end of high school, he advanced his English skills and began preparing to apply for colleges in the United States. He ultimately chose a university in the Midwest for their engineering program. He found the transition from Spain to the U.S. to be an “exciting” and “liberating” time. His first impressions of the U.S. included that the “Midwest accent was weird,” and that he was surprised not to see more people outside of their homes walking, socializing, eating at cafes, etc the way he was used to in Europe. He shared a funny story about one of his first nights in the U.S. that was his “crash course” in American culture, where he ate, “about 40 chicken wings,” at a sports bar with an NFL game playing in the background.

After college, he made his way to the West Coast to pursue a career opportunity in engineering. He was pleased to find a job that allowed him to relocate to a place where he could pursue his passion for adventure sports. He loves skiing, kayaking, mountaineering, mountain biking, and rock climbing and has made new friends in the area through these activities. When asked how a friend would describe him, he said, “Probably as a crazy adrenaline junkie and an engineer; the type of person who will drive across the country to climb a mountain then drive home the next day.”

Though he speaks with his family in Spain at least weekly, he recently purchased a home and hopes to maintain his roots in the U.S., potentially taking his citizenship test in a few years. When he pictures the future, he plans to explore new career options, grow as an engineer, and continue to pursue his passion for the outdoors. He’d also like to have one or two kids of his own someday, “when the right person comes along.”

Donor 5984 is a kind, intelligent adventurer, and we are happy to have him in our program!

*Interviewed by Kenya C. and Emily T. on 2/15/22*



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## DONOR PROFILE: 5984

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor **5984** is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in May 2022

### PERSONAL INFORMATION

- Identity-Release® Program: **Yes**
- Month/year of birth: **February 1994**
- Education: **B.S. Aerospace Engineering**
- Current occupation: **Mechanical Engineering**
- Ethnic origin: **Spanish**
- Religion born into: **Catholicism**
- Religion practicing: **Christianity**

### PHYSICAL CHARACTERISTICS

- Height: **5' 9"**
- Weight: **168 ½ lbs**
- Hair color: **Black**
- Hair type: **Straight**
- Eye color: **Blue**
- Complexion: **Pale**
- Body type: **ectomorphic (slim)**
- Blood group/Rh: **A+**
- Baby photo available: **Yes**

### 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: **MCo#1: Asthma at 9, treated with inhaler, resolved.**

Blood: **MCo#1: Anemia at 7, treated with iron supplements and dietary changes, resolved.**

Gastrointestinal: **MA: Stomach ulcer at 51, treated with antacids and antibiotics, resolved. MU#2: Appendicitis at 45, treated with surgery, recovered.**

Genital/Reproductive: **MA: Ovarian cysts at 39, treated with birth control, resolved.**

Heart: **M: High blood pressure at 56, treated with lifestyle changes, controlled. MGM: Heart murmur at 72, treated with a heart valve replacement, resolved. MU#1: Heart attack at 64, treated with medication and lifestyle changes, recovered. PGF: High cholesterol at 68, treated with lifestyle changes, resolved.**

Mental Health: **MCo#2: ADD at 11, treated with therapy, resolved. MGF: Depression at 71, treated with psychotherapy and medication, resolved.**

Metabolic/Endocrine: **MGF: Type II diabetes at 75, treated with diet changes, occasional insulin use, controlled until death at 85.**

Muscles/Bones/Joints: **MGM: Osteoporosis at 65, treated with dietary changes, supplements, and moderate exercise, controlled.**

Neurological: **MA: Migraines at 36, treatment unknown, outcome unknown. PA: Migraines at 39, unknown treatment, unknown outcome.**

Respiratory (Lungs): **F: Asthma at 49, treated with seasonal inhaler use and exercise regimen, controlled.**

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

Skin: **MCo#1: Acne at 12, treatment unknown, outcome unknown. MCo#3: Acne at 13, unknown treatment, unknown outcome.**

## DONOR LAB RESULTS

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

*\*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

*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 **03/02/2022**. The results were **NEGATIVE** for all genes screened.

Disease	Result	Residual risk to be a carrier
Cystic Fibrosis	Negative	1 in 2,700
Spinal Muscular Atrophy	Negative - 2 copies exon 7 Negative for c.*3+80T>G variant in exon 7	1 in 784
HBB Hemoglobinopathies	Negative	1 in 1,600
Alpha Thalassemia	Negative	1 in 241

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: 5984

*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 am generally kind of an introvert, but I become more extroverted the more I get to know people.

I enjoy stepping outside of my comfort zone and having new experiences and adventures. I have a very analytical mind and like to observe environments to think about the details that compose it, and how everything within it works.

I like to set goals for myself, in my personal and professional life. Good examples of this would be teaching myself English so I could move to the US to go to college, to get my degree in aerospace engineering. Or learning how to ski while keeping it a secret from my parents when I was a teenager because they were overprotective and thought I would get hurt.

I really appreciate well-thought-out humor. I have a sense of humor that can be particular at times, because I may be referencing something not everyone around me knows or remembers, but I am not afraid to show people the interworking of how I got there. I like to reference situations, events, or quote movies or TV shows.

**What are your interests and talents?**

I love adventure. When I moved to CA I first had a goal to climb the tallest peaks. I climbed Mt. Whitney, then Mt. Lylle, and kept going from there. This sense of adventure and exploration of the unknown is what lead me to skiing, which is one of my biggest passions. I love skiing. I look forward to the snow every summer since I started. I love exploring backcountry trails, as well as all the wonderful resorts we have here in CA.

I grew up mountain biking and playing soccer. Mountain biking has stayed with me most of my life. Running and hiking are always a bonus whenever I head outdoors too.

I like rock climbing. I started about 4 years ago and have grown to like it more and more as I get better. It is a very mind-puzzling activity in addition to a good workout. It is a good contrast to the more cardio intensive activities I enjoy, and the community around it is wonderful.

On the professional side, I am passionate about engineering. Engineering at its core is all about understanding how things work and finding solutions to problems in new innovative ways. I love getting lost in projects because I can envision where I would like to take a particular system or machine and tackling the challenges that appear on the way. Space and rockets caught my eye from a very early age, (still do), which is what lead me to aerospace engineering, and I would still, at some point, would like to work for NASA, SpaceX, or another company with such goals and projects. I have become very good at what I do, and I like the fact that there is room to grow and Industries to explore.

In relation to engineering, I am crafty. I like woodworking and building structures and useful appliances. Woodworking is one of my hobbies.

I also enjoy working on my car. I have a project car in addition to my daily driver.

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

Professionally, I would like to advance my companies standing in the hybrid industrial equipment market. I have a lot of ideas that slowly make it into the designs I work on. I would then like to explore options to get back into the aerospace side of engineering, or another engineering position that will challenge me and allow me to expand my engineering expertise and knowledge.

I became a homeowner a year ago, which was one of my goals. I would like to meet someone that I love, who'd eventually become my wife, with whom I'd like to share my time, adventures, this house. Once we were ready, I would also like to have children of my own. One or two. Learn how to be a father and care for my family.

I'd like to continue exploring nature. I'd like to continue to improve my skiing skills and introduce my future family to skiing, hiking, and all the great outdoors activities we have access to.

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

**Math:** Very interested. Math is true and useful for so many things we don't usually think about. It is a core part of engineering as well. I had to get in deep to master the aircraft performance and design theories that describe flight and its parameters. Engineering design has lots of areas where constraints need to be accurate and have severe consequences should anything go wrong. The fact that math is one of the only true things in this world are what allows us to be sure enough to build great works of industry that help humanity.

**Mechanical:** Very interested. My brain constantly analyzes the environment around me. I am very drawn to complex machines. My industry often dwells in the agricultural field. Complex mechanical systems compose harvesters and assembly lines that are part of even more complex distribution processes. Seeing all the strings and moving pieces interact and understanding what their role is very satisfying to me. I am of course always the type of person that sits near the airplane's wing just so I can see its innards and how it works during take off and landing.

**Musical, Arts, Creative:** I play the acoustic guitar and piano. My dad is a musician by trade and a history and literature professor. Music was a big part of his professional upbringing. He didn't push that on me, though his passion bleed into me which taught me to appreciate artistic creations the same way as scientific ones. I love music that is powerful enough to make me feel. I can let myself be drawn into the artist's perspective and feel. As humans, I believe art is a necessary and core part of our development. It is what makes us human and not robots. Our ability to combine science and art is what makes life beautiful.

**Language:** I am fluent in English and Spanish and know-enough-to-get-by of French and Italian.

**Writing:** To me writing is a very important tool to communicate my thoughts and ideas to other people. It is very interesting to me how we can communicate a certain thought or idea in different ways and create a different perspective for the reader. To that end it is great to analyze authors who lived significantly before our times, because we get to ad layers of complexity, by considering the context in which their works were written in. To some degree this is present in my job, as I do write reports about my projects often. Though they are highly technical, I do add a degree of literary flair to entice the reader, whom often is not always an engineer.

**Literature:** A lot of what I mentioned in the "Writing: section applies here. I think it is very interesting that we have so many great works and records of what people felt and worked on in previous generations. And while not strictly scientific, it ads context to history and shows the human perspective on the facts. Literature is essential as we carry on generations forward.

**Science:** Well, science is essential for human development. It is what drives progress. We explore, analyze and test so we know how to properly advance our goals. Science is the tool, discipline, that allows us to guide our motivations to success, to actually achieving things greater than ourselves. We all can dream, but through science we guarantee that our work is successful, traceable, and repeatable, so our fellow humans can benefit as well.

### Please list a few of your favorite:

**Movies:** Interstellar, Mission Impossible I, Rocky I, Rocky II, Rocky III, The fast and the furious 1. Lord of the rings series.

**Books/Authors:**

Book: Skunk Works. Author: Ben R. Rich.

Book: The Lord of the Rings series by J.R.R Tolkien.

Book: Don Quixote de la Mancha by Miguel de Cervantes

**Albums/Musicians/Performance:** Foreigner, Guns n Roses, The Rolling Stones, Coldplay, Blink-182, The Goo Goo Dolls, The White Stripes, Instrumental soundtracks: Hans Zimmer, Ennio Morricone

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

I think people deserve the chance to be a parent. I'd like to help. I am lucky to be here. I am thankful my parents found each other and were devoted enough to raise me. I would like people that are devoted enough to commit to raise a child together to have a chance to do so. If I can be of any help in that process I'd be honored.

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

Nothing specifically. It seems standard. I agree with the policy.

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

I cannot imagine exactly what you are going through, but I know these things can be difficult. I hope I can help. I hope you find happiness. I can't put myself in your shoes, but I know I've made thousands of choices and experienced millions of things, and life can be beautiful.

It is a gift and a privilege. Whatever comes before you, take it one step at a time and move forward. Enjoy the world around you and help others see its wonders. When we have that perspective and realize how lucky we are, we create great works that benefit generations ahead of us beyond our comprehension. "A society grows great when old men plant trees in whose shade they know they shall never sit".

THANK YOU!



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## HEALTH PROBLEMS LIST DONOR 5984

### MOTHER

***Problem/Diagnosis: High Blood Pressure***

Age of Onset: 56

Treatment: Lifestyle changes

Outcome: Controlled

### FATHER

***Problem/Diagnosis: Asthma***

Age of Onset: 49

Treatment: Seasonal inhaler use, exercise regimen

Outcome: Controlled

### MATERNAL GRANDMOTHER

***Problem/Diagnosis: Heart Murmur***

Age of Onset: 72

Treatment: Heart Valve Replacement

Outcome: Resolved

***Problem/Diagnosis: Osteoporosis***

Age of Onset: 65

Treatment: Diet, supplements, moderate exercise

Outcome: Controlled

***Died at Age 77 while husband was suffering from pneumonia. Donor reports death from stress/"broken heart" as at that time it looked as though her husband would not survive.***

## MATERNAL GRANDFATHER

***Problem/Diagnosis: Type II Diabetes***

Age of Onset: 75

Treatment: Diet changes, occasional insulin use

Outcome: Controlled

***Died at Age 85 in his sleep. Donor reports death from natural causes/old age. No additional information.***

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## MATERNAL AUNT

***Problem/Diagnosis: Stomach Ulcer***

Age of Onset: 51

Treatment: Antacids, Antibiotics

Outcome: Resolved

***Problem/Diagnosis: Migraines***

Age of Onset: 36

Treatment: Unknown

Outcome: Unknown

***Problem/Diagnosis: Ovarian Cysts***

Age of Onset: 39

Treatment: Birth Control Medication

Outcome: Resolved

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## MATERNAL UNCLE #1

***Problem/Diagnosis: Heart Attack***

Age of Onset: 64

Treatment: Medication, lifestyle changes

Outcome: Recovered

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## MATERNAL UNCLE #2

***Problem/Diagnosis: Appendicitis***

Age of Onset: 45

Treatment: Surgery

Outcome: Recovered



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**MATERNAL COUSIN #1**

***Problem/Diagnosis: Anemia***

Age of Onset: 7

Treatment: Diet changes, iron supplements

Outcome: Resolved

***Problem/Diagnosis: Seasonal Allergies***

Age of Onset: 9

Treatment: Inhaler

Outcome: Resolved

***Problem/Diagnosis: Acne***

Age of Onset: 12

Treatment: Unknown

Outcome: Unknown

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**MATERNAL COUSIN #2**

***Problem/Diagnosis: ADD***

Age of Onset: 11

Treatment: Therapy

Outcome: Resolved

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**MATERNAL COUSIN #3**

***Problem/Diagnosis: Acne***

Age of Onset: 13

Treatment: Unknown

Outcome: Unknown

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**PATERNAL GRANDFATHER**

***Problem/Diagnosis: High Cholesterol***

Age of Onset: 68

Treatment: Lifestyle changes

Outcome: Resolved

***Problem/Diagnosis: Depression***

Age of Onset: 71

Treatment: Psychotherapy, medication

Outcome: Resolved

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**PATERNAL AUNT**

***Problem/Diagnosis: Migraines***

Age of Onset: 39

Treatment: Unknown

Outcome: Unknown

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**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 to me, there does not appear to be personal medical health history that would confer an increased risk beyond what is seen in the general population.

Sincerely,

Janine Mash, LCGC

Certified Genetic Counselor

San Francisco Genetic Counseling