



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 6185

Donor 6185 came to our interview casually dressed in shorts and an orange t-shirt with a coordinating khaki colored hoodie with orange trim. His dark brown hair was shorter on the sides and long on top, gelled back. Donor 6185 had dark-rimmed glasses that framed his dark brown eyes. He has thick, arched eyebrows, a straight nose proportional to his face, and a chiseled jawline covered with 5 o'clock shadow. We noted his long eyelashes which almost touched his glasses.

Donor 6185 entered the world in dramatic fashion as he was a “Code Blue Baby” unable to move and he did not appear to be breathing. As you can read, he survived and thrived. He grew up with his parents and older sister in a quiet neighborhood in Northern California. It was on a steep hill, so it had great views and the steepness of the hill meant there wasn't a lot of foot traffic in the area. He played basketball from 3rd grade to 7th grade and kind of wished he had continued to play longer. His 10-year-old son also plays basketball.

Donor 6185 is very close to his family even after his parents separated when he was 15 years old, and described his older sister who was seven years older as a second mom. When he was 10, his sister had gone off to college, so it was mostly him and his mom while his dad usually worked the graveyard shift. He said he and his mom shared a love of movies and would watch action movies where he was introduced to action stars like Jean-Claude Van Damme and Steven Seagal. He also loves animals and always had pets growing up.

While attending Catholic school as a young child, he developed an enjoyment of science and math. He said he had an excellent teacher who was always willing to stay after class and answer questions which started his interest in the subject. His mother is a Clinical Lab Scientist (CLS), so a love of science is a family trait. He also developed a love of reading and enjoys reading science fiction novels and has even been known to read a romance novel or two.

After high school, he attended culinary school with a plan to travel the world learning different types of cuisine firsthand. After graduating, he was encouraged by his sister to apply for a job he didn't think he had a chance of getting as it was a Michelin star restaurant. He got the job and was hired as a mop boy, and got promoted to commis then assistant pastry chef. He developed his love of cooking, baking with his sister, and cooking with his mom and extended family. Food and cooking is popular even in the extended family.

His plans changed when he realized he was going to be a young father while at the same time dealing with the pain of his sister's passing. Donor 6185 realized that he needed a more stable job with regular hours so that he could be an active, engaged parent. As his mother was a CLS and his dad had also worked as a lab assistant, going into the sciences seemed a good fit. He went back to school to become a CLS like his mother and really enjoyed microbiology. When chatting with his mother about being a CLS and the educational path required he discovered his mom's focus had also been in microbiology.

Donor 6185 enjoys driving, finding it soothing, going to the gym to unplug, and working on cars. He is also interested in learning to play the piano, inspired by his older sister who loved playing the piano. His mom and other extended family members also played, and he remembers the house being filled with music. He also enjoys traveling, having gone to Japan with his mother for three weeks in high school. He and his child's mother also took a two-week cruise down the Danube before welcoming their son. He and his son's mother are no longer together but co-parent their son. Donor 6185 moved to be closer to his son so he could spend as much time with him as possible.

When asked how his friends would describe him, he said secure, level-headed, introverted and a people watcher. He often finds himself the caretaker of his group of friends, offering a listening ear even if he did not necessarily have advice on a given subject. We asked where he wants to be in five years and he said debt-free, spending more time with his son and buying a house. His stepfather passed away two years ago, leaving his mother a widow. He said once he is settled it would be nice to have his mother move in with him. He comes from a close-knit large Filipino family who are mostly in the same area and get together frequently. Enjoying family dinners and other celebrations. It is obvious that family is extremely important to donor 6185 and he makes time to nurture those familial ties.

Donor 6185 was candid and open with us and was thoughtful as he answered our questions. We are excited to have such a thoughtful, family-oriented donor in our program.

Interviewed by Kenya C. and Sinead O. on 10/25/23



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DONOR PROFILE: 6185

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 6185 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in November 2023.

PERSONAL INFORMATION

- Identity-Release® Program: **Yes**
- Month/year of birth: **November 1992**
- Education: **B.S. Biology w/biomedical sciences, Clinical Laboratory Science**
- Current occupation: **Clinical Laboratory Scientist**
- Ethnic origin: **Dutch, Filipino (50%), German**
- Religion born into: **Christianity**
- Religion practicing: **Christianity**

PHYSICAL CHARACTERISTICS

- Height: **5' 10"**
- Weight: **187 lbs**
- Hair color: **Dark brown**
- Hair type: **Wavy**
- Eye color: **Hazel**
- Complexion: **Fair/creamy**
- Body type: **Slim**
- Blood group/Rh: **A+**
- Baby photo available: **Yes**
- Other distinguishing features: **Smile dimples side of cheeks, frown chin dimple**

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

Gastrointestinal: **MA#1: Appendicitis at 22, treated with an appendectomy, resolved. PGF: Stomach cancer at 90, treatment unknown, potential contributing factor to death at 90.**

Heart: **M: Hypertension at 50, treated with medication and diet changes, managed. MGF: High blood pressure at 50, treatment unknown. Stroke at 65, treated with hospitalization, managed until death at 67. MA#1: Mild heart murmur at 59, treated with medication, managed.**

Metabolic/Endocrine: **M: Gestational diabetes at 35, resolved at birth. MGM: Type II diabetes at 45, treated with medication, managed. MGF: Type II diabetes at 50, treated with diet and exercise changes, insulin and medications, managed.**

Muscles/Bones/Joints: **MCo#2: Gout (rich diet) at 35, treated with exercise and lifestyle changes, managed.**

Neurological: **MGM: Dementia in 80's, progressed until death. MCo#1: Autism spectrum disorder at 8, treated with special education classes, managed. PGM: Dementia at 90, no treatment, progressed until death.**

Sight/Sound/Smell: **D: 20/200 both eyes**

Skin: **MCo#3: Psoriasis at 15, treated with laser, medication, and topical ointment, managed.**

Substance Abuse: **MU#1: Narcotics use disorder at 40, no treatment, cause of death at 49. PU#1: Tobacco use disorder at 20, no treatment, ongoing**

Cancer (see above): **PGF: Stomach cancer. PU#1: Throat cancer.**

Other: **S: Homicide at 27. PU#1: Throat cancer at 60, treatment unknown, cause of death.**

DONOR LAB RESULTS

Chlamydia: **Not Detected**

HIV 1 & 2: **Non-Reactive**

Hepatitis B: **Non-Reactive**

Urinalysis: **Normal**

Gonorrhea: **Not Detected**

CMV total antibody: ***Positive**

Hepatitis C: **Non-Reactive**

Chem panel: **Normal**

Syphilis: **Non-Reactive**

HTLV 1 & 2: **Non-Reactive**

CBC: **Normal**

**CMV IgM is negative/IgG positive. This combination shows a historic CMV exposure and donor is presumed to be currently 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 525 autosomal recessive conditions was completed by Invitae and reported on 11/8/2023.

The results were **POSITIVE** for **Congenital adrenal hyperplasia due to 21-hydroxylase deficiency**. Donor is a carrier for this condition.

It is strongly recommended recipients who use this donor's sperm undergo carrier screening that includes the CYP21A2 gene.

Testing was negative for the remainder of genes screened.

Disease	Result	Residual risk to be a carrier (based on Asian & European ancestry)
Congenital adrenal hyperplasia due to 21- hydroxylase deficiency (CYP21A2)	POSITIVE	n/a
Cystic Fibrosis	Negative	1 in 4,400
Spinal Muscular Atrophy	Negative: 2 copies exon 7 c.*3+80T>G variant not detected	1 in 701
HBB Hemoglobinopathies	Negative	1 in 4,800
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: 6185

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 introverted, goal-oriented, shy, and curious in that order. I like to find the humor in things big and small, but am always wondering the meaning or purpose of things. I have always been a nerd and geek. I smiled and laughed a lot as a kid, and liked everyone to get along and be happy together. I would sometimes have laughing fits but be too enamored to explain exactly why. I was and still am one of the most ticklish people I know of any age. I was curious to a point where a bit of risk can be alluring. At teenage years I learned to start to balance myself and try to do more of what I was not initially (like, try to do more extroverted things, take speech and debate classes, understand the cost of risks, get to know and learn from passionate people in my career, etc.). I had a favorite color growing up and it was arguably orange. I have practiced doing more extroverted things throughout my life to the point where people that know me are almost confused if I describe myself as an introvert.

What are your interests and talents?

Food and drink bring camaraderie, and I enjoy all kinds of foods and settings for such. I have a good taste memory, and can also relate tastes to other tastes. I am double jointed and a little flexible. I played basketball throughout grade school and some of high school. Video games were fun and best with friends and family. I took up archery and would go to the shooting range with my dad and uncle after high school. I contemplated joining the military in high school and college, and might have readily joined if there were military in my immediate family – more so for the commitment to craft and honing and community and duty in general (which I appreciated in culinary arts, as well as clinical health settings). Nearsightedness means I can see things in really good detail up close to my face. I value family, and prefer a tighter group of friends. I love a good performance or fireworks show. I like to drive cars and ride on planes and go on roller coasters. I like to see how things work and how to service them. I like good looking cars, and am getting into car detailing and basic auto mechanic work. I started jiu jitsu last year for the sport, to encourage my son, and for confidence of self-defense. I have prized memories being brought to the shooting range and desert as an adolescent, and hope to return to my joy for using sporting firearms as an adult soon. I loved sprinting as a kid, and now enjoy moderately intense (superset, heart pumping) gym weight work. I have always liked to watch horror movies with family & friends. I like animals, have always had a pet (usually birds, dogs, or spiders) and wanted to be a veterinarian throughout grade school. At work I do not shy away from intense situations, and can get invested into them. Hard work and training and getting my heart rate up is often meditative and satisfying. As a lab assistant I was a blood drawer and one of the few appointed for psychiatric ward and emergency room assignments. Triage was very satisfying, and I sometimes miss being able to meet patients even on their worst days of their lives. I played a bit of harmonica and guitar as a kid, and want to pick it up again, or get into piano. Piano, kind of like video games and board games, were a lifelong symbol of family - with either my mom or sister or cousins playing the piano on a daily basis.

I did not grow up in a strict religious family, but was baptized at a Methodist church. During high school I would only go on Lent or major occasions. In the last few years I became a more active member of my Methodist Church, recently had my second experience as a camp dad, and look forward to more opportunities to support the community. There is something important about the structure and community it for my son and for young kids in general, and I am proud to be a part of that service.

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

I am 30 years old, and I just got licensed on my 2nd career as a clinical lab scientist working in hospital and clinical settings. I have wanted to be in this career for almost 10 years, even before I was a Lab Assistant. Life is making more sense the older I get, and I think the next 5-10 years into my 40's will be the beginning of even more appreciation and enjoyment. Early parenthood adds to that enjoyment, being young and having a son who is young and being able to enjoy doing things my health still allows. I want to continue to make a positive impact on the world, while having my own simple life and simple aforementioned hobbies & interests, and may be able to get into pathology school to work as a coroner or pathologist assistant. I feel that this related career branch is influenced by: being able to focus best in single-person or quiet project settings; my enjoyment of being in the biological lab setting, and a major tragedy which is the unexpected and almost mysterious passing of my late sister.

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

Math: Math is fun. I feel like I thought about numbers a lot as a kid. Math kind of runs in the family, especially on the Filipino side, and somehow my son also enjoys math quite a bit.

Mechanical: Even though I enjoy seeing and reading about how things work, and trying to service them, I find that some of my peers have a better handle of it. I did not grow up with Legos as a kid, and might have had a better chance to explore my mechanical potentials. I find that my son gravitates towards mechanical things, and has a knack for making his own Legos without instruction.

Athletic: As mentioned, I loved to sprint and play basketball. I still enjoy basketball and a good spring, but in my early adulthood got more into gym weightlifting and jiu jitsu. I will venture into defensive firearm shooting later this year or next.

Musical, Artistic, Creative: I enjoyed the harmonica and a bit of guitar, and want to get more into harmonica and piano. I am not a good creative drawer, but am visually, auditorily, and psychosomatically intrigued. As a kid sleeping in pitch black rooms I could sometimes see things pulled from my dreams. Not so much as an adult. Vivid dreams continuing throughout life.

Language (what languages besides English do you speak?): I took some Spanish in grade school per curriculum, and took up three years of Japanese in high school. I've been wanting to take a German class for a while now. At work I am picking up words from co-workers' tongues whether it is Arabic, Farsi, or Tagalog. Hajimemashite! Durude! Salam! Kamusta!

Writing: I have chicken-scratch handwriting, but have always written cursive better than I can in print. I never was a journal writer, but have been told I should document my dreams. I make personal journal entries of tastes of foods and drinks. In my San Francisco Catholic school grades 7-8 I made drawings of toys and fireworks and firearms and sometimes classmates would purchase them from me for money or Hot Cheetos. I never got in trouble for this, and teachers thought it was fine - which I think because I did not fit a disturbed and quiet profile.

Literature: As a kid I read Magic School Bus, Goosebumps (anything RL Stein), A Child Called It, and Harry Potter. I like to read Stephen King, enjoyed college English books by Susan Jacoby (mostly on modern critique of education), and prefer fiction and sci-fi. Jordan Peterson's 12 Rules for Life. Cookbooks: Modernist Cuisine, Flavor Bible, and anything by Thomas Keller.

Science: Biology, with an enjoyment for mycology (fungus), parasitology, botany, and bacteriology. When I was cooking, I was a baker, and also enjoyed drink mixology before and after culinary school. Some of my favorite teachers and professors were biologists, historians, or mathematicians (and chefs).

Please list a few of your favorite:

Movies: Land Before Time, Ace Ventura Pet Detective, Home Alone 1 & 2, The Mask, Independence Day, Men in Black, Star Wars, Star Trek, James and Giant Peach, Charlotte's Web, Toy Soldiers, Karate Kid, James Bond (most movies especially older ones up to Pierce Brosnan; Daniel Craig is cool too but different), Ninja Turtles, Mummy, The Fugitive, She's All That, I Know What you Did Last Summer, Hannibal, Silence of the Lambs, Halloween, Babadook, Ring, Texas Chainsaw Massacre, Out of Africa, Soggy Bottom Boys, Her, Not Another Teen Movie, Austin Powers, American Pie, Zoolander, Shaolin Soccer, Most Extreme Elimination Challenge (series, Spike TV), Tourettes Guy (youtube series), Jackass, Meet the Fockers, Last Samurai, Saving Private Ryan, Die Hard, Bloodsport, corny actions like with Steven Seagal or Van Damme or Chuck Norris, Braveheart, Lord of the Rings, Rush Hour movies, Armageddon, Titanic, Avatar, Gamer, Matrix, Supernatural (series), iZombie (series),

Haunting of Hill House (series), Niptuck (series), American Horror Story (series), Batman (series), Speed Racer (1967 series), Mega Man (series), Amanda Show (series), Hercules (series), Xena (series), Power Rangers (series), Cowboy Bebop (series), Rurouni Kenshin (series) Rick and Morty (series), Sailor Moon (series), Simpsons (series), South Park (series), Spongebob Squarepants, Iron Chef (original dubbed), Anthony Bourdain (series), Unwrapped with Marc Summer (series), Milk, Blow, Avengers, Spiderman, Jumanji.

Books/Authors: anything Stephen King, anything Thomas Keller, Susan Jacoby, Lord of the Rings, Harry Potter, Jordan Peterson, Saulo Ribeiro (jiu jitsu), Michael Pollan (botany stuff).

Albums/Musicians/Performances: Cirque du Soleil, Aphex Twin (aka Richard James), the Pillows, SEATBELTS, Blue Man Group, DJ Qbert, Ulrich Schnauss, Joey Fehrenbach, mum, All India Radio, Pink Floyd, Oceanlab, NTO, Worakls, Justin Martin, Gigi D' Agostino, Claude VonStroke, Ferry Corsten, Com Truise, Arovane, Trentemoller, Mr Oizo, Cex, MGMT, Jo Koy, Bill Burr, Fur Elise and most Beethoven, any live piano or harmonica, Home Alone piano music, Disney piano music, Frank Sinatra, World of Warcraft music (Jason Hayes, Derek Duke, Glenn Stafford, etc.) Mrs Jynx, C418, Die Schlagerpiloten, Incubus, Michael Jackson, Beatles, Bob Dylan, America, Elton John, Pointer Sisters, Led Zeppelin, Pretenders, Temptations, Naked Eyes, When in Rome, Human League, Bill Withers, The Verve, Joan Baez, Mr. C, MC Hammer, Cypress Hill, Eminem, BIG, Tears for Fears, Swimming Tapes, Tropic Harbor, Flock of Seagulls, Duran Duran, Billy Idol, Gorillaz, Daft Punk, Iration, Toots and the Maytals, Alien Ant Farm, Third Eye Blind, Blink 182, Goldfinger, Red Hot Chili Peppers, Sublime, Raveonettes, Cults, Geowulf, Nsync, Backstreet Boys, Britney Spears, Maroon 5, Bruno Mars, Killers, Aqua (Barbie Girl), Hazel English, Computer Magic (Danz CM), CHVRCHES, Keep Shelly in Athens, Lady Gaga, Madonna, Mariah Carey, Taylor Swift, Alicia Keys, Evanescence, LeAnn Rimes, Sixpence None the Richer (Kiss Me), The Fray, Lynyrd Skynyrd, Billy Joel, Rolling Stones, System of a Down, Metallica, Amon Abarth, Korn, Sabaton, Iron Maiden, Motley Crue, Aerosmith, U2, Observer Drift, Creedence Clearwater, Van Halen, Quiet Riot, AC/DC, Primus, Tommy '86, Ozzy Osbourne, Smashing Pumpkins, CKY, Presidents of the United States of America, Raffi (bananaphone song)

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

I want to help people who want but can't have children. I like the idea of being able to help others. I also appreciate the extra cash, as it has become difficult to live in the CA Bay Area. I don't know anyone who has donated to a sperm bank, and I felt like being the first to do so and encourage the cause among my circles.

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

I think it is super cool to get to know the donor conceived adults. If I were in their shoes, I would imagine I would be quite curious about the person who received my genes. It would be interesting for me to see how someone from my genes would turn out, as I only have one datum (my son) to refer to.

Is there anything else you would like to share with participating families and future donor conceived children?

Family is so important, and many of us including myself take it for granted. I think if it were not for my environment growing up, I would not be so interested in branching out from my introverted, easily-stimulated self. Mise en place is everything. I don't sleep walk and rarely sleep talk. I would like to say I can answer more questions if possible and appropriate. May the force be with you!

THANK YOU!



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

HEALTH PROBLEMS LIST DONOR 6185

MOTHER

Problem/Diagnosis: Hypertension

Age of Onset: 50

Treatment: medication, blood pressure, diet

Outcome: **stable**

Problem/Diagnosis: Gestational diabetes

Age of Onset: 35

Treatment: birth

Outcome: **stable**

SISTER

Problem/Diagnosis: Homicide

Age of Onset: 27

Treatment:

Outcome: **death**

MATERNAL GRANDMOTHER

Problem/Diagnosis: Type 2 diabetes

Age of Onset: 45

Treatment: medication

Outcome: **stable**

Problem/Diagnosis: Dementia

Age of Onset: 80's

Treatment: unknown

Outcome: **death**

MATERNAL GRANDFATHER

Problem/Diagnosis: Type 2 diabetes

Age of Onset: 50

Treatment: diet, exercise, insulin and medication

Outcome: **stable**

Problem/Diagnosis: Stroke

Age of Onset: 65

Treatment: hospitalization

Outcome: death at 67

Problem/Diagnosis: High blood pressure

Age of Onset: 50

Treatment: unknown

Outcome: unknown

MATERNAL AUNT #1

Problem/Diagnosis: Heart murmur, mild

Age of Onset: 59

Treatment: medication

Outcome: **stable**

Problem/Diagnosis: Appendicitis

Age of Onset: 22

Treatment: appendectomy

Outcome: stable

MATERNAL UNCLE #1

Problem/Diagnosis: Substance Use Disorder

Age of Onset: 40

Treatment: none

Outcome: **death at 49**

MATERNAL COUSIN #1

Problem/Diagnosis: Autistic, Asperger's

Age of Onset: 8

Treatment: special education

Outcome: **functional, healthy**

MATERNAL COUSIN #2

Problem/Diagnosis: Gout – rich diet

Age of Onset: 35

Treatment: exercise, diet

Outcome: **stable after 6-12 months**

MATERNAL COUSIN #3

Problem/Diagnosis: Psoriasis (sensitive to change in weather)

Age of Onset: 15

Treatment: laser, medications, topicals

Outcome: **manageable and under control**

PATERNAL GRANDMOTHER

Problem/Diagnosis: Dementia, minor

Age of Onset: 90

Treatment: none

Outcome: **death of old age few years later**

PATERNAL GRANDFATHER

Problem/Diagnosis: Stomach cancer

Age of Onset: 90

Treatment: unknown

Outcome: **death of old age same year**

PATERNAL UNCLE #1

Problem/Diagnosis: Tobacco Use Disorder

Age of Onset: 20

Treatment: none

Outcome: **continued**

Problem/Diagnosis: Throat Cancer

Age of Onset:60

Treatment: unknown

Outcome: **death**

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, 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 Gessner Mash, LCGC Certified Genetic Counselor
San Francisco Genetic Counseling