

HOW GENETICS, HYPEROVULATION AND AGE INFLUENCE TWIN BIRTHS

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These genes affect hormone levels involved in ovulation, making it more likely for multiple eggs to be released. As a result, fraternal twinning can run in families, particularly through the maternal line.

Women with multiple sets of twins, therefore, mostly experience fraternal twins due to inherited reproductive traits. "Twins mostly come from the woman's side. They carry these genes through generations," Dr. Magoola says.

AGE FACTOR

Several non-genetic biological factors also influence the likelihood of twin pregnancies and can contribute to multiple twin sets over time. For example, a woman's age plays a role: as women grow older, particularly between their 30s and early 40s, hormonal changes — especially an increase in follicle-stimulating hormone — can make multiple egg release more likely.

However, Dr. Tagoola disputes

TWINS FROM BUNDIBUGYO

Dinah Nyangoma and Donah Nyakato, 28-year-old nursing officers at International Hospital Kampala (IHK), say they are kind, respectful, and easy to talk to. "We have a sense of humour and confidence, and we are genuine, not arrogant," they say. The twins say their presence makes people around them feel energised. They also say they are naturally beautiful, and the

way they carry themselves earns them respect everywhere. Nyangoma, being a nurse, has learnt that being a good communicator, being a good listener, and showing genuine interest help people feel valued. "And of course, there is physical appearance, but it is not about perfection — things like cleanliness, style, and how I take care of myself," she says.

these scientific findings, saying "age reduces the probability of having twins, adding that ovaries tend to get tired at that time."

Additionally, having had multiple previous pregnancies slightly increases the chances of twins in subsequent pregnancies. Other characteristics, such as body composition and ethnicity, show patterns in twinning rates, with some populations — for example, certain

West African groups — exhibiting higher natural rates of fraternal twin births than others.

Assisted reproductive technologies, such as fertility drugs and in vitro fertilisation, are well-documented contributors to higher twin and multiple birth rates. These medical interventions intentionally stimulate the ovaries to produce multiple eggs or involve transferring more than one embryo to improve pregnancy



success, which significantly increases the chance of twins. Although ART does not explain spontaneous repeated twin births in women who have not used fertility treatments, it is a major reason why multiple-twin pregnancies have become more common in recent decades.

WIFE, NEIGHBOURS, AND CHILDREN OF MODING SPEAK OUT

Livingston Lanjaa, a 50-year-old father of 10 children, says Moding is seen as a lucky man in the community and is admired by many people.

"I also admire him. Of the 10 children I have, I did not even have

one set of twins. I have done all it takes, but it is hard to have them," he says.

Susan Akiteng, the midwife at Nagwere Health Centre III in Pese sub-county, who has delivered Moding's wife on all six occasions, says she has never seen a case like this. In her experience, she has delivered another woman who has two sets of twins; for Moding's wife however, it is unique.

Kantono feels happy about being a twin and also a mother of twins, though she says being poor makes everything complicated. Kantono appeals for support from well-wishers.