

Table S1. List of Read codes for asthma and ICD-10 codes for coronary heart disease

| Read Code | Description |
|-----------|--|
| 173A.00 | Exercise induced asthma |
| 173c.00 | Occupational asthma |
| 173d.00 | Work aggravated asthma |
| 1780 | Aspirin induced asthma |
| 1781 | Asthma trigger - pollen |
| 1782 | Asthma trigger - tobacco smoke |
| 1783 | Asthma trigger - warm air |
| 1784 | Asthma trigger - emotion |
| 1785 | Asthma trigger - damp |
| 1786 | Asthma trigger - animals |
| 1787 | Asthma trigger - seasonal |
| 1788 | Asthma trigger - cold air |
| 1789 | Asthma trigger - respiratory infection |
| 178A.00 | Asthma trigger - airborne dust |
| 178B.00 | Asthma trigger - exercise |
| 102..00 | Asthma confirmed |
| 388t.00 | Royal College of Physicians asthma assessment |
| 388t000 | Royal College Physician asthma assessment 3 question score |
| 38DL.00 | Asthma control test |
| 38DT.00 | Asthma control questionnaire |
| 38DV.00 | Mini asthma quality of life questionnaire |
| 661M100 | Asthma self-management plan agreed |
| 661N100 | Asthma self-management plan review |
| 663..11 | Asthma monitoring |
| 663N.00 | Asthma disturbing sleep |
| 663N000 | Asthma causing night waking |
| 663N100 | Asthma disturbs sleep weekly |
| 663N200 | Asthma disturbs sleep frequently |
| 663O000 | Asthma never disturbs sleep |
| 663P.00 | Asthma limiting activities |
| 663P000 | Asthma limits activities 1 to 2 times per month |
| 663P100 | Asthma limits activities 1 to 2 times per week |
| 663P200 | Asthma limits activities most days |
| 663U.00 | Asthma management plan given |
| 663V.00 | Asthma severity |
| 663V000 | Occasional asthma |
| 663V100 | Mild asthma |
| 663V200 | Moderate asthma |
| 663V300 | Severe asthma |
| 663d.00 | Emergency asthma admission since last appointment |
| 663e.00 | Asthma restricts exercise |
| 663 | Asthma sometimes restricts exercise |
| 6.63E+102 | Asthma severely restricts exercise |

| | |
|---------|---|
| 663f.00 | Asthma never restricts exercise |
| 663j.00 | Asthma - currently active |
| 663m.00 | Asthma accident and emergency attendance since last visit |
| 663n.00 | Asthma treatment compliance satisfactory |
| 663p.00 | Asthma treatment compliance unsatisfactory |
| 663q.00 | Asthma daytime symptoms |
| 663r.00 | Asthma causes night symptoms 1 to 2 times per month |
| 663s.00 | Asthma never causes daytime symptoms |
| 663t.00 | Asthma causes daytime symptoms 1 to 2 times per month |
| 663u.00 | Asthma causes daytime symptoms 1 to 2 times per week |
| 663v.00 | Asthma causes daytime symptoms most days |
| 663w.00 | Asthma limits walking up hills or stairs |
| 663x.00 | Asthma limits walking on the flat |
| 663y.00 | Number of asthma exacerbations in past year |
| 66Y5.00 | Change in asthma management plan |
| 66Y9.00 | Step up change in asthma management plan |
| 66YA.00 | Step down change in asthma management plan |
| 66YC.00 | Absent from work or school due to asthma |
| 66YJ.00 | Asthma annual review |
| 66YK.00 | Asthma follow-up |
| 66YP.00 | Asthma night-time symptoms |
| 66YQ.00 | Asthma monitoring by nurse |
| 66YR.00 | Asthma monitoring by doctor |
| 66Yp.00 | Asthma review using Roy College of Physicians three questions |
| 66Yq.00 | Asthma causes night-time symptoms 1 to 2 times per week |
| 66Yr.00 | Asthma causes symptoms most nights |
| 66Ys.00 | Asthma never causes night symptoms |
| 66Yu.00 | Number days absent from school due to asthma in past 6 month |
| 679J000 | Health education - asthma self-management |
| 679J100 | Health education - structured asthma discussion |
| 679J200 | Health education - structured patient focused asthma discuss |
| 8791 | Further asthma - drug prevent. |
| 8794 | Asthma control step 1 |
| 8795 | Asthma control step 2 |
| 8796 | Asthma control step 3 |
| 8797 | Asthma control step 4 |
| 8798 | Asthma control step 5 |
| 8B3j.00 | Asthma medication review |
| 8CMA000 | Patient has a written asthma personal action plan |
| 8CR0.00 | Asthma clinical management plan |
| 8H2P.00 | Emergency admission |
| 9NNX.00 | Under care of asthma specialist nurse |
| 9OJ1.00 | Attends asthma monitoring |
| 9OJA.00 | Asthma monitoring check done |
| 9OJA.11 | Asthma monitored |

| | |
|---------|---|
| H312000 | Chronic asthmatic bronchitis |
| H33..00 | Asthma |
| H33..11 | Bronchial asthma |
| H330.00 | Extrinsic (atopic) asthma |
| H330.11 | Allergic asthma |
| H330.13 | Hay fever with asthma |
| H330.14 | Pollen asthma |
| H330000 | Extrinsic asthma without status asthmaticus |
| H330011 | Hay fever with asthma |
| H330100 | Extrinsic asthma with status asthmaticus |
| H330111 | Extrinsic asthma with asthma attack |
| H330z00 | Extrinsic asthma NOS |
| H331.00 | Intrinsic asthma |
| H331.11 | Late onset asthma |
| H331000 | Intrinsic asthma without status asthmaticus |
| H331100 | Intrinsic asthma with status asthmaticus |
| H331111 | Intrinsic asthma with asthma attack |
| H331z00 | Intrinsic asthma NOS |
| H333.00 | Acute exacerbation of asthma |
| H334.00 | Brittle asthma |
| H335.00 | Chronic asthma with fixed airflow obstruction |
| H33z.00 | Asthma unspecified |
| H33z000 | Status asthmaticus NOS |
| H33z011 | Severe asthma attack |
| H33z100 | Asthma attack |
| H33z111 | Asthma attack NOS |
| H33z200 | Late-onset asthma |
| H33zz00 | Asthma NOS |
| H33zz11 | Exercise induced asthma |
| H33zz12 | Allergic asthma NEC |

Table S2. Selected samples, exposures and outcomes for the genetic instruments used in the MR study

| GX/GY | Study | Cases | Controls | Total | Definition | Reference |
|---------------------|------------------------|---------|----------|-------|--|---|
| GX (Asthma) UKB | Original sample | | | | | <ul style="list-style-type: none"> J Allergy Clin Immunol. 146(2):327-329 (2020) Nature.2018;562(7726):203-209. doi:10.1038/s41586-018-0579-z |
| | 65,677 | 422,700 | 488,377 | | | |
| | Sample included | | | | Data-field 22127 - Self-reported doctor-diagnosed asthma | |
| | 49,008 | 295,734 | 344,742 | | | |
| GX (Asthma) TAGC | Original sample | | | | | <ul style="list-style-type: none"> Nat Genet. 2018;50(1):42-53. doi:10.1038/s41588-017-0014-7 |
| | 23,948 | 118,538 | 142,486 | | Doctor's diagnosis and/or standardised questionnaire, depending on the study. | |
| | Sample included | | | | | |
| | 19,954 | 107,715 | 127,669 | | | |
| GY (CHD) UKB | Original sample | | | | Data-field 20002 (1075) - Self-reported heart attack (myocardial infarction) or angina | <ul style="list-style-type: none"> Nature. 2018;562(7726):203-209. doi:10.1038/s41586-018-0579-z |
| | 37,476 | | 488,377 | | Data-field 20002 (1074) - Self-reported angina | |
| | Sample included | | | | Data-field 6150 (1) - Doctor diagnosed heart attack Data-field 6150 (2) - Doctor diagnosed angina Data-field 3894 - Age heart attack diagnosed Data-field 20004 (1070) - Coronary angioplasty (PTCA) +/- stent Data-field 20004 (1095) - Coronary artery bypass grafts (cabg) Data-field 20004 (1523) - Triple heart bypass | |
| | 19,294 | 386,276 | 405,570 | | | |
| GY (CHD) CARDIOGRAM | Original sample | | | | Depending on specific study. KPC: ICD 9 410./41.3/X. | <ul style="list-style-type: none"> Nat Genet. 2015;47(10):1121-1130. doi:10.1038/ng.3396 |
| | 63,746 | 130,681 | 194,427 | | Academic Medical Center Amsterdam Premature: Symptomatic CAD KORA F3 study: CAD/MI based on coronary angiogram Cardiogenics: MI within last 3-36 months. METSIM: CAD (angiography confirmed) DILGOM: CAD DUKE: CAD EGCUT: CAD/MI (ICD10 I20-I26) EPIC: CAD/MI: (ICD9 410-414 or ICD10 I20-I25) FGENTCARD: CAD/MI FRISCII: CAD/MI GLACIER: Control population GODARTS: CAD/MI HPS: CAD/MI ITH: CAD/MI within 24 hours of symptom onset LOLIPOP: CAD/MI (CABG/PCI) LURIC-EMIL: Angiographically confirmed CAD METSIM: Angiographically confirmed CAD, MI, balloon angioplasty, coronary bypass MORGAM: CAD. Revascularisation OHGS: CAD/MI PIVUS: ICD-8 and ICD-9 code 410, ICD-10 codes I21-I22 PMB: CAD/MI PopGen: CAD (at least 70% stenosis in a major coronary) PROCARDISS: Symptomatic CAD before age 66 PROMIS Study: CAD/MI within the previous 24 hours SCARF-SHEEP: First confirmed myocardial infarction STR: (ICD-8 and ICD-9 code 410, ICD-10 codes I21-I22) or unstable angina (ICD-8 code 411, ICD-9 code 411B, ICD-10 code I20.0). THISEAS study: First-ever mi before age of 70 yrs; first CAD Uppsala Longitudinal Study of Adult men: (ICD-8 and ICD-9 code 410, ICD-10 codes I21-I22) or unstable angina (ICD-8 code 411, ICD-9 code 411B, ICD-10 code I20.0) | |
| | Sample included | | | | | |
| | 60,801 | 123,504 | 184,035 | | | |

* the data fields for UKB are linked with an 'or'.

Table S3 A. Genetic instruments from UKB and TAGC used in the main analysis

| N | SNP | Proxy SNP | r2 | Chr | Position | EA | EAF | F | Beta GX | SE GX | P-value | Beta GY | SE GY | P-value |
|----|-------------|------------|-----|-----|----------|----|------|--------|---------|-------|----------|---------|-------|---------|
| 1 | rs10178845 | – | 1 | 2 | 8443803 | a | 0.23 | 36.52 | 0.042 | 0.007 | 1.86E-09 | 0.009 | 0.014 | 4.9E-01 |
| 2 | rs10795633 | rs7091181 | 1 | 10 | 8513624 | c | 0.39 | 49.37 | 0.053 | 0.008 | 1.74E-12 | -0.002 | 0.008 | 7.7E-01 |
| 3 | rs10912564 | – | 1 | 1 | 1.73E+08 | c | 0.62 | 18.90 | 0.030 | 0.007 | 1.51E-05 | 0.002 | 0.007 | 8.1E-01 |
| 4 | rs11042902 | – | 1 | 11 | 10655623 | c | 0.83 | 16.93 | 0.029 | 0.007 | 4.11E-05 | 0.001 | 0.007 | 8.7E-01 |
| 5 | rs11088309 | rs17812893 | 1 | 21 | 36437725 | c | 0.06 | 54.59 | 0.076 | 0.010 | 1.31E-13 | 0.002 | 0.008 | 7.7E-01 |
| 6 | rs11178649 | rs3942254 | 1 | 12 | 71455871 | t | 0.25 | 38.81 | 0.046 | 0.007 | 4.91E-10 | 0.000 | 0.015 | 9.9E-01 |
| 7 | rs112267124 | rs17581728 | 0.9 | 17 | 73830996 | g | 0.84 | 25.95 | 0.043 | 0.009 | 3.93E-07 | -0.027 | 0.008 | 8.9E-04 |
| 8 | rs112502960 | rs12940887 | 1 | 17 | 47402807 | g | 0.82 | 78.65 | 0.067 | 0.008 | 4.69E-19 | -0.003 | 0.011 | 7.7E-01 |
| 9 | rs11256026 | – | 1 | 10 | 9054689 | a | 0.55 | 11.89 | 0.023 | 0.007 | 6.05E-04 | 0.012 | 0.008 | 1.6E-01 |
| 10 | rs113981909 | rs7069034 | 1 | 10 | 8321068 | a | 0.06 | 32.53 | 0.067 | 0.012 | 1.28E-08 | 0.015 | 0.010 | 1.6E-01 |
| 11 | rs12365699 | – | 1 | 11 | 1.19E+08 | a | 0.07 | 17.49 | 0.037 | 0.009 | 2.71E-05 | 0.023 | 0.009 | 9.8E-03 |
| 12 | rs12368672 | rs167769 | 0.9 | 12 | 57503775 | c | 0.29 | 117.46 | 0.080 | 0.007 | 1.97E-27 | -0.003 | 0.008 | 6.7E-01 |
| 13 | rs12470864 | rs950880 | 1 | 2 | 1.03E+08 | g | 0.70 | 213.40 | 0.108 | 0.007 | 5.06E-48 | -0.008 | 0.008 | 3.4E-01 |
| 14 | rs13099273 | rs12639588 | 0.9 | 3 | 1.88E+08 | t | 0.36 | 68.40 | 0.061 | 0.007 | 1.10E-16 | 0.001 | 0.007 | 8.9E-01 |
| 15 | rs1444782 | rs962993 | 1 | 10 | 9053132 | a | 0.27 | 227.85 | 0.112 | 0.007 | 8.46E-52 | 0.008 | 0.008 | 3.4E-01 |
| 16 | rs1689510 | rs772921 | 1 | 12 | 56403577 | g | 0.20 | 91.50 | 0.073 | 0.008 | 1.68E-21 | -0.003 | 0.007 | 6.6E-01 |
| 17 | rs1789358 | rs568038 | 1 | 11 | 1.11E+08 | g | 0.37 | 50.57 | 0.058 | 0.008 | 8.23E-13 | 0.002 | 0.007 | 7.9E-01 |
| 18 | rs1800797 | – | 1 | 7 | 22766221 | a | 0.14 | 11.01 | 0.022 | 0.007 | 8.83E-04 | 0.006 | 0.008 | 4.1E-01 |
| 19 | rs1837253 | – | 1 | 5 | 1.1E+08 | t | 0.38 | 91.39 | 0.072 | 0.008 | 6.77E-22 | 0.011 | 0.008 | 2.1E-01 |
| 20 | rs1870140 | rs6586030 | 0.9 | 10 | 82254047 | g | 0.93 | 20.07 | 0.045 | 0.010 | 7.83E-06 | -0.010 | 0.007 | 1.9E-01 |
| 21 | rs2025758 | – | 1 | 10 | 8841669 | c | 0.38 | 37.12 | 0.040 | 0.007 | 1.07E-09 | 0.004 | 0.008 | 6.4E-01 |
| 22 | rs2255088 | – | 1 | 10 | 6625378 | t | 0.59 | 23.73 | 0.034 | 0.007 | 1.27E-06 | -0.005 | 0.007 | 5.5E-01 |
| 23 | rs2296618 | – | 1 | 1 | 1.99E+08 | g | 0.22 | 28.70 | 0.053 | 0.010 | 8.11E-08 | 0.030 | 0.010 | 3.9E-03 |
| 24 | rs2596544 | rs1611400 | 0.9 | 6 | 29890918 | t | 0.19 | 94.78 | 0.085 | 0.009 | 1.94E-22 | 0.035 | 0.016 | 3.3E-02 |
| 25 | rs2995089 | – | 1 | 1 | 1.67E+08 | a | 0.16 | 40.50 | 0.042 | 0.007 | 1.89E-10 | 0.004 | 0.007 | 5.7E-01 |
| 26 | rs3024971 | – | 1 | 12 | 57493727 | g | 0.07 | 76.60 | 0.095 | 0.011 | 1.46E-18 | -0.013 | 0.011 | 2.5E-01 |
| 27 | rs3129777 | rs2187668 | 0.8 | 6 | 32605884 | c | 0.09 | 191.81 | 0.129 | 0.009 | 2.16E-43 | 0.018 | 0.010 | 9.2E-02 |
| 28 | rs343478 | rs343488 | 0.9 | 9 | 6064071 | a | 0.50 | 58.50 | 0.057 | 0.007 | 1.57E-14 | -0.015 | 0.010 | 1.4E-01 |
| 29 | rs35225972 | rs11245962 | 1 | 11 | 1111164 | g | 0.50 | 36.00 | 0.047 | 0.008 | 1.55E-09 | 0.002 | 0.014 | 9.0E-01 |
| 30 | rs35441874 | rs12935657 | 1 | 16 | 11219041 | a | 0.15 | 149.41 | 0.104 | 0.009 | 4.64E-34 | 0.005 | 0.007 | 5.1E-01 |
| 31 | rs35570272 | rs9828592 | 0.7 | 3 | 33044339 | g | 0.63 | 64.22 | 0.059 | 0.007 | 1.68E-15 | -0.001 | 0.014 | 9.2E-01 |
| 32 | rs35621564 | rs12700215 | 0.9 | 7 | 20584559 | g | 0.31 | 58.44 | 0.058 | 0.008 | 2.47E-14 | -0.022 | 0.007 | 2.3E-03 |
| 33 | rs3749833 | rs1023518 | 1 | 5 | 1.32E+08 | t | 0.27 | 112.83 | 0.087 | 0.008 | 1.57E-26 | -0.008 | 0.013 | 5.2E-01 |
| 34 | rs3785356 | rs4787948 | 1 | 16 | 27341059 | c | 0.26 | 71.93 | 0.067 | 0.008 | 3.17E-17 | 0.001 | 0.007 | 8.9E-01 |
| 35 | rs3827780 | rs2614257 | 1 | 6 | 1.36E+08 | a | 0.61 | 26.95 | 0.038 | 0.007 | 2.14E-07 | 0.001 | 0.008 | 8.7E-01 |
| 36 | rs4247364 | rs4248914 | 0.8 | 17 | 43336480 | c | 0.30 | 48.29 | 0.055 | 0.008 | 3.39E-12 | 0.020 | 0.008 | 9.7E-03 |
| 37 | rs4480384 | – | 1 | 1 | 8659714 | a | 0.37 | 26.06 | 0.034 | 0.007 | 3.10E-07 | -0.015 | 0.008 | 4.5E-02 |
| 38 | rs4749785 | – | 1 | 10 | 8603844 | c | 0.75 | 24.72 | 0.036 | 0.007 | 6.16E-07 | 0.007 | 0.008 | 3.8E-01 |
| 39 | rs4795401 | rs11557467 | 1 | 17 | 38028634 | g | 0.35 | 253.38 | 0.116 | 0.007 | 1.31E-57 | -0.003 | 0.007 | 7.0E-01 |
| 40 | rs479844 | – | 1 | 11 | 65551957 | a | 0.64 | 19.91 | 0.029 | 0.007 | 7.58E-06 | 0.002 | 0.010 | 8.2E-01 |
| 41 | rs56328339 | rs17607589 | 0.9 | 3 | 1.88E+08 | t | 0.06 | 44.09 | 0.066 | 0.010 | 2.76E-11 | -0.005 | 0.008 | 5.3E-01 |
| 42 | rs5743618 | rs12233670 | 0.9 | 4 | 38787216 | a | 0.80 | 115.81 | 0.095 | 0.009 | 5.03E-27 | 0.008 | 0.010 | 3.8E-01 |
| 43 | rs6457541 | rs9268005 | 1 | 6 | 32224388 | g | 0.29 | 23.59 | 0.037 | 0.008 | 1.10E-06 | -0.008 | 0.008 | 2.8E-01 |
| 44 | rs6594499 | – | 1 | 5 | 1.1E+08 | a | 0.65 | 64.50 | 0.051 | 0.006 | 1.56E-15 | -0.016 | 0.012 | 1.8E-01 |
| 45 | rs6687430 | – | 1 | 1 | 10633245 | g | 0.35 | 18.73 | 0.028 | 0.006 | 1.61E-05 | 0.055 | 0.008 | 5.5E-13 |
| 46 | rs7219483 | rs1048572 | 1 | 17 | 38797242 | a | 0.28 | 36.15 | 0.048 | 0.008 | 1.86E-09 | 0.014 | 0.013 | 2.8E-01 |
| 47 | rs72823641 | rs11690644 | 1 | 2 | 1.03E+08 | a | 0.06 | 313.52 | 0.193 | 0.011 | 1.35E-70 | 0.009 | 0.008 | 2.6E-01 |

| | | | | | | | | | | | | | | |
|----|-------------|------------|-----|----|----------|-----|------|--------|-------|-------|-----------|--------|-------|---------|
| 48 | rs72833417 | rs10514934 | 1 | 17 | 45812124 | a | 0.08 | 38.24 | 0.067 | 0.011 | 6.81E-10 | -0.006 | 0.013 | 6.6E-01 |
| 49 | rs7423358 | – | 1 | 2 | 2.29E+08 | t | 0.34 | 11.98 | 0.026 | 0.008 | 0.0005475 | 0.001 | 0.011 | 9.2E-01 |
| 50 | rs7626218 | rs1201296 | 0.7 | 3 | 1.77E+08 | t | 0.46 | 43.91 | 0.050 | 0.008 | 2.67E-11 | -0.002 | 0.008 | 7.6E-01 |
| 51 | rs76493820 | rs11746314 | 0.9 | 5 | 1.57E+08 | c | 0.02 | 31.70 | 0.087 | 0.015 | 1.78E-08 | -0.010 | 0.008 | 2.3E-01 |
| 52 | rs770379212 | rs7671357 | 0.7 | 4 | 1.23E+08 | ca | 0.71 | 72.03 | 0.066 | 0.008 | 1.43E-17 | -0.010 | 0.008 | 1.8E-01 |
| 53 | rs770792291 | rs17105278 | 1 | 14 | 68728479 | aat | 0.31 | 55.05 | 0.060 | 0.008 | 1.51E-13 | -0.015 | 0.007 | 3.8E-02 |
| 54 | rs7735519 | – | 1 | 5 | 1.1E+08 | c | 0.67 | 46.33 | 0.060 | 0.009 | 1.17E-11 | -0.003 | 0.007 | 6.4E-01 |
| 55 | rs7770794 | – | 1 | 6 | 1.55E+08 | g | 0.79 | 24.02 | 0.035 | 0.007 | 1.03E-06 | 0.004 | 0.007 | 6.2E-01 |
| 56 | rs7936312 | rs2155219 | 0.9 | 11 | 76299194 | g | 0.56 | 246.02 | 0.115 | 0.007 | 5.81E-56 | 0.014 | 0.009 | 1.0E-01 |
| 57 | rs7961712 | – | 1 | 12 | 94604963 | g | 0.11 | 19.22 | 0.040 | 0.009 | 1.17E-05 | -0.013 | 0.012 | 2.6E-01 |
| 58 | rs802731 | rs802734 | 0.9 | 6 | 1.28E+08 | c | 0.18 | 56.53 | 0.061 | 0.008 | 6.59E-14 | 0.012 | 0.008 | 1.5E-01 |
| 59 | rs802731 | rs813915 | 0.7 | 6 | 1.28E+08 | c | 0.18 | 56.53 | 0.061 | 0.008 | 6.59E-14 | -0.006 | 0.007 | 4.4E-01 |
| 60 | rs848 | – | 1 | 5 | 1.32E+08 | c | 0.62 | 48.32 | 0.057 | 0.008 | 3.26E-12 | -0.030 | 0.008 | 1.4E-04 |
| 61 | rs919826 | rs1107677 | 1 | 9 | 23587027 | c | 0.38 | 30.48 | 0.040 | 0.007 | 3.34E-08 | 0.006 | 0.007 | 4.5E-01 |
| 62 | rs992969 | – | 1 | 9 | 6209697 | g | 0.78 | 99.18 | 0.073 | 0.007 | 1.26E-23 | -0.010 | 0.012 | 4.1E-01 |

Table S3 B. Genetic instruments from UKB used in the sex-stratified analyses (male)

| N | SNP | Chr | Position | EA | EAF | F | Beta GX | SE GX | P-value | Beta GY | SE GY | P-value |
|----|------------|-----|-----------|----|------|--------|---------|-------|----------|---------|----------|----------|
| 1 | rs2844581 | 6 | 31332703 | C | 0.10 | 10.16 | 0.040 | 0.013 | 1.44E-03 | -0.022 | 1.54E-02 | 1.59E-01 |
| 2 | rs17812893 | 21 | 36437725 | G | 0.06 | 11.45 | 0.051 | 0.015 | 7.16E-04 | 0.006 | 1.84E-02 | 7.38E-01 |
| 3 | rs2614257 | 6 | 135676404 | C | 0.32 | 11.46 | 0.036 | 0.011 | 7.13E-04 | 0.005 | 1.30E-02 | 6.77E-01 |
| 4 | rs17581728 | 17 | 73830996 | T | 0.16 | 11.65 | 0.043 | 0.013 | 6.41E-04 | -0.033 | 1.52E-02 | 2.88E-02 |
| 5 | rs1800797 | 7 | 22766221 | G | 0.86 | 12.09 | 0.038 | 0.011 | 5.07E-04 | -0.013 | 1.31E-02 | 3.07E-01 |
| 6 | rs4248914 | 17 | 43336480 | C | 0.23 | 15.65 | 0.048 | 0.012 | 7.61E-05 | -0.003 | 1.48E-02 | 8.44E-01 |
| 7 | rs1107677 | 9 | 23587027 | C | 0.61 | 16.53 | 0.044 | 0.011 | 4.79E-05 | -0.013 | 1.29E-02 | 3.01E-01 |
| 8 | rs7961712 | 12 | 94604963 | A | 0.89 | 16.80 | 0.062 | 0.015 | 4.16E-05 | 0.022 | 1.80E-02 | 2.25E-01 |
| 9 | rs7069034 | 10 | 8321068 | G | 0.94 | 17.98 | 0.073 | 0.017 | 2.23E-05 | 0.014 | 2.04E-02 | 4.77E-01 |
| 10 | rs343488 | 9 | 6064071 | C | 0.50 | 19.40 | 0.048 | 0.011 | 1.06E-05 | 0.000 | 1.30E-02 | 9.76E-01 |
| 11 | rs2255088 | 10 | 6625378 | C | 0.41 | 20.16 | 0.051 | 0.011 | 7.11E-06 | -0.019 | 1.37E-02 | 1.62E-01 |
| 12 | rs11042902 | 11 | 10655623 | T | 0.17 | 20.79 | 0.053 | 0.012 | 5.12E-06 | -0.023 | 1.40E-02 | 9.67E-02 |
| 13 | rs1048572 | 17 | 38797242 | G | 0.74 | 21.27 | 0.055 | 0.012 | 3.99E-06 | -0.007 | 1.42E-02 | 6.37E-01 |
| 14 | rs3942254 | 12 | 71455871 | G | 0.75 | 21.29 | 0.050 | 0.011 | 3.95E-06 | -0.010 | 1.31E-02 | 4.38E-01 |
| 15 | rs12365699 | 11 | 118743286 | G | 0.93 | 22.78 | 0.070 | 0.015 | 1.82E-06 | -0.010 | 1.73E-02 | 5.50E-01 |
| 16 | rs6687430 | 1 | 10633245 | A | 0.52 | 23.79 | 0.053 | 0.011 | 1.07E-06 | 0.012 | 1.29E-02 | 3.74E-01 |
| 17 | rs568038 | 11 | 111432161 | T | 0.64 | 24.34 | 0.058 | 0.012 | 8.08E-07 | -0.022 | 1.42E-02 | 1.28E-01 |
| 18 | rs10912564 | 1 | 173170618 | T | 0.38 | 25.91 | 0.059 | 0.012 | 3.58E-07 | -0.006 | 1.40E-02 | 6.74E-01 |
| 19 | rs2296618 | 1 | 198666232 | A | 0.78 | 27.69 | 0.085 | 0.016 | 1.42E-07 | -0.020 | 1.91E-02 | 2.98E-01 |
| 20 | rs7671357 | 4 | 123126450 | A | 0.29 | 27.85 | 0.060 | 0.011 | 1.31E-07 | 0.003 | 1.37E-02 | 8.20E-01 |
| 21 | rs11245962 | 11 | 11111164 | T | 0.50 | 28.63 | 0.062 | 0.012 | 8.77E-08 | -0.012 | 1.38E-02 | 3.73E-01 |
| 22 | rs4787948 | 16 | 27341059 | G | 0.35 | 28.80 | 0.063 | 0.012 | 8.04E-08 | -0.026 | 1.41E-02 | 6.51E-02 |
| 23 | rs2187668 | 6 | 32605884 | T | 0.01 | 28.89 | 0.079 | 0.015 | 7.66E-08 | -0.017 | 1.79E-02 | 3.50E-01 |
| 24 | rs4749785 | 10 | 8603844 | T | 0.25 | 30.31 | 0.066 | 0.012 | 3.69E-08 | -0.022 | 1.45E-02 | 1.36E-01 |
| 25 | rs2995089 | 1 | 167431193 | G | 0.84 | 30.92 | 0.061 | 0.011 | 2.69E-08 | -0.010 | 1.31E-02 | 4.33E-01 |
| 26 | rs802734 | 6 | 128278798 | G | 0.19 | 31.49 | 0.064 | 0.011 | 2.01E-08 | 0.001 | 1.39E-02 | 9.70E-01 |
| 27 | rs479844 | 11 | 65551957 | G | 0.36 | 32.79 | 0.062 | 0.011 | 1.03E-08 | 0.009 | 1.30E-02 | 4.82E-01 |
| 28 | rs4480384 | 1 | 8659714 | G | 0.63 | 33.43 | 0.065 | 0.011 | 7.38E-09 | 0.031 | 1.35E-02 | 2.28E-02 |
| 29 | rs2025758 | 10 | 8841669 | T | 0.62 | 33.77 | 0.063 | 0.011 | 6.20E-09 | 0.006 | 1.30E-02 | 6.26E-01 |
| 30 | rs9828592 | 3 | 33044339 | C | 0.39 | 34.80 | 0.064 | 0.011 | 3.66E-09 | 0.006 | 1.30E-02 | 6.50E-01 |
| 31 | rs17105278 | 14 | 68728479 | C | 0.31 | 35.20 | 0.071 | 0.012 | 2.97E-09 | -0.004 | 1.44E-02 | 8.00E-01 |
| 32 | rs12700215 | 7 | 20584559 | G | 0.68 | 38.69 | 0.070 | 0.011 | 4.97E-10 | -0.016 | 1.35E-02 | 2.25E-01 |
| 33 | rs813915 | 6 | 128287313 | T | 0.24 | 38.82 | 0.077 | 0.012 | 4.66E-10 | 0.010 | 1.51E-02 | 5.01E-01 |
| 34 | rs12233670 | 4 | 38787216 | C | 0.60 | 46.58 | 0.092 | 0.014 | 8.79E-12 | -0.006 | 1.62E-02 | 7.08E-01 |
| 35 | rs2596560 | 6 | 31355318 | C | 0.24 | 46.70 | 0.084 | 0.012 | 8.27E-12 | -0.005 | 1.50E-02 | 7.40E-01 |
| 36 | rs12940887 | 17 | 47402807 | T | 0.19 | 48.34 | 0.077 | 0.011 | 3.59E-12 | 0.074 | 1.33E-02 | 2.45E-08 |
| 37 | rs7735519 | 5 | 110153341 | A | 0.33 | 49.08 | 0.105 | 0.015 | 2.46E-12 | -0.010 | 1.83E-02 | 5.82E-01 |
| 38 | rs772921 | 12 | 56403577 | T | 0.20 | 50.66 | 0.080 | 0.011 | 1.10E-12 | 0.017 | 1.36E-02 | 2.08E-01 |
| 39 | rs10178845 | 2 | 8443803 | G | 0.77 | 54.38 | 0.087 | 0.012 | 1.65E-13 | -0.011 | 1.41E-02 | 4.40E-01 |
| 40 | rs167769 | 12 | 57503775 | T | 0.27 | 57.31 | 0.082 | 0.011 | 3.71E-14 | 0.009 | 1.31E-02 | 4.85E-01 |
| 41 | rs3024971 | 12 | 57493727 | T | 0.07 | 61.40 | 0.139 | 0.018 | 4.66E-15 | 0.014 | 2.08E-02 | 5.06E-01 |
| 42 | rs848 | 5 | 131996500 | A | 0.38 | 64.43 | 0.110 | 0.014 | 9.99E-16 | 0.022 | 1.67E-02 | 1.86E-01 |
| 43 | rs1023518 | 5 | 131793772 | T | 0.31 | 71.66 | 0.102 | 0.012 | 2.56E-17 | 0.022 | 1.46E-02 | 1.24E-01 |
| 44 | rs12935657 | 16 | 11219041 | G | 0.86 | 82.49 | 0.114 | 0.013 | 1.06E-19 | -0.018 | 1.50E-02 | 2.44E-01 |
| 45 | rs962993 | 10 | 9053132 | C | 0.75 | 97.19 | 0.107 | 0.011 | 6.29E-23 | 0.019 | 1.30E-02 | 1.50E-01 |
| 46 | rs6594499 | 5 | 110470137 | C | 0.35 | 104.90 | 0.110 | 0.011 | 1.29E-24 | 0.011 | 1.29E-02 | 3.89E-01 |
| 47 | rs11557467 | 17 | 38028634 | G | 0.62 | 136.77 | 0.125 | 0.011 | 1.35E-31 | 0.003 | 1.29E-02 | 8.42E-01 |

| | | | | | | | | | | | | |
|----|------------|----|-----------|---|------|--------|-------|-------|----------|--------|----------|----------|
| 48 | rs2155219 | 11 | 76299194 | T | 0.54 | 142.88 | 0.128 | 0.011 | 6.24E-33 | -0.004 | 1.29E-02 | 7.82E-01 |
| 49 | rs1837253 | 5 | 110401872 | C | 0.62 | 154.36 | 0.154 | 0.012 | 1.93E-35 | 0.008 | 0.014723 | 5.80E-01 |
| 50 | rs950880 | 2 | 102932562 | A | 0.30 | 154.89 | 0.136 | 0.011 | 1.48E-35 | -0.022 | 1.32E-02 | 1.00E-01 |
| 51 | rs11690644 | 2 | 102914214 | A | 0.95 | 188.31 | 0.225 | 0.016 | 7.44E-43 | 0.005 | 1.90E-02 | 7.75E-01 |
| 52 | rs992969 | 9 | 6209697 | A | 0.22 | 194.51 | 0.169 | 0.012 | 3.29E-44 | -0.006 | 1.48E-02 | 6.99E-01 |

Table S3 C. Genetic instruments from UKB used in the sex-stratified analyses (female)

| N | SNP | Chr | Position | EA | EAF | F | Beta GX | SE GX | P-value | Beta GY | SE GY | P-value |
|----|------------|-----|-----------|----|------|-------|---------|-------|----------|---------|-------|----------|
| 1 | rs6586030 | 10 | 82254047 | A | 0.07 | 10.52 | 0.042 | 0.013 | 1.18E-03 | -0.014 | 0.027 | 6.09E-01 |
| 2 | rs7069034 | 10 | 8321068 | G | 0.94 | 12.38 | 0.052 | 0.015 | 4.33E-04 | 0.050 | 0.031 | 1.10E-01 |
| 3 | rs12365699 | 11 | 118743286 | G | 0.93 | 12.77 | 0.045 | 0.013 | 3.53E-04 | 0.010 | 0.027 | 7.19E-01 |
| 4 | rs2614257 | 6 | 135676404 | C | 0.32 | 13.39 | 0.034 | 0.009 | 2.54E-04 | 0.007 | 0.020 | 7.12E-01 |
| 5 | rs11245962 | 11 | 1111164 | T | 0.50 | 13.65 | 0.037 | 0.010 | 2.20E-04 | -0.002 | 0.021 | 9.27E-01 |
| 6 | rs6687430 | 1 | 10633245 | A | 0.51 | 13.79 | 0.035 | 0.009 | 2.04E-04 | -0.013 | 0.020 | 4.98E-01 |
| 7 | rs11042902 | 11 | 10655623 | T | 0.17 | 14.53 | 0.038 | 0.010 | 1.38E-04 | 0.020 | 0.022 | 3.53E-01 |
| 8 | rs17581728 | 17 | 73830996 | T | 0.16 | 14.71 | 0.042 | 0.011 | 1.25E-04 | 0.029 | 0.023 | 2.15E-01 |
| 9 | rs1107677 | 9 | 23587027 | C | 0.61 | 15.19 | 0.036 | 0.009 | 9.72E-05 | -0.003 | 0.020 | 8.65E-01 |
| 10 | rs1048572 | 17 | 38797242 | G | 0.74 | 16.18 | 0.041 | 0.010 | 5.75E-05 | -0.017 | 0.022 | 4.36E-01 |
| 11 | rs11256026 | 10 | 9054689 | G | 0.45 | 16.55 | 0.039 | 0.010 | 4.75E-05 | -0.013 | 0.021 | 5.19E-01 |
| 12 | rs11746314 | 5 | 156752957 | G | 0.02 | 16.66 | 0.080 | 0.020 | 4.47E-05 | -0.052 | 0.043 | 2.21E-01 |
| 13 | rs3942254 | 12 | 71455871 | G | 0.75 | 18.55 | 0.041 | 0.009 | 1.66E-05 | 0.017 | 0.020 | 3.99E-01 |
| 14 | rs813915 | 6 | 128287313 | T | 0.24 | 18.68 | 0.047 | 0.011 | 1.55E-05 | 0.025 | 0.023 | 2.88E-01 |
| 15 | rs1800797 | 7 | 22766221 | G | 0.86 | 18.98 | 0.041 | 0.009 | 1.32E-05 | -0.041 | 0.020 | 4.32E-02 |
| 16 | rs4749785 | 10 | 8603844 | T | 0.25 | 19.91 | 0.047 | 0.010 | 8.13E-06 | -0.022 | 0.022 | 3.21E-01 |
| 17 | rs802734 | 6 | 128278798 | G | 0.19 | 20.18 | 0.045 | 0.010 | 7.05E-06 | 0.033 | 0.021 | 1.19E-01 |
| 18 | rs10912564 | 1 | 173170618 | T | 0.38 | 20.35 | 0.045 | 0.010 | 6.44E-06 | -0.016 | 0.022 | 4.57E-01 |
| 19 | rs479844 | 11 | 65551957 | G | 0.36 | 20.66 | 0.042 | 0.009 | 5.50E-06 | 0.027 | 0.020 | 1.67E-01 |
| 20 | rs2187668 | 6 | 32605884 | T | 0.01 | 21.36 | 0.059 | 0.013 | 3.82E-06 | -0.030 | 0.027 | 2.74E-01 |
| 21 | rs2296618 | 1 | 198666232 | A | 0.78 | 22.40 | 0.065 | 0.014 | 2.22E-06 | -0.001 | 0.029 | 9.81E-01 |
| 22 | rs7770794 | 6 | 154627823 | A | 0.21 | 22.52 | 0.049 | 0.010 | 2.08E-06 | -0.014 | 0.022 | 5.20E-01 |
| 23 | rs4480384 | 1 | 8659714 | G | 0.63 | 23.34 | 0.047 | 0.010 | 1.36E-06 | 0.005 | 0.021 | 8.21E-01 |
| 24 | rs7961712 | 12 | 94604963 | A | 0.89 | 24.17 | 0.065 | 0.013 | 8.81E-07 | 0.054 | 0.028 | 5.28E-02 |
| 25 | rs568038 | 11 | 111432161 | T | 0.65 | 24.65 | 0.051 | 0.010 | 6.89E-07 | -0.026 | 0.022 | 2.30E-01 |
| 26 | rs4248914 | 17 | 43336480 | C | 0.23 | 25.26 | 0.053 | 0.011 | 5.02E-07 | 0.011 | 0.023 | 6.18E-01 |
| 27 | rs12700215 | 7 | 20584559 | G | 0.68 | 25.74 | 0.049 | 0.010 | 3.91E-07 | -0.030 | 0.021 | 1.50E-01 |
| 28 | rs17105278 | 14 | 68728479 | C | 0.31 | 25.80 | 0.053 | 0.010 | 3.79E-07 | 0.039 | 0.022 | 7.62E-02 |
| 29 | rs10514934 | 17 | 45812124 | C | 0.07 | 27.61 | 0.071 | 0.014 | 1.48E-07 | 0.003 | 0.029 | 9.14E-01 |
| 30 | rs9268005 | 6 | 32224388 | A | 0.72 | 29.16 | 0.053 | 0.010 | 6.65E-08 | 0.000 | 0.021 | 9.82E-01 |
| 31 | rs9828592 | 3 | 33044339 | C | 0.39 | 29.48 | 0.051 | 0.009 | 5.66E-08 | -0.021 | 0.020 | 2.92E-01 |
| 32 | rs2255088 | 10 | 6625378 | C | 0.41 | 30.14 | 0.054 | 0.010 | 4.02E-08 | -0.023 | 0.021 | 2.81E-01 |
| 33 | rs4787948 | 16 | 27341059 | G | 0.35 | 37.13 | 0.062 | 0.010 | 1.11E-09 | -0.018 | 0.022 | 4.11E-01 |
| 34 | rs10178845 | 2 | 8443803 | G | 0.77 | 38.12 | 0.063 | 0.010 | 6.65E-10 | 0.019 | 0.022 | 3.75E-01 |
| 35 | rs7091181 | 10 | 8513624 | G | 0.64 | 39.51 | 0.060 | 0.010 | 3.26E-10 | 0.015 | 0.021 | 4.63E-01 |
| 36 | rs12940887 | 17 | 47402807 | T | 0.19 | 39.67 | 0.061 | 0.010 | 3.01E-10 | 0.060 | 0.020 | 3.58E-03 |
| 37 | rs7671357 | 4 | 123126450 | A | 0.29 | 43.46 | 0.065 | 0.010 | 4.32E-11 | 0.012 | 0.021 | 5.71E-01 |
| 38 | rs2596560 | 6 | 31355318 | C | 0.24 | 43.53 | 0.071 | 0.011 | 4.18E-11 | -0.031 | 0.023 | 1.82E-01 |
| 39 | rs343488 | 9 | 6064071 | C | 0.50 | 45.32 | 0.063 | 0.009 | 1.67E-11 | 0.026 | 0.020 | 1.89E-01 |
| 40 | rs2025758 | 10 | 8841669 | T | 0.62 | 45.65 | 0.063 | 0.009 | 1.41E-11 | -0.010 | 0.020 | 6.10E-01 |
| 41 | rs17812893 | 21 | 36437725 | G | 0.06 | 46.62 | 0.089 | 0.013 | 8.62E-12 | -0.011 | 0.028 | 7.06E-01 |
| 42 | rs772921 | 12 | 56403577 | T | 0.20 | 46.93 | 0.067 | 0.010 | 7.36E-12 | 0.016 | 0.021 | 4.37E-01 |
| 43 | rs2995089 | 1 | 167431193 | G | 0.84 | 49.33 | 0.067 | 0.010 | 2.16E-12 | -0.009 | 0.020 | 6.67E-01 |
| 44 | rs1023518 | 5 | 131793772 | T | 0.31 | 52.29 | 0.076 | 0.010 | 4.79E-13 | 0.022 | 0.023 | 3.21E-01 |
| 45 | rs12233670 | 4 | 38787216 | C | 0.59 | 59.76 | 0.091 | 0.012 | 1.07E-14 | 0.028 | 0.025 | 2.67E-01 |
| 46 | rs7735519 | 5 | 110153341 | A | 0.33 | 66.96 | 0.107 | 0.013 | 2.78E-16 | 0.013 | 0.028 | 6.46E-01 |
| 47 | rs167769 | 12 | 57503775 | T | 0.27 | 68.64 | 0.078 | 0.009 | 1.18E-16 | -0.010 | 0.020 | 6.22E-01 |

| | | | | | | | | | | | | |
|----|------------|----|-----------|---|------|--------|-------|-------|----------|--------|-------|----------|
| 48 | rs6594499 | 5 | 110470137 | C | 0.35 | 71.24 | 0.079 | 0.009 | 3.16E-17 | 0.003 | 0.020 | 8.84E-01 |
| 49 | rs848 | 5 | 131996500 | A | 0.38 | 75.12 | 0.103 | 0.012 | 4.42E-18 | 0.062 | 0.025 | 1.38E-02 |
| 50 | rs12935657 | 16 | 11219041 | G | 0.86 | 77.84 | 0.096 | 0.011 | 1.11E-18 | 0.016 | 0.023 | 4.90E-01 |
| 51 | rs950880 | 2 | 102932562 | A | 0.30 | 84.99 | 0.088 | 0.009 | 2.99E-20 | 0.019 | 0.020 | 3.56E-01 |
| 52 | rs3024971 | 12 | 57493727 | T | 0.93 | 94.42 | 0.150 | 0.015 | 2.56E-22 | -0.030 | 0.032 | 3.42E-01 |
| 53 | rs1837253 | 5 | 110401872 | C | 0.62 | 102.69 | 0.108 | 0.011 | 3.92E-24 | -0.034 | 0.023 | 1.33E-01 |
| 54 | rs2155219 | 11 | 76299194 | T | 0.54 | 103.50 | 0.094 | 0.009 | 2.60E-24 | -0.014 | 0.020 | 4.85E-01 |
| 55 | rs11557467 | 17 | 38028634 | G | 0.62 | 117.32 | 0.101 | 0.009 | 2.45E-27 | 0.016 | 0.020 | 4.05E-01 |
| 56 | rs992969 | 9 | 6209697 | A | 0.22 | 123.36 | 0.118 | 0.011 | 1.16E-28 | -0.019 | 0.023 | 3.99E-01 |
| 57 | rs11690644 | 2 | 102914214 | A | 0.95 | 135.12 | 0.164 | 0.014 | 3.12E-31 | 0.034 | 0.029 | 2.51E-01 |
| 58 | rs962993 | 10 | 9053132 | C | 0.75 | 153.18 | 0.117 | 0.009 | 3.49E-35 | -0.042 | 0.020 | 3.57E-02 |

Table S4. Description of Mendelian randomisation methods.

| MR method | Description | Assumptions of pleiotropy | Reference |
|---|--|---|--|
| Inverse Variance Weight - Fixed Effects | Calculates the ratio between the change of the outcome per unit of exposure to the change in the exposure per unit of change in the instrumental variable (Wald ratio) | IVW-FE assumes no presence of pleiotropy (vulnerable to presence of pleiotropy) | Burgess S, Small DS, Thompson SG. A review of instrumental variable estimators for Mendelian randomization. <i>Stat Methods Med Res.</i> 2017 Oct;26(5):2333-2355. doi: 10.1177/0962280215597579. Epub 2015 Aug 17. PMID: 26282889; PMCID: PMC5642006. |
| Inverse Variance Weight - Random Effects | Calculates the ratio between the change of the outcome per unit of exposure to the change in the exposure per unit of change in the instrumental variable (Wald ratio). Assumes that the pleiotropy is balanced between the genetic instruments (Random Effects) and that the effect is independent of the magnitude of the effect of each genetic instrument. | IVW-RE is robust to pleiotropy if two conditions are met: i) Pleiotropy is balanced (i.e., the mean is zero) and ii) INSIDE assumption (i.e. association between genetic instrument and outcome is not correlated to the path from the genetic instrument to the outcome) | Jack Bowden and others, Improving the accuracy of two-sample summary-data Mendelian randomization: moving beyond the NOME assumption, <i>International Journal of Epidemiology</i> , Volume 48, Issue 3, June 2019, Pages 728–742, https://doi.org/10.1093/ije/dyy258 |
| Weighted Mode-based estimation | This method assumes that the most frequent causal effect is consistent with the true causal effect. | Even if the instruments outside this effect are not valid, the causal effect is not invalid | Hartwig FP, Davey Smith G, Bowden J. Robust inference in summary data Mendelian randomization via the zero modal pleiotropy assumption. <i>International Journal of Epidemiology</i> 2017;46:1985-1998. Bowden, J., Davey Smith, G., Haycock, P.C. and Burgess, S. (2016), Consistent Estimation in Mendelian Randomization with Some Invalid Instruments Using a Weighted Median Estimator. <i>Genet. Epidemiol.</i> , 40: 304-314. https://doi.org/10.1002/gepi.21965 |
| Weighted median analysis | A Mendelian Randomization method that obtains an estimator equal to the median of the distribution of all the instruments. | The weighted median estimator will be resistant to pleiotropy if there is at least 50% of the weight of the distribution that is provided by valid instruments | Bowden J, Del Greco M F, Minelli C, Davey Smith G, Sheehan NA, Thompson JR. Assessing the suitability of summary data for two-sample Mendelian randomization analyses using MR-Egger regression: the role of the I2 statistic. <i>Int J Epidemiol.</i> 2016;45(6):1961-1974. https://doi:10.1093/ije/dyw220 |
| MR-Egger regression + SIMEX method | MR method suitable for situations where not all the genetic instruments satisfy the instrumental variable assumptions | Provides a consistent estimate and detects the presence of directional pleiotropy | |
| Pleiotropy correction | | | |
| MR-PRESSO | Evaluates horizontal pleiotropy in a set of multiple genetic instruments (SNPs) within a genome-wide summary association statistics dataset. It detects horizontal pleiotropy with a global test, then corrects for horizontal pleiotropy by removing pleiotropic SNPs and testing whether the results are distorted by the removal or inclusion of the pleiotropic SNPs | | https://github.com/rondolab/MR-PRESSO |

Table S5. Regression estimates for the association between asthma and incident coronary heart disease (CHD)

| | Univariable regression estimates | | | Multivariable, not adjusted by GP-consultation variable | | | Multivariable, adjusted by GP-consultation variable | | |
|-----------------------------------|----------------------------------|------------------|-----------|---|------------------|-----------|---|------------------|-----------|
| | Unadjusted HR | p-value | 95% CI | Adjusted HR | p-value | 95% CI | Adjusted HR | p-value | 95% CI |
| Asthma | 1.14 | <0.001 | 1.09-1.19 | 1.06 | 0.033 | 1.01-1.13 | 0.99 | 0.758 | 0.94-1.05 |
| OCS category | | | | | | | | | |
| None | | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | |
| 1 OCS | 1.45 | <0.001 | 1.27-1.66 | 1.31 | <0.001 | 1.14-1.52 | 1.28 | <0.001 | 1.10-1.48 |
| > 1 OCS | 1.48 | <0.001 | 1.29-1.71 | 1.35 | <0.001 | 1.15-1.57 | 1.26 | 0.004 | 1.08-1.48 |
| Socioeconomic Status (IMD) | | | | | | | | | |
| 1 (Least deprived) | | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | |
| 2 | 1.13 | 0.030 | 1.01-1.27 | 1.08 | 0.177 | 0.97-1.21 | 1.08 | 0.182 | 0.95-1.20 |
| 3 | 1.28 | <0.001 | 1.14-1.44 | 1.16 | 0.014 | 1.03-1.31 | 1.15 | 0.019 | 1.02-1.30 |
| 4 | 1.58 | <0.001 | 1.39-1.79 | 1.41 | <0.001 | 1.24-1.60 | 1.40 | <0.001 | 1.23-1.59 |
| 5 (Most deprived) | 1.88 | <0.001 | 1.64-2.15 | 1.61 | <0.001 | 1.39-1.85 | 1.57 | <0.001 | 1.37-1.81 |
| Body Mass Index | | | | | | | | | |
| Normal | | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | |
| Underweight | 1.50 | 0.002 | 1.16-1.95 | 1.37 | 0.024 | 1.04-1.79 | 1.37 | 0.022 | 1.05-1.79 |
| Overweight | 1.07 | 0.154 | 0.98-1.17 | 1.09 | 0.088 | 0.99-1.19 | 1.08 | 0.105 | 0.98-1.19 |
| Obese | 1.30 | <0.001 | 1.19-1.44 | 1.31 | <0.001 | 1.19-1.45 | 1.28 | <0.001 | 1.16-1.42 |
| Atopy | | | | | | | | | |
| Yes | 1.00 | 0.918 | 0.93-1.09 | 0.98 | 0.613 | 0.89-1.07 | 0.96 | 0.330 | 0.88-1.04 |
| Smoking status | | | | | | | | | |
| Non-smoker (reference) | | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | |
| Ex-smoker | 1.35 | <0.001 | 1.24-1.47 | 1.31 | <0.001 | 1.19-1.42 | 1.29 | <0.001 | 1.19-1.41 |
| Smoker | 2.20 | <0.001 | 2.00-2.42 | 2.14 | <0.001 | 1.95-2.36 | 2.13 | <0.001 | 1.93-2.34 |
| GP consultation | | | | | | | | | |
| 1st quartile | | <i>Reference</i> | | | | | | <i>Reference</i> | |
| 2nd quartile | 1.23 | <0.001 | 1.12-1.35 | | | | 1.22 | <0.001 | 1.11-1.34 |
| 3rd quartile | 1.40 | <0.001 | 1.27-1.54 | | | | 1.33 | <0.001 | 1.20-1.48 |
| 4th quartile | 1.85 | <0.001 | 1.67-2.05 | | | | 1.70 | <0.001 | 1.52-1.89 |

BMI= body mass index, IMD = index of multiple deprivation, GP = general practitioner, HR = hazard ratio. Each model is adjusted for all shown variables in that model.

Table S6. Multivariable regression estimates for model 2 including asthma severity

| | Univariable regression estimates | | | Multivariable, not adjusted by GP-consultation variable | | | Multivariable, adjusted by GP-consultation variable | | |
|-----------------------------------|----------------------------------|---------|-----------|---|---------|-----------|---|---------|-----------|
| | Unadjusted HR | p-value | 95% CI | Adjusted HR | p-value | 95% CI | Adjusted HR | p-value | 95% CI |
| Therapy | | | | | | | | | |
| No asthma | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| No treatment | 0.99 | 0.917 | 0.89-1.10 | 0.97 | 0.605 | 0.87-1.09 | 0.92 | 0.139 | 0.83-1.03 |
| SABA only | 1.15 | 0.026 | 1.02-1.29 | 1.06 | 0.368 | 0.93-1.20 | 0.99 | 0.899 | 0.87-1.13 |
| ICS | 1.12 | 0.002 | 1.04-1.24 | 1.08 | 0.061 | 0.99-1.17 | 1.00 | 0.854 | 0.93-1.09 |
| ICS + add-on | 1.27 | <0.001 | 1.17-1.39 | 1.13 | 0.019 | 1.02-1.25 | 1.01 | 0.797 | 0.91-1.13 |
| OCS | | | | | | | | | |
| None | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| 1 OCS | 1.45 | <0.001 | 1.27-1.66 | 1.28 | <0.001 | 1.10-1.49 | 1.26 | 0.003 | 1.08-1.46 |
| > 1 OCS | 1.48 | <0.001 | 1.29-1.71 | 1.29 | 0.002 | 1.10-1.52 | 1.24 | 0.011 | 1.05-1.46 |
| Socioeconomic Status (IMD) | | | | | | | | | |
| 1 (Least deprived) | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| 2 | 1.13 | 0.030 | 1.01-1.27 | 1.08 | 0.175 | 0.97-1.21 | 1.08 | 0.180 | 0.96-1.21 |
| 3 | 1.28 | <0.001 | 1.14-1.44 | 1.16 | 0.014 | 1.03-1.31 | 1.15 | 0.018 | 1.03-1.31 |
| 4 | 1.58 | <0.001 | 1.39-1.79 | 1.41 | <0.001 | 1.24-1.60 | 1.41 | <0.001 | 1.24-1.59 |
| 5 (Most deprived) | 1.88 | <0.001 | 1.64-2.15 | 1.61 | <0.001 | 1.40-1.85 | 1.58 | <0.001 | 1.37-1.81 |
| Body Mass Index | | | | | | | | | |
| Normal | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| Underweight | 1.50 | 0.002 | 1.16-1.95 | 1.36 | 0.025 | 1.04-1.79 | 1.37 | 0.022 | 1.05-1.79 |
| Overweight | 1.07 | 0.154 | 0.98-1.17 | 1.08 | 0.091 | 0.99-1.19 | 1.08 | 0.107 | 0.98-1.19 |
| Obese | 1.30 | <0.001 | 1.19-1.44 | 1.31 | <0.001 | 1.18-1.45 | 1.29 | <0.001 | 1.16-1.42 |
| Atopy | 1.00 | 0.918 | 0.93-1.09 | 0.98 | 0.594 | 0.89-1.06 | 0.96 | 0.322 | 0.88-1.04 |
| Smoking status | | | | | | | | | |
| Non-smoker (reference) | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| Ex-smoker | 1.35 | <0.001 | 1.24-1.47 | 1.30 | <0.001 | 1.19-1.42 | 1.29 | <0.001 | 1.18-1.41 |
| Smoker | 2.20 | <0.001 | 2.00-2.42 | 2.14 | <0.001 | 1.94-2.36 | 2.13 | <0.001 | 1.93-2.34 |
| GP consultation | | | | | | | | | |
| 1st quartile | <i>Reference</i> | | | <i>Reference</i> | | | <i>Reference</i> | | |
| 2nd quartile | 1.23 | <0.001 | 1.12-1.35 | | | | 1.22 | <0.001 | 1.11-1.34 |
| 3rd quartile | 1.40 | <0.001 | 1.27-1.54 | | | | 1.33 | <0.001 | 1.19-1.47 |
| 4th quartile | 1.85 | <0.001 | 1.67-2.05 | | | | 1.69 | <0.001 | 1.51-1.89 |

Table S7. The influence of asthma severity on the association between asthma and incident CHD

| Asthma severity | Adjusted HR | 95% CI | p-value |
|------------------------|--------------------|---------------|----------------|
| Asthma + no treatment | 0.91 | 0.81-1.02 | 0.102 |
| Asthma + SABA only | 0.99 | 0.86-1.14 | 0.884 |
| Asthma + ICS | 1.00 | 0.91-1.09 | 0.981 |
| Asthma + ICS + add-on | 1.04 | 0.92-1.18 | 0.466 |

Model 2 stratified by asthma severity. SABA=short-acting beta agonist. ICS=inhaled corticosteroid.

Table S8. Distribution according to quantiles of GP consultation variable

| | GP consultation quartile | | | | | | | | | | Mean standardised difference (1st-4th quartile) |
|--------------------------------------|--------------------------|-------|---------|-------|---------|-------|---------|-------|-----------|--------|---|
| | 1 | | 2 | | 3 | | 4 | | Total | | |
| | N | % | N | % | N | % | N | % | N | % | |
| Exposed | | | | | | | | | | | 0.83 |
| No | 346,642 | 45.5% | 167,228 | 22.0% | 141,266 | 18.6% | 106,319 | 14.0% | 761,455 | 100.0% | |
| Yes | 161,035 | 21.1% | 146,942 | 19.3% | 202,850 | 26.6% | 250,628 | 32.9% | 761,455 | 100.0% | |
| Age, years, mean (SD) | 38.3 | 16.67 | 37.9 | 17.11 | 39.0 | 17.37 | 42.6 | 18.01 | 39.4 | 17.34 | -0.243 |
| Sex | | | | | | | | | | | |
| Male | 274,949 | 41.5% | 137,571 | 20.7% | 134,246 | 20.2% | 116,462 | 17.6% | 663,228 | 100.0% | |
| Female | 232,728 | 27.1% | 176,599 | 20.5% | 209,870 | 24.4% | 240,485 | 28.0% | 859,682 | 100.0% | |
| Index of Multiple Deprivation | | | | | | | | | | | 0.18 |
| 1 (Least deprived) | 112,818 | 36.0% | 67,584 | 21.6% | 71,160 | 22.7% | 61,759 | 19.7% | 313,321 | 100.0% | |
| 2 | 105,080 | 34.6% | 65,318 | 21.5% | 69,396 | 22.8% | 64,341 | 21.2% | 304,135 | 100.0% | |
| 3 | 97,275 | 33.3% | 60,262 | 20.7% | 66,723 | 22.9% | 67,445 | 23.1% | 291,705 | 100.0% | |
| 4 | 99,040 | 31.4% | 64,437 | 20.4% | 72,489 | 23.0% | 79,644 | 25.2% | 315,610 | 100.0% | |
| 5 (most deprived) | 92,906 | 31.3% | 56,271 | 19.0% | 64,061 | 21.6% | 83,464 | 28.1% | 296,702 | 100.0% | |
| BMI | | | | | | | | | | | 0.22 |
| Normal | 139,111 | 30.3% | 102,037 | 22.3% | 113,253 | 24.7% | 104,010 | 22.7% | 458,411 | 100.0% | |
| Underweight | 15,134 | 31.1% | 10,669 | 21.9% | 11,229 | 23.1% | 11,640 | 23.9% | 48,672 | 100.0% | |
| Overweight | 147,781 | 30.1% | 101,804 | 20.8% | 117,653 | 24.0% | 123,222 | 25.1% | 490,460 | 100.0% | |
| Obese | 63,759 | 24.9% | 46,792 | 18.3% | 60,142 | 23.5% | 85,304 | 33.3% | 255,997 | 100.0% | |
| Smoking status | | | | | | | | | | | 0.21 |
| Never | 185,738 | 33.3% | 125,458 | 22.5% | 130,777 | 23.4% | 116,513 | 20.9% | 558,486 | 100.0% | |
| Ex-smoker | 128,873 | 27.9% | 92,116 | 19.9% | 112,041 | 24.2% | 129,571 | 28.0% | 462,601 | 100.0% | |
| Smoker | 121,828 | 30.3% | 80,839 | 20.1% | 92,794 | 23.1% | 107,079 | 26.6% | 402,540 | 100.0% | |
| Atopy | | | | | | | | | | | 0.37 |
| Yes | 113,045 | 24.5% | 91,142 | 19.7% | 118,416 | 25.6% | 139,231 | 30.1% | 461,834 | 100.0% | |
| Diabetes | | | | | | | | | | | 0.37 |
| Yes | 7,526 | 11.4% | 7,962 | 12.1% | 14,501 | 22.0% | 35,965 | 54.5% | 65,954 | 100.0% | |
| Hypertension | | | | | | | | | | | 0.32 |
| Yes | 28,427 | 20.0% | 24,222 | 17.0% | 34,439 | 24.2% | 55,092 | 38.7% | 142,180 | 100.0% | |
| OCS | | | | | | | | | | | 0.43 |
| None | 494,360 | 34.9% | 299,128 | 21.1% | 318,189 | 22.4% | 306,162 | 21.6% | 1,417,839 | 100.0% | |
| 1 OCS | 9,154 | 14.0% | 10,405 | 15.9% | 17,392 | 26.5% | 28,664 | 43.7% | 65,615 | 100.0% | |
| >1 OCS | 4,163 | 10.6% | 4,637 | 11.8% | 8,535 | 21.6% | 22,121 | 56.1% | 39,456 | 100.0% | |
| Therapy | | | | | | | | | | | 0.90 |
| No asthma | 346,642 | 45.5% | 167,228 | 22.0% | 141,266 | 18.6% | 106,319 | 14.0% | 761,455 | 100.0% | |
| No treatment | 64,977 | 27.7% | 51,282 | 21.9% | 60,007 | 25.6% | 58,139 | 24.8% | 234,405 | 100.0% | |
| SABA only | 28,961 | 21.0% | 27,904 | 20.3% | 38,153 | 27.7% | 42,768 | 31.0% | 137,786 | 100.0% | |
| ICS | 48,027 | 20.1% | 46,018 | 19.3% | 65,725 | 27.6% | 78,693 | 33.0% | 238,463 | 100.0% | |
| ICS + add-on | 19,070 | 12.6% | 21,738 | 14.4% | 38,965 | 25.8% | 71,028 | 47.1% | 150,801 | 100.0% | |

BMI = body mass index, IMD = index of multiple deprivation (socioeconomic status)

Table S9. Interaction analyses in the observational analysis

| Interaction term | Model* | p-value |
|--|--------|------------------|
| Smoking (never or ever) | 1 | 0.372 |
| | 2 | 0.191 |
| Sex (females or males) | 1 | <0.001 |
| | 2 | <0.001 |
| Eosinophils (normal <0.3cells/ μ L or high \geq 0.3cells/ μ L) | 1 | 0.611 |
| | 2 | 0.753 |
| GP consultations (top quartile: yes/no) | 1 | 0.921 |
| | 2 | 0.742 |

Table S9. Sensitivity analysis: association between asthma and coronary heart disease using one-sample MR (UKB only)

| Method | Causal effect estimates | | | Heterogeneity evaluation |
|-----------|-------------------------|--------------|---------|--|
| | OR | 95% CI | p-value | I ² % (95%CI); P-het Q test |
| IVW-FE | 1.012 | 0.971- 1.055 | 0.569 | 46 (28-60); 4.3x10 ⁻⁵ |
| IVW-FE* | 0.995 | 0.955- 1.037 | 0.819 | 20 (0-42); 0.0929 |
| IVW-RE | 1.012 | 0.956- 1.071 | 0.676 | |
| IVW-RE* | 0.995 | 0.949- 1.043 | 0.837 | |
| MR-Egger | 1.033 | 0.886-1.204 | 0.681 | I ² gx=0.92 |
| MR-Egger* | 1.032 | 0.910-1.171 | 0.620 | I ² gx=0.93 |
| WMM | 1.005 | 0.944-1.070 | 0.886 | |
| WMM* | 1.002 | 0.941-1.067 | 0.942 | |
| WBM | 0.992 | 0.921-1.069 | 0.843 | |
| WBM* | 0.993 | 0.907-1.087 | 0.886 | |

* Excluding 1 pleiotropic instrument (rs112502960)

Table S10. MR analyses of the association between asthma and coronary heart disease, stratified by sex, in UKB

| Method | Causal effect estimates | | | Heterogeneity evaluation |
|-------------------|-------------------------|---------------|---------|--|
| | OR | 95% CI | p-value | I ² % (95%CI); P-het Q test |
| IVW-FE: (Female) | 1.023 | 0.971- 1.055 | 0.569 | 20 (0-43); 0.100 |
| IVW-FE: (Male) | 1.004 | 0.958- 1.052 | 0.877 | 39 (15-57); 2.5x10 ⁻³ |
| IVW-RE (Female) | 1.023 | 0.933- 1. 122 | 0.633 | |
| IVW-RE (Male) | 1.004 | 0.947- 1.065 | 0.904 | |
| MR-Egger (Female) | 0.979 | 0.732-1.309 | 0.886 | I ² _{gx} =0.83 |
| MR-Egger (Male) | 1.100 | 0.934-1.294 | 0.258 | I ² _{gx} =0.88 |
| WMM (Female) | 1.025 | 0.901-1.667 | 0.701 | |
| WMM (Male) | 1.014 | 0.945-1.088 | 0.689 | |
| WBM (Female) | 1.121 | 0.853-1.472 | 0.412 | |
| WBM (Male) | 1.010 | 0.916-1.114 | 0.843 | |

Figure S1. Flow diagram of the study population

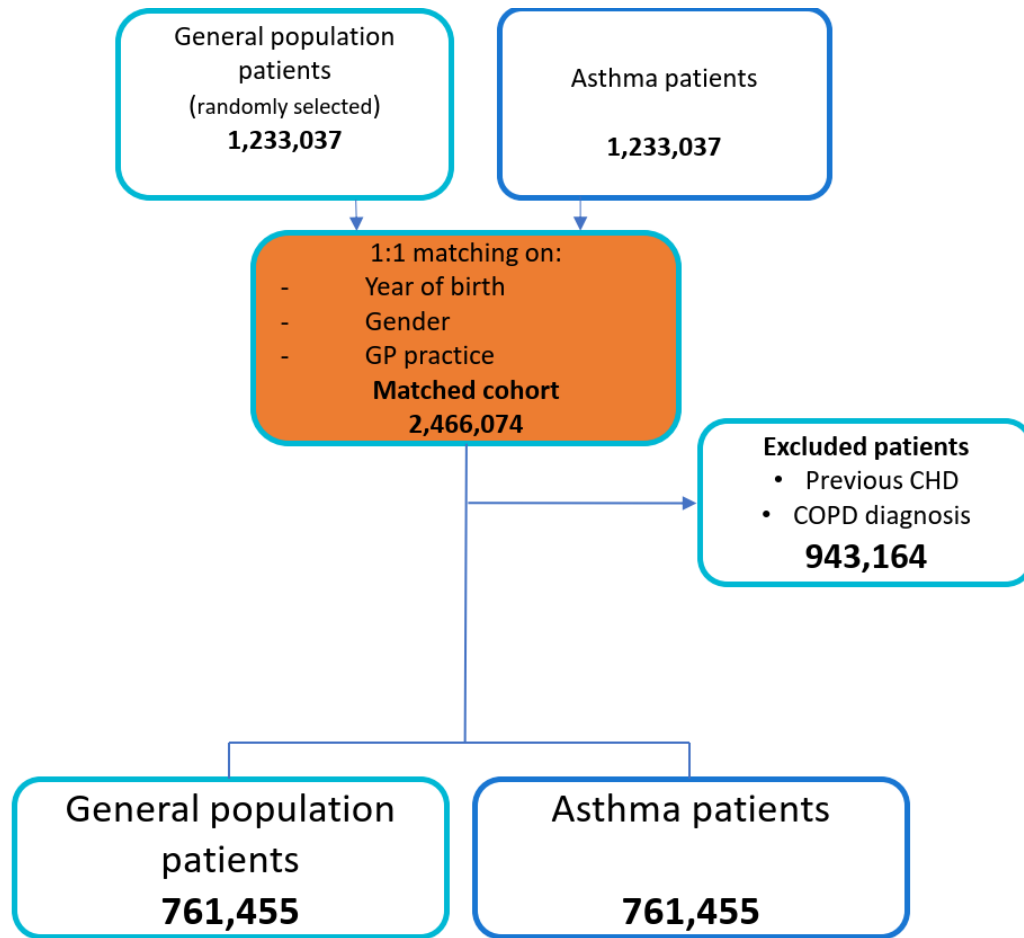


Figure S2. Directed acyclic graphs displaying the causal paths between asthma and incident coronary heart disease

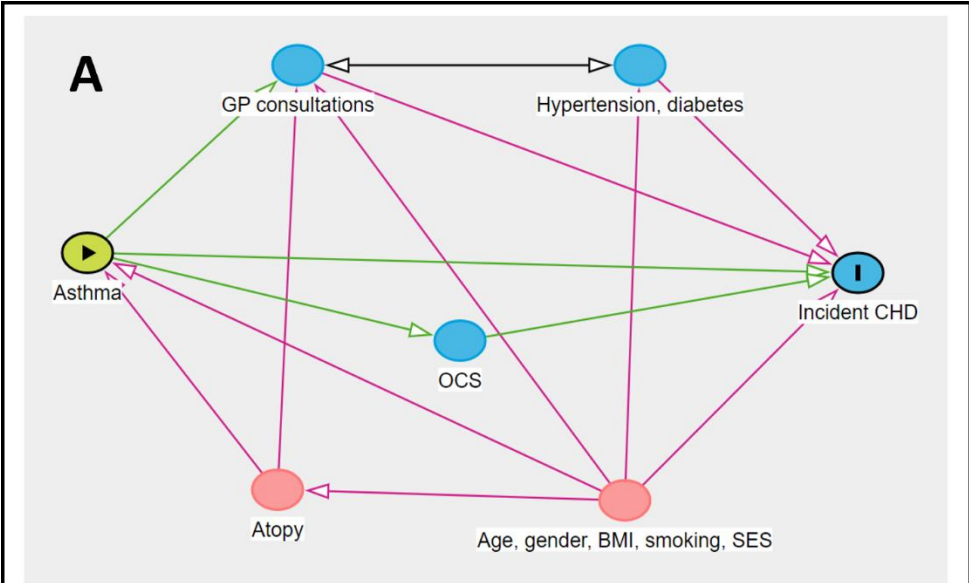


Figure A. Directed acyclic graph (DAG) displaying the path between asthma and incident CHD and potential confounders. GP consultations are considered most likely to be confounding the association. Minimal sufficient adjustment includes all nodes except hypertension/diabetes.

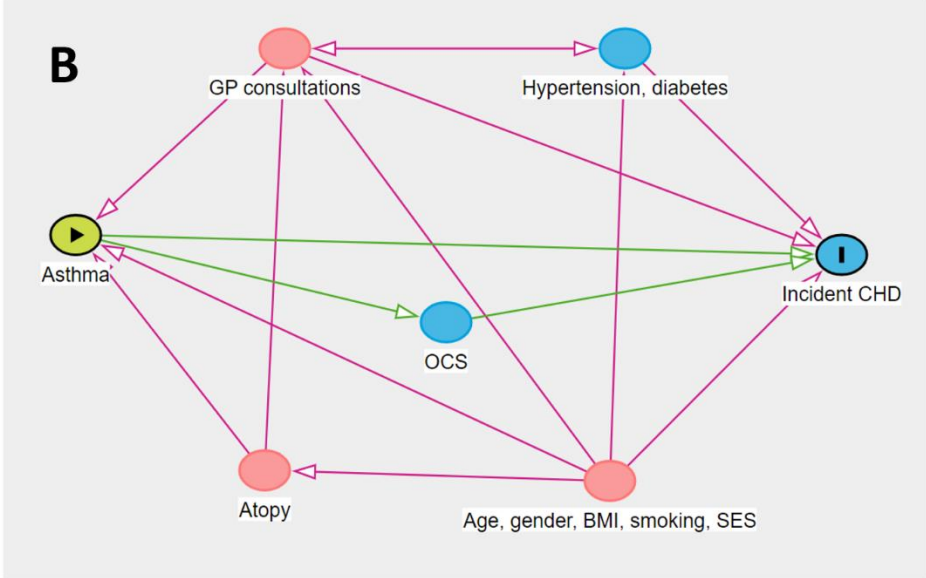
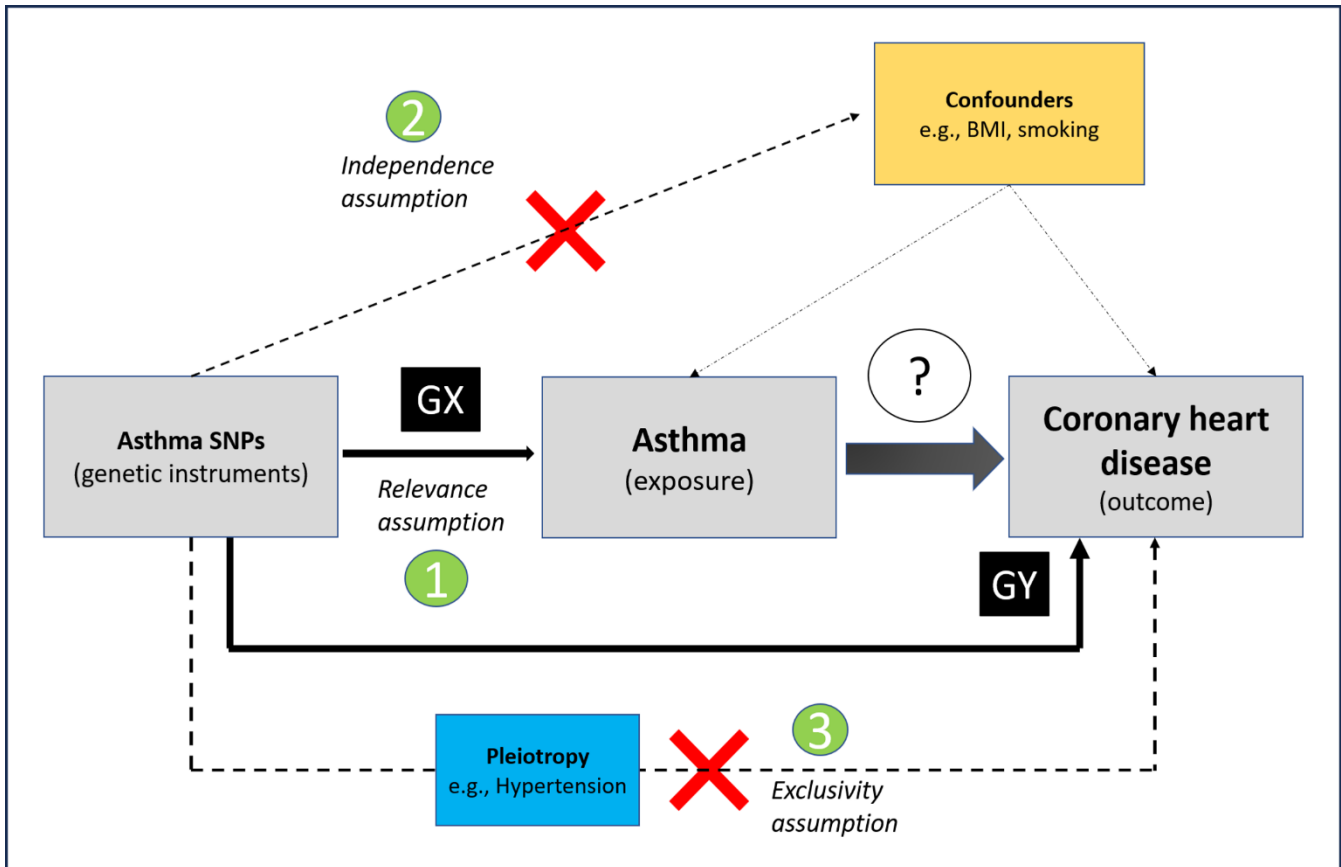


Figure B. DAG displaying the path between asthma and incident CHD if considering GP consultations to be a mediator in the path. As we are only interested in the direct effect we still wish to adjust for the variable even if considered a mediator, not confounder.

CHD = coronary heart disease. SES = socioeconomic status. BMI = body mass index. OCS = oral corticosteroids. DAGs were generated online (<http://www.DAGitty.net>).

Figure S3. Schematic overview of Mendelian randomisation



For each single nucleotide polymorphism (SNP), the MR effect estimate is calculated using the GX (association of the SNP with asthma) and GY (association of the SNP with coronary heart disease). Assumptions of MR: 1) SNPs are associated with asthma (exposure) 2) the association between the SNP and the outcome is not confounded. 3) The association between the SNP and outcome is not explained by alternative pathways other than the exposure (pleiotropy).

Figure S4. Risk of CHD events in asthma and in the general population

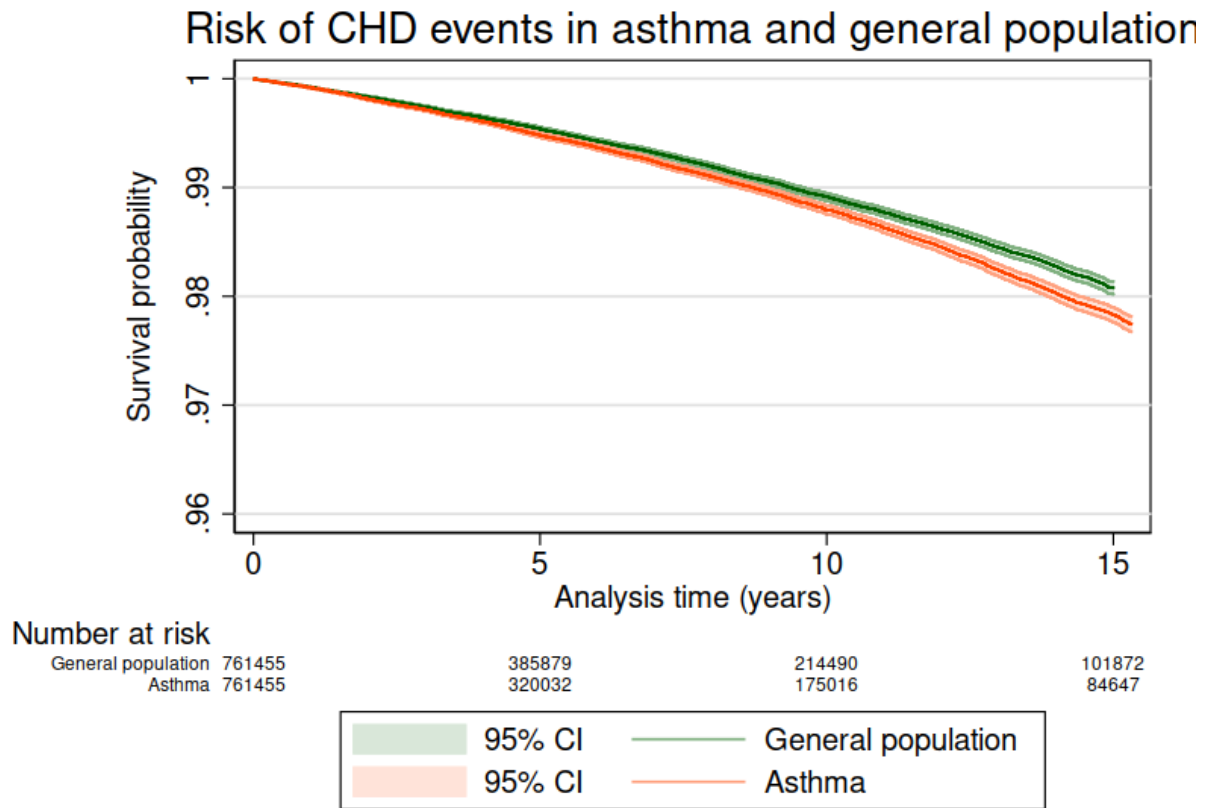


Figure S5. Association between asthma and minor ailments

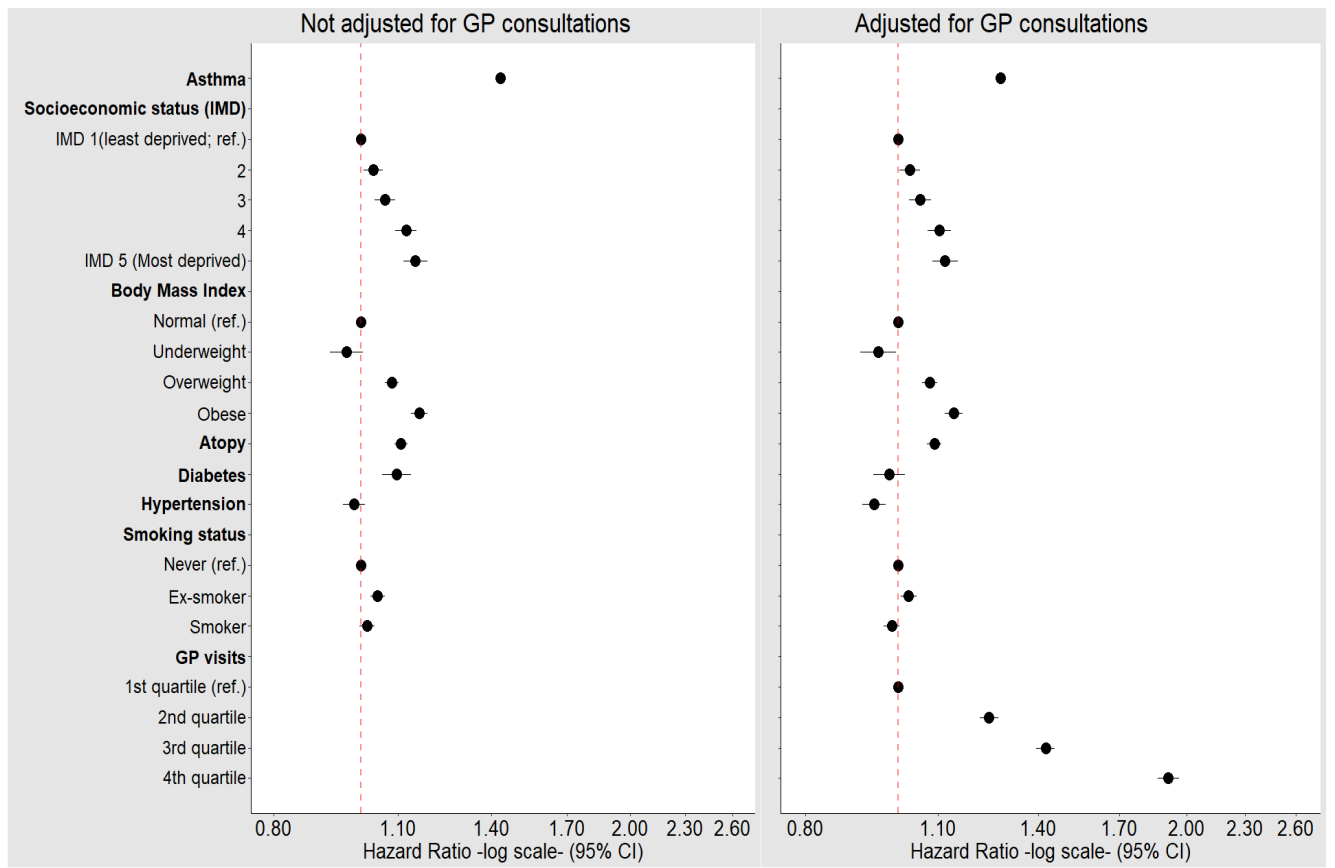


Figure S6. Association between asthma and all-cause mortality

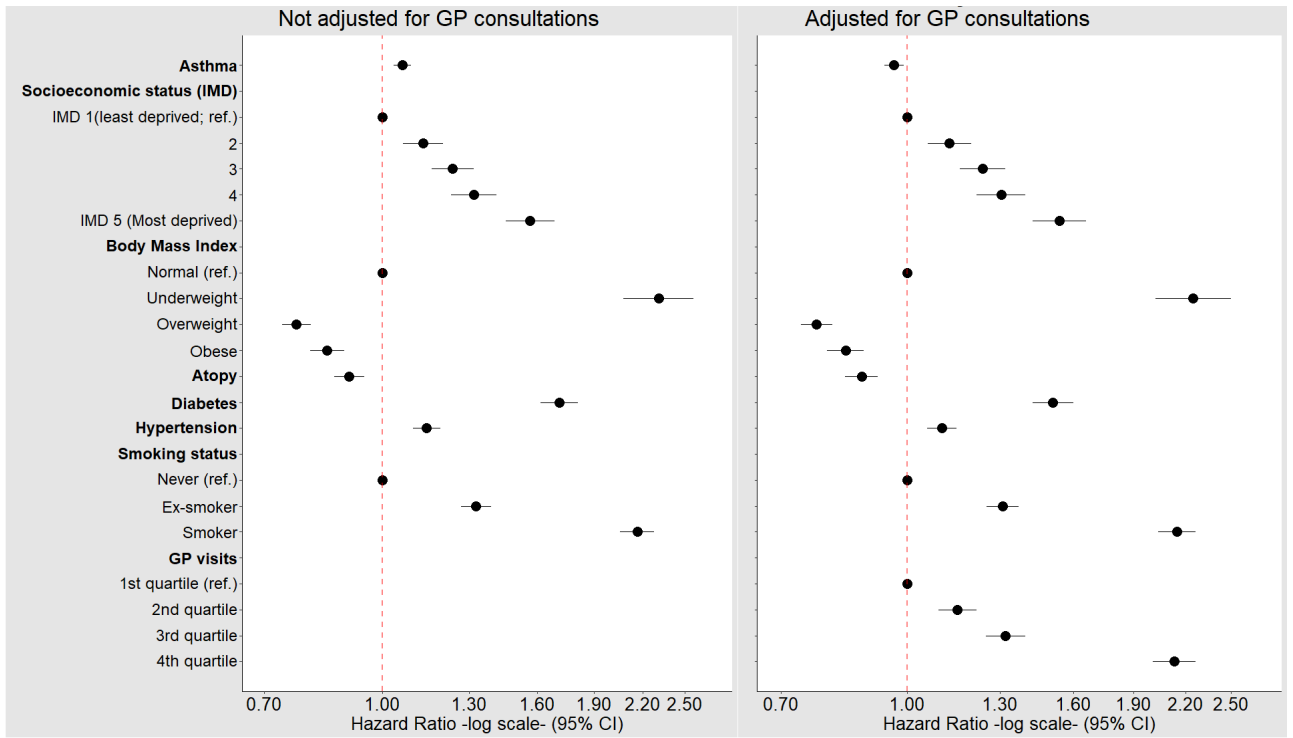


Figure S7. Association between asthma and composite CHD outcome, stratified by sex

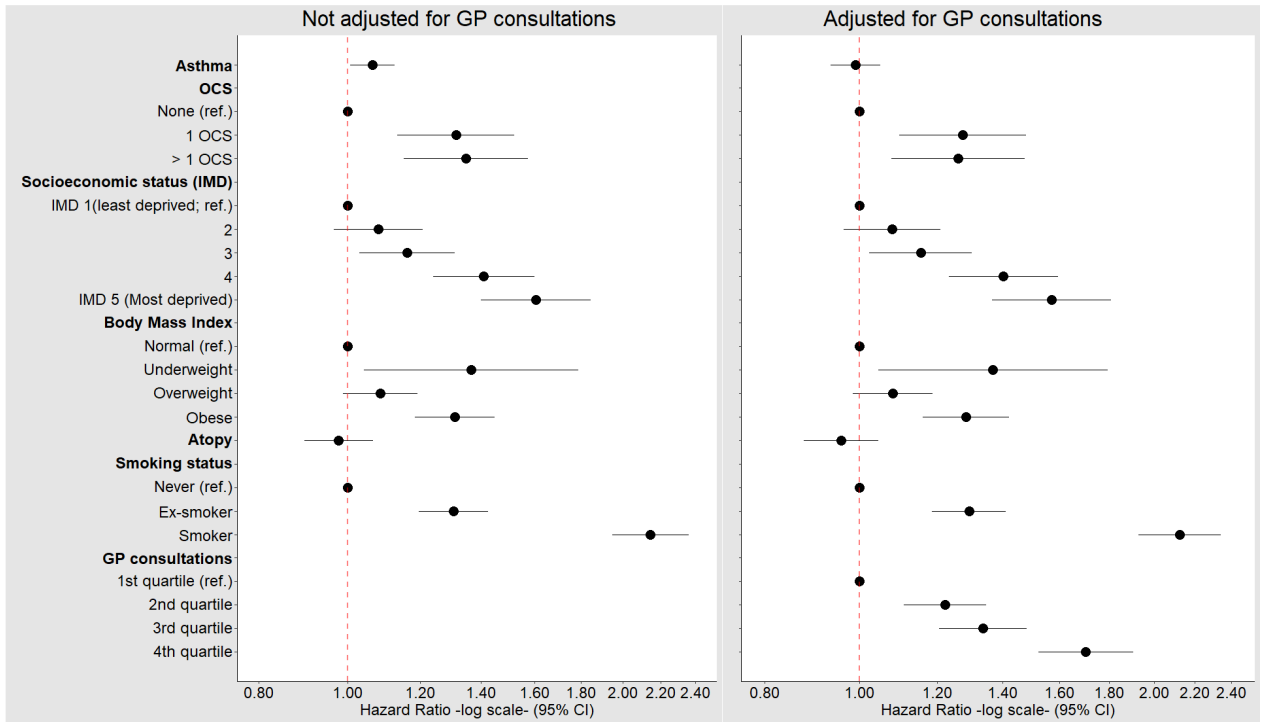


Figure S8. Individual variant contributions to Cochran's Q heterogeneity statistic with the 5th (dotted line) and Bonferroni corrected (0.05/62th) percentiles (dashed line) of a chi-squared with 1 degree of freedom.

