

Phenotype-specific enrichment of Mendelian disorder genes near GWAS regions across 62 complex traits

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1 **ABSTRACT**

2 Although recent studies provide evidence for a common genetic basis between complex traits
3 and Mendelian disorders, a thorough quantification of their overlap in a phenotype-specific
4 manner remains elusive. Here, we quantify the overlap of genes identified through large-scale
5 genome-wide association studies (GWAS) for 62 complex traits and diseases with genes known
6 to cause 20 broad categories of Mendelian disorders. We identify a significant enrichment of
7 phenotypically-matched Mendelian disorder genes in GWAS gene sets. Further, we observe
8 elevated GWAS effect sizes near phenotypically-matched Mendelian disorder genes. Finally, we
9 report examples of GWAS variants localized at the transcription start site or physically
10 interacting with the promoters of phenotypically-matched Mendelian disorder genes. Our results
11 are consistent with the hypothesis that genes that are disrupted in Mendelian disorders are
12 dysregulated by noncoding variants in complex traits, and demonstrate how leveraging findings
13 from related Mendelian disorders and functional genomic datasets can prioritize genes that are
14 putatively dysregulated by local and distal non-coding GWAS variants.

15 **INTRODUCTION**

16 Genetic architectures of human traits have traditionally been classified into two major
17 categories. Typically, complex traits demonstrate polygenic architectures arising from many low-
18 effect common variants, whereas rare traits tend to have high-effect monogenic determinants¹.
19 The underlying and practical distinction between these classes has historically been based on
20 the presence of highly penetrant, rare, single-gene disruptive mutations causing recognizable
21 clinical monogenic diseases (e.g., cystic fibrosis²), and the relative absence of such mutations in
22 complex diseases such as diabetes and schizophrenia³. Evidence is accumulating that these
23 two classes of phenotypes may not be as biologically distinct as previously thought⁴. Multiple
24 exceptions to the “common disease, common variant” hypothesis¹ have been identified for
25 complex traits⁵⁻⁸ and their molecular phenotypes⁹⁻¹², and Mendelian disorders have also been
26 found to be affected by multiple or common genetic variants¹³⁻¹⁶. This suggests that there exists
27 a spectrum of genetic architectures rather than a dichotomous classification. Accordingly, the
28 monogenic forms of complex traits (i.e., phenotypically-matched Mendelian disorders) are
29 increasingly used as a starting point to identify genes relevant to complex traits for further
30 study¹⁷⁻¹⁹. Furthermore, overlap has been identified between genes linked with Mendelian
31 disorders and genetic determinants of complex traits and diseases such as Parkinson’s
32 disease^{20; 21}, obesity²², height²³, ototoxicity²⁴, and others²⁵. However, the overlap of each of
33 these complex traits with Mendelian disorders has been examined individually, with different
34 metrics of overlap. In a large study of patient medical records, Blair et al. identified systematic,
35 significant comorbidities between Mendelian disorders and complex diseases, and that
36 association signals from genome-wide association studies (GWAS) for complex diseases were
37 enriched in genomic regions with known roles in comorbid Mendelian disorders, suggesting a
38 shared genetic basis²⁶. However, the study focuses on Mendelian disorders comorbid with
39 complex diseases in the same individual, rather than Mendelian disorders demonstrating similar
40 phenotypes to complex traits. Furthermore, advances in sequencing technology have greatly

41 expanded the phenotypic spectrum in known Mendelian syndromes, allowing for deconstruction
42 of syndromic diseases into component medical phenotypes. As such, it is now possible to
43 identify all the component-phenotype consequences of Mendelian disorder genes, allowing for
44 greater resolution in identifying gene-phenotype relationships. However, to the best of our
45 knowledge, no study has taken advantage of this to identify genes causing any related
46 component-phenotype regardless of the Mendelian disorder's best-known or primary
47 phenotype. Thus, a thorough quantification of the overlap between genes associated with
48 complex traits and genes linked to Mendelian disorders in a phenotype-specific manner remains
49 elusive.

50 Given that the majority of genome-wide association studies for complex traits and
51 diseases have identified significant associations in non-coding genomic regions²⁷, we
52 hypothesize that genes individually involved in Mendelian disease belong to the biological
53 pathway(s) shared by both complex and Mendelian disease. Specifically, we hypothesize that
54 large-effect coding variants disrupt individual genes, resulting in severe phenotypes (i.e.,
55 Mendelian disorders), while non-coding variants produce complex traits by collectively
56 dysregulating expression of these same genes, allowing for nuanced or tissue-specific
57 phenotypes. Based on this hypothesis, we expect to identify an enrichment of GWAS signal for
58 a given complex trait near genes linked to Mendelian disorders demonstrating similar
59 phenotypes, but no enrichment near genes linked to Mendelian disorders with phenotypes
60 unrelated to the complex trait of interest. To test this hypothesis, we define "Mendelian disorder
61 genes" as any genes linked to Mendelian disorders in the Online Mendelian Inheritance in Man
62 (OMIM) database²⁸, and use the well-curated phenotypic breakdown of Mendelian disorders to
63 identify subsets of these genes linked to particular phenotypes (e.g., growth defects or immune
64 dysregulation) expressed as part of any Mendelian disorder. We then examined publicly
65 available GWAS across 62 complex traits (detailed in **Table 1**) to identify risk genes (here called
66 "GWAS gene sets") for each complex trait, and quantified the overlap of each GWAS gene set

67 with 20 other sets of Mendelian disorder genes for particular phenotypes (detailed in **Table 1**).
68 We find a consistent, significant, and specific enrichment between GWAS gene sets for complex
69 traits and Mendelian disorder genes for matched and related phenotypes (51/1,240 pairs; e.g.,
70 rheumatoid arthritis and immune dysregulation), supporting our hypothesis of a shared genetic
71 basis between complex and Mendelian forms of disease. In addition, we observe instances of
72 enrichments between GWAS gene sets for certain complex traits and Mendelian disorder genes
73 for unrelated phenotypes (20/1,240 pairs; e.g., systemic lupus erythematosus and mature-onset
74 diabetes of the young), suggestive of shared biological mechanisms yet to be examined.
75 Furthermore, we find an increase in average effect size of GWAS variants near Mendelian
76 disorder genes for matched phenotypes, and identify examples of associated SNPs found
77 directly at the transcription start sites (TSSs) of these phenotypically-matched Mendelian
78 disorder genes as candidates for functional follow-up. Finally, we report novel examples of
79 significant body mass index (BMI)-associated variants directly interacting with phenotypically-
80 related Mendelian disorder genes *CREBBP* and *CYP19A1*, using human primary white
81 adipocyte-specific Hi-C data²⁹. Leveraging the growing body of well-curated phenotypic data
82 from studies of Mendelian disorders, we provide a phenotype-driven approach to identifying
83 genetic pathways shared by Mendelian diseases and complex traits.

84

85 **MATERIAL AND METHODS**

86 *Gene coordinates and symbols*

87 We downloaded gene body coordinates (NCBI build 37/hg19, UCSC Genes track) from the
88 UCSC Table Browser³⁰ (see Web Resources) using the gene symbol from the *knownGene*
89 table, transcription start and end sites for each gene from the *knownCanonical* table, and the
90 longest transcript from the *knownGene* table for genes where no entry or multiple entries were
91 listed in the *knownCanonical* table. We used these coordinates for all analyses in our study.
92 Since many genes have been renamed over time, we standardized gene symbols across all

93 analyses in our study by downloading a table of approved symbols, previous symbols, and locus
94 group for each gene from HUGO Gene Nomenclature Committee at the European
95 Bioinformatics Institute (HGNC)³¹ (see Web Resources) and renaming any genes identified by
96 previous symbols with approved gene symbols. We restricted all analyses in our study to genes
97 classified as protein-coding according to the HGNC locus group, from chromosomes 1-22.
98 These processing steps resulted in a final single set of coordinates for 17,695 autosomal
99 protein-coding genes (for data access, see Web Resources).

100

101 *Mendelian disorder genes and loss-of-function (LOF) intolerant genes*

102 To identify Mendelian disorder genes, we downloaded the Online Mendelian Inheritance in Man
103 (OMIM) catalogue database²⁸ and identified all genes linked to Mendelian disorders satisfying
104 the following criteria: (1) disorder is Mendelian and fully penetrant, therefore excluding
105 susceptibility phenotypes and (2) molecular basis of the Mendelian disorder is known (i.e.,
106 phenotype mapping key = 3). We defined loss-of-function (LOF) intolerant genes as any gene
107 with greater than 90% probability of being loss-of-function intolerant, according to the pLI score
108 (pLI > 0.9) from the Exome Aggregation Consortium (ExAC)³²; this score is derived from the
109 number of observed versus expected LOF variants in a given gene across approximately
110 60,000 healthy exomes. Following the same restriction and gene symbol standardization criteria
111 described above resulted in a final set of 3,446 Mendelian disorder genes and 2,978 LOF-
112 intolerant genes.

113

114 *Phenotype-specific Mendelian disorder gene sets*

115 To identify subsets of Mendelian disorder genes linked to particular phenotypes, for each
116 complex trait we curated a set of standardized clinical phenotype terms to describe the full
117 range of relevant Mendelian phenotypes. We used these terms to search the OMIM database
118 via API for all Mendelian disorders demonstrating these phenotypes, then extracted the gene(s)

119 linked to each Mendelian disorder. We restricted gene-phenotype associations to those
120 satisfying the same criteria (1) and (2) as described above, and with the following additional
121 criteria: (3) gene-phenotype association description does not contain “genome-wide association
122 study” or other GWAS synonyms unless: the description also contains any of the terms
123 “missense”, “nonsense”, “nonsynonymous”, or “frameshift”; or the gene contains at least one
124 pathogenic or likely pathogenic allele in the ClinVar database³³. We include a full list of
125 phenotype-specific Mendelian disorder gene sets and clinical phenotype terms used in **Table**
126 **S1**.

127 A comparison of all phenotype-specific Mendelian disorder gene sets revealed a high
128 degree of overlap among the gene sets for clinically-related Mendelian phenotypes (**Figure S1**).
129 Accordingly, we clustered gene sets based on pairwise overlap, and intersected gene sets
130 visually clustering together to create a single gene set for the representative group of Mendelian
131 disorders. After combining similar gene sets, a total of 20 non-disjoint phenotype-specific
132 Mendelian disorder gene sets remained with an average of 375 genes per set; we include a
133 description of each cluster in **Table S2**.

134

135 *Complex trait gene sets*

136 We downloaded publicly available summary statistics (per-allele SNP effect sizes, or log-odds
137 ratios for case–control traits, with standard errors³⁴) for large-scale GWAS of 62 traits²⁶ (**Table**
138 **1**; average N=83,170; some GWAS were imputed using the 1000 Genomes Project as a
139 reference panel by their respective consortia while others were not.) For each trait, we
140 identified a gene set by mapping each autosomal genome-wide significant SNP ($p < 5 \times 10^{-8}$) to
141 the closest up- and downstream protein-coding genes as defined above, resulting in a total of
142 62 non-disjoint GWAS gene sets. As GWAS regions often contain multiple genome-wide
143 significant SNPs, and the true causal gene may not lie adjacent to the lead SNP in a region^{35; 36},

144 we defined GWAS gene sets by mapping genes with respect to every genome-wide significant
145 SNP rather than only the index GWAS SNPs at each genomic risk region.

146

147 *Quantifying overlap between complex trait and Mendelian disorder*

148 For each complex trait-Mendelian disorder pair, we compared the GWAS gene set and
149 phenotype-specific Mendelian disorder gene set using a 2x2 contingency table (counting
150 whether each gene was in the GWAS gene set or not, and in the Mendelian disorder gene set
151 or not), with the set of autosomal protein-coding genes (n=17,695) representing the total
152 sample. We used Fisher's Exact Test³⁷ to determine significance. Phenotype-specificity of
153 overlap significance was assessed by comparing the GWAS gene sets for each complex trait
154 (n=62) to all phenotype-specific Mendelian disorder gene sets (n=20), a total of 1,240 pairs.
155 Significance was assessed at a trait-specific Bonferroni-corrected threshold ($p < 0.05/20$) based
156 on the number of phenotype-specific Mendelian disorder gene sets (n=20) being compared to
157 each GWAS gene set. Since not all autosomal protein-coding genes are Mendelian, we also
158 assessed significance in permutations; we drew 10,000 random sets of Mendelian disorder
159 genes and 10,000 random sets of any protein-coding genes with replacement (matching the
160 size of each random gene set to the size of the phenotype-specific Mendelian disorder gene
161 set), and counted the number of times more genes were shared between the GWAS gene set
162 and a random set.

163 To assess the robustness and stability of our SNP-gene mapping approach for complex traits,
164 we performed an overlap quantification with phenotype-specific Mendelian disorder genes using
165 GWAS gene sets derived from two additional SNP-gene mapping methods: by mapping each
166 SNP to all genes within a 50Mb window, and to all genes within a 500Mb window. Comparison
167 of the odds ratios produced by Fisher's Exact Test for the comparisons of GWAS gene sets
168 (derived by each mapping method) and phenotype-specific Mendelian disorder gene sets
169 demonstrates no major difference in outcomes from different mapping methods (**Table S3**).

170

171 *Estimating enrichment of GWAS SNP association signal*

172 We created genomic annotations to capture the regions spanning 50kb upstream through 50kb
173 downstream of gene bodies for four categories of genes: all protein-coding genes (N=17,695),
174 all Mendelian disorder genes (N=3,446), all LOF-intolerant genes (N=2,978), and the
175 phenotype-specific Mendelian disorder gene sets (average N=609). For each complex trait-
176 gene category pair, we computed enrichment of GWAS signal within the category c with respect
177 to the set of all protein-coding genes as

$$a_c = \frac{\frac{1}{N_c} \sum_{j=1}^{N_c} \sum_{i=1}^{M_j} \frac{Z_i^2}{M_j}}{\frac{1}{N_p} \sum_{j=1}^{N_p} \sum_{i=1}^{M_j} \frac{Z_i^2}{M_j}}$$

178 where N_c is the number of genes in category c , M_j is the number of SNPs within 50kb of gene j ,
179 Z_i = GWAS effect size of SNP i divided by standard error, with total number of protein-coding
180 genes N_p . Thus, a_c is the enrichment in average SNP effect size (Z^2) per gene in category
181 (compared to average Z^2 for any protein-coding gene). The percent increase in average SNP
182 effect size per gene for category c , or $(a_c - 1) * 100$, is shown in **Figure 3**. We performed
183 similar comparisons for median SNP effect size per gene for category c , and maximum SNP
184 effect size per gene for category c (**Table S4**).

185 To ensure that this signal was not driven by linkage disequilibrium (LD), minor allele
186 frequency (MAF), or average gene length per category, we compared these three properties
187 across the gene categories for each complex trait. We calculated LD scores³⁸ reflecting the
188 amount of LD tagged by each SNP in the HapMap 3 reference panel³⁹. For each gene category,
189 we averaged the LD scores of SNPs falling within 50kb of each gene, and found no consistent
190 difference across gene sets. Similar analyses were performed to examine average MAF per
191 gene and average gene length per category across each complex trait (**Table S5**); we again
192 found no consistent difference across gene sets.

193

194 *Putative causal mechanisms at GWAS risk regions*

195 We performed statistical fine-mapping of the genome-wide significant regions ($p < 5 \times 10^{-8}$) for
196 each GWAS using fgwas⁴⁰ with no functional annotations and default parameter settings. For
197 each GWAS, we constructed a 95% credible set (defined as the minimum set of SNPs where
198 95% of the probability of causation at a region is accumulated) for each 5kb region (as default
199 assigned by fgwas) containing a significant GWAS association. We achieved this by adding
200 SNPs one at a time with a decreasing posterior probability of causation (posterior probability of
201 association for the SNP, conditioned on there being an association in the region) until a
202 cumulative 95% probability of causation is reached.

203

204 *Identification of candidate regulatory variants*

205 We intersected credible sets for each complex trait with genomic regions 1kb upstream of each
206 phenotypically-relevant Mendelian disorder gene to identify SNPs localizing at the TSS. To
207 identify candidate regulatory variants interacting with promoters of phenotype-matched
208 Mendelian disorder genes, we used interactions from promoter capture Hi-C in human primary
209 white adipocytes²⁹ for each complex trait, and filtered interactions to pairs of interacting regions
210 where at least one region contained a promoter of a phenotype-specific Mendelian disorder
211 gene. We then intersected interaction pairs for each of these regions with credible sets for each
212 complex trait to identify credible SNPs interacting with regions containing promoters of
213 phenotype-specific Mendelian disorder genes.

214

215 **RESULTS**

216 *GWAS risk genes show specific, significant overlap with phenotypically-matched Mendelian
217 disorder genes*

218 We first sought to examine the degree of overlap between phenotype-matched Mendelian
219 disorder genes with risk genes for complex traits as identified through GWAS. For each complex
220 trait, we identified corresponding Mendelian forms, often as familial forms or rare phenotypic
221 extremes, and curated Mendelian disorder gene sets composed of Mendelian disorder genes
222 known to cause those specific phenotypes from the OMIM database²⁸ (see Methods, and
223 **Figure 1**). We combined similar Mendelian disorder gene sets to create one gene set for the
224 representative Mendelian disorder(s) (for a total of 20 Mendelian disorder gene sets). We
225 separately ascertained GWAS gene sets for each complex trait by identifying the closest up-
226 and downstream genes to each GWAS SNP meeting genome-wide significance (see Methods,
227 and **Figure 1**). Overlap between each phenotype-specific Mendelian disorder gene set (n=20)
228 and each GWAS gene set (n=62) was assessed using Fisher's Exact Test, for a total of 1,240
229 comparisons (**Table 1** and **Table S6**). We hypothesized that GWAS gene sets would have a
230 specific significant enrichment of Mendelian disorder genes for matched Mendelian disorders,
231 but no enrichment for unrelated Mendelian disorders. Among all 1,240 pairs of complex and
232 phenotype-specific Mendelian disorder gene sets assessed, we identified 71 pairs with
233 significant overlap at a $p < 0.05/20$ (**Figure 2**). An examination of the log-odds ratios for each
234 overlap comparison revealed more extreme enrichments among phenotypically-matched pairs
235 compared to phenotypically-unmatched pairs (**Table 2**), which is consistent with our hypothesis.
236 51 out of the 71 significantly overlapping pairs showed perfectly matching phenotypes or
237 reflected known shared biology. Specifically, in many of these pairs, monogenic forms of the
238 complex trait have been well established in the genetics literature; examples include Age-
239 related Macular Degeneration (AMD) and cholesterol traits (high-density lipoprotein (HDL), low-
240 density lipoprotein (LDL), total cholesterol (TC), and triglycerides (TG))^{6; 41-44}. We confirmed
241 significant enrichment after trait-specific Bonferroni adjustment (20 comparisons, see Methods)
242 between many of these previously reported pairs such as the complex and monogenic forms of
243 height⁴⁵ (OR=1.39, $p=0.029$) and HDL and Mendelian forms of cardiovascular disease⁴⁶

244 (OR=2.10, p=0.006). We also identified previously unreported enrichments; for example, we find
245 a strong enrichment between inflammatory bowel disease (IBD) and Mendelian forms of
246 immune dysregulation (OR=3.32, p=0.01) and between hemoglobin (HB) and Mendelian
247 hematologic disorders (OR=3.99, p=0.009). The remaining 20 pairs with significant overlap
248 suggested novel shared biological mechanisms between complex traits and Mendelian
249 disorders yet to be established (**Table 3**). For example, we observed an enrichment between
250 height and renal disorders (OR=1.48, p=0.001), and enrichment between Crohn's Disease and
251 mature-onset diabetes of the young (OR=2.69, p=0.005). Of note, the vast majority of complex
252 and Mendelian disorder gene set pairs without perfectly-matched phenotypes (n=1,158 of
253 1,178) did not demonstrate any significant overlap (**Table S6**).

254
255 *SNPs near phenotypically-matched Mendelian disorder genes show increased effect size on*
256 *complex traits*
257 Because Mendelian disorder genes exhibit severe biological effects when either one or both
258 alleles are disrupted, dysregulation of the gene through changes in expression or other
259 mechanisms might have a more significant effect than dysregulation of a non-Mendelian
260 disease gene. We hypothesized that SNPs near these phenotype-specific Mendelian disorder
261 genes have further increased effects on complex traits due to the increased biological relevance
262 of these gene categories. From the publicly available GWAS summary statistics for each
263 complex trait, we computed the average GWAS effect sizes of SNPs falling within each protein-
264 coding gene, and compared the average effect sizes per gene across all Mendelian disorder
265 genes and across phenotypically-relevant Mendelian disorder genes (see Methods). Across
266 complex traits, we found an increased average effect size per gene for all Mendelian disorder
267 genes and a further increased average effect size per gene for phenotypically-relevant
268 Mendelian disorder genes (**Figure 3 and Table S4**). This suggests that the genomic regions
269 containing the most biologically-relevant genes for each trait contribute most significantly to

270 complex trait biology. We also confirmed that loss-of-function (LOF) intolerant genes (as defined
271 by ExAC's pLI score > 0.9, see Methods) demonstrate a higher average effect size across most
272 complex traits examined³². Given the extreme intolerance of deleterious mutations in these
273 genes, it is possible that LOF-intolerant genes demonstrate embryonic lethal mutant
274 phenotypes, and are thus undiscovered as Mendelian disorder genes at this time. We found no
275 significant increase in linkage disequilibrium or decrease in average minor allele frequency
276 (MAF) of the SNPs within each category compared to the SNPs within all protein-coding genes
277 (**Table S5**), suggesting that the observed signal is not driven by any of these confounders. Of
278 note, we did observe a respective increase in average gene length between all protein-coding
279 genes, all Mendelian disorder genes, and LOF-intolerant genes (**Table S5**). Therefore, it is
280 possible that our findings of enriched GWAS signal in these gene categories is due instead to
281 longer genes being more likely to tag causal variation. However, in general we did not observe a
282 significant increase in average gene length for the phenotype-specific Mendelian disorder gene
283 sets as compared to all Mendelian disorder genes (**Table S5**), but still found an increase in
284 enrichment of GWAS signal (**Figure 3**), suggesting that gene length is not significantly
285 confounding our results. The only exceptions to this are the phenotype-specific Mendelian
286 disorder gene sets for neurological phenotypes, for which the average gene length was
287 increased compared to all Mendelian disorder genes; this is consistent with other reported
288 findings about gene length in neurological traits⁴⁷.

289

290 *Examples of credible SNPs for GWAS regions near phenotypically-matched Mendelian disorder
291 genes*

292 We next sought to identify common non-coding variants that may causally impact complex trait
293 phenotypes by dysregulating phenotypically-relevant Mendelian disorder genes. For each
294 complex trait, we performed statistical fine-mapping of significant GWAS regions to construct
295 95% credible sets for each region (see Methods), and identified SNPs from the credible set

296 located at the TSS of a gene from the phenotypically-relevant Mendelian disorder gene set. We
297 found a total of 786 credible set SNPs (out of approximately 3.5 million) localizing at the TSS of
298 a phenotypically-relevant Mendelian disorder gene (an average of 20 SNPs per trait, for 38 traits
299 where at least one such SNP was found; **Tables S7 and S8**), and identified 25 promising
300 candidate SNPs (attaining genome-wide significance in GWAS) at TSSs that could be
301 regulating the proximal Mendelian disorder gene (**Table 4**). We highlight two examples: first, we
302 found a significantly associated SNP from the credible set for coronary artery disease
303 (rs1332327, $Z=6.798$) at the promoter of *LIPA* (MIM# 278000), a Mendelian disorder gene
304 linked to Wolman Disease and Cholestryl Ester Storage Disease (both Lysosomal Acid Lipase
305 Deficiencies, MIM# 278000) causing hypercholesterolemia and hypertriglyceridemia as part of
306 cholestryl ester- and triglyceride-filled macrophage infiltration syndromes (**Figure 4A**). Second,
307 from the credible set for red blood cell count, we found a significantly associated SNP
308 (rs1010222, $Z= -5.961$) at the promoter of *CALR* (MIM# 109091), a Mendelian disorder gene
309 known to cause Myelofibrosis (MIM# 254450) involving generalized bone marrow fibrosis,
310 reduced hemopoiesis, no hemophagocytosis, and myeloproliferative disease (**Figure 4B**). In
311 both cases, the putative causal SNP for the complex trait lies immediately upstream of the TSS
312 of the phenotypically-relevant Mendelian disorder gene, in addition to falling within regions
313 containing by regulatory epigenetic marks.

314
315 *Putative causal SNPs for GWAS regions interacting with promoters of phenotypically-relevant*
316 *Mendelian disorder genes*
317 Functional genomic datasets, such as chromatin interactions identified through Hi-C, can give
318 us insight into the functional interpretation of GWAS variants and how they might regulate
319 Mendelian disorder genes. Examination of chromatin interactions in human primary white
320 adipocytes²⁹ revealed further candidate credible set SNPs for metabolic traits physically
321 interacting with promoters of phenotypically-relevant Mendelian disorder genes (**Table S9**).

322 Specifically, we report that a genome-wide significant SNP for BMI (rs758747, $Z=6.081$)
323 physically interacts with the promoter of *CREBBP*, a gene known to cause Rubinstein-Taybi
324 Syndrome 1 (MIM# 180849) in which obesity is one of the syndromic features²⁸ (**Figure 4C**).
325 These interactions can also identify the relevant isoforms of genes in disease. We identified a
326 cluster of SNPs from the credible set of variants associated with BMI that physically interact with
327 the promoter of a specific isoform of *CYP19A1*, a gene known to cause Aromatase Excess
328 Syndrome (MIM# 139300) involving short stature and excess fat storage in the chest
329 (gynecomastia)²⁸ (**Figure 4D**). Although longer isoforms of *CYP19A1* are by default chosen to
330 represent the gene, our data suggests that the shorter isoform is likely to be more relevant in
331 obesity. Taken together, these results demonstrate examples of GWAS variants localizing in
332 regulatory regions for phenotypically-relevant Mendelian disorder genes, consistent with the
333 hypothesis that low-effect common variants contribute to complex traits by regulating genes
334 known to cause Mendelian disorders.

335

336
337 **DISCUSSION**
338

339 In this work we used GWAS summary statistics from 62 complex traits and genes linked
340 to specific phenotypes within 20 Mendelian broad disorders to quantify the shared genetic basis
341 of complex traits and Mendelian disorders. We identified a specific enrichment of
342 phenotypically-matched and related Mendelian disorder genes in GWAS regions for complex
343 traits; we also identified fewer pairs of complex traits and phenotypically-unmatched Mendelian
344 disorders with similar significant enrichment. We further found that phenotypically-relevant
345 Mendelian disorder genes are enriched for GWAS signal across complex traits, compared to all
346 Mendelian disorder genes and other protein-coding genes. Finally, we report examples of
347 putative causal SNPs for GWAS regions in potentially regulating phenotypically-relevant
348 Mendelian disorder genes. We conclude with four considerations about how our results

349 contribute to understanding of genetic architectures and biological mechanisms across complex
350 traits and Mendelian disorders.

351 First, our finding of a specific enrichment of phenotypically-matched and related
352 Mendelian disorder genes in GWAS regions for complex traits suggests that, across complex
353 trait architectures, many complex traits share the genetic bases (and by extension, biological
354 mechanisms) with their Mendelian forms. This supports our hypothesis that the same set of
355 genes generally underlie both extreme and common genetic phenotypes, and suggests an
356 important role of gene regulation by non-coding variants in complex traits. However, we note
357 that our findings are limited by the power of each GWAS to detect significant associations. As
358 GWAS become better-powered, we anticipate being able to identify phenotype-specific
359 enrichments of Mendelian disorder genes in GWAS regions for more complex traits.

360 Second, the subset of complex trait-Mendelian disorder pairs with no known shared
361 biology that still demonstrated significant enrichment of Mendelian disorder genes in GWAS
362 regions can offer us novel insight into the biological mechanisms of complex traits and
363 Mendelian disorders. A high degree of co-morbidity between complex traits and Mendelian
364 disorders has been previously observed, regardless of phenotype-similarity²⁶; these findings
365 together suggest that many complex traits and Mendelian disorders may also be linked by the
366 pleiotropic properties of the underlying genes, in addition to regulatory differences. These
367 observations are also consistent with a multigenic or oligogenic architecture of human disease;
368 the pervasive pleiotropic effects that are seen observed across complex traits are consistent
369 with the wide-spread prevalence of multi-system, syndromic phenotypes observed across a
370 majority of Mendelian disorders. We also confirm that LOF-intolerant genes harbor an
371 enrichment of GWAS signal³²; because genes with pLI > 0.9 exhibit extreme intolerance of
372 deleterious mutation, it is possible that these genes demonstrate embryonic lethal mutant
373 phenotypes, and are thus undiscovered as Mendelian disorder genes at this time. Our findings
374 provide further motivation to explore phenotypic consequences of mutations in LOF-intolerant

375 genes (particularly those enriched for GWAS signal for a particular complex trait) for
376 phenotypically-relevant Mendelian disorders.

377 Third, linking Mendelian disorder genes with complex traits can help with
378 characterization of the genetic architecture of complex traits – specifically, with genes and
379 pathways that can be functionally characterized to identify molecular mechanisms⁶. Identifying
380 causal variants from large-scale GWAS studies is particularly challenging given that most
381 GWAS loci lie in non-coding regions of the genome; though thousands of genomic loci have
382 been significantly associated with specific diseases, few causal SNPs have been functionally
383 verified^{48; 49}. Although many approaches have been used to tie a particular variant to a causal
384 gene or genes⁵⁰⁻⁵², including newer methods that directly link gene expression to a trait (e.g.,
385 TWAS³⁵, PrediXcan⁵³), we find that leveraging GWAS findings with functional data to identify
386 candidate regulatory variants for Mendelian disorder genes can potentially lead to better
387 interpretation of relevant genes and isoforms. Here, we demonstrate the heterogeneity of
388 mechanisms potentially underlying causal variation, showing roles for TSS promoter regions of
389 Mendelian disorder genes and long-range interactions involving significant GWAS regions. We
390 expand on recent work showing that BMI-associated variants interact with genes in GWAS
391 regions to demonstrate similar findings for Mendelian disorder genes²⁹. With the appropriate
392 functional data from relevant tissues and cell types, this phenotype-driven approach can identify
393 relevant candidate regulatory variants and their targets. Further, from the perspective of
394 monogenic diseases, identifying common variants that might modify the expressivity of
395 phenotypes can provide novel insights into gene function in addition to putative drug targets.
396 Many drugs approved by the FDA and developed by pharmaceutical companies are targeted
397 towards the treatment of complex traits and diseases; by identifying underlying links between
398 Mendelian disorders and complex traits through their effects on the same biological genes and
399 pathways, we can systematically and rationally target existing drugs for complex traits and

400 diseases towards those with rare Mendelian disorders which largely do not have any rationally
401 targeted treatments⁵⁴⁻⁵⁶.

402 Last, we note that our approach of examining traits and disorders at the component-
403 phenotype level offers us unprecedented resolution into the specific pathways involved the
404 overall trait or disorder. In clinical medicine, genome-wide sequencing has expanded the clinical
405 phenotypic spectrum associated with a gene^{57; 58} through identification of pleiotropic effects due
406 to mutations in specific protein domains^{59; 60}, detected a genetic predisposition for diseases
407 previously considered to be due to environment¹³, uncovered variable penetrance for genetic
408 mutations previously thought to be sufficient to cause disease, and has suggested that genetic
409 background influences the phenotypic variability of monogenic diseases^{61; 62}. The phenotypic
410 characterizations of Mendelian syndromes are deconstructed by expert clinical geneticists into
411 component phenotypes, labeled by standardized clinical terms that identify both the primary
412 phenotypes and phenotypes that have variable penetrance and expressivity^{28; 63}. Recent work
413 has demonstrated that incorporation of such dense phenotype information to rank putative
414 disease-causing genetic mutations improves diagnostic rates in clinical exome sequencing
415 tests^{64; 65}. However, to our knowledge no studies as of yet have taken advantage of component
416 Mendelian phenotypes to identify Mendelian disorders that may be phenotypically-relevant to a
417 variety of complex traits. Ultimately, identification of GWAS-significant regions with biologically
418 relevant genes and pathways will enable effective utilization of GWAS data in medical settings.

419

420 **SUPPLEMENTAL DATA**

421 The supplement contains one figure and ten tables.

422

423 **DECLARATION OF INTERESTS**

424 The authors declare no competing interests.

425

426 **ACKNOWLEDGMENTS**

427 We would like to thank Ruth Johnson, Megan Major, Megan Roytman, Claudia Giambartolomei,
428 Arunabha Majumdar, Jazlyn Mooney, Brendan Freund, Robert Brown, and Robert Smith for
429 helpful discussions. This work was funded by National Institutes of Health (NIH) Training Grant
430 in Genomic Analysis and Interpretation T32HG002536 to MKF; NIH Early Independence Award

431 DP5OD024579 to VAA; National Institute of Mental Health of the NIH grant T32MH073526 to
432 KB; NIH grant F31HL142180 to KMG; NIH-NCI National Cancer Institute grant T32LM012424 to
433 DZP; and NIH grants HL-095056 and HL-28481 to PP.

434

435 **WEB RESOURCES**

436 UCSC Table Browser: <https://genome.ucsc.edu/cgi-bin/hgTables>

437 HGNC: <http://www.genenames.org/cgi-bin/download>

438 Gene sets: https://github.com/bogdanlab/gene_sets

439 OMIM: <https://omim.org/downloads/>

440 ExAC: <http://exac.broadinstitute.org/downloads>

441 ClinVar: ftp://ftp.ncbi.nlm.nih.gov/pub/clinvar/tab_delimited/gene_specific_summary.txt

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785 **FIGURE TITLES AND LEGENDS:**

786 **Figure 1: GWAS gene sets and phenotype-specific Mendelian disorder gene sets.** For
787 each complex trait (e.g., height), we first identified matched Mendelian phenotypes (e.g.,
788 undergrowth, short stature; **Table S9**). Using publicly available GWAS data, we defined the
789 “GWAS genes” for a given complex trait to be the closest upstream and closest downstream
790 protein-coding gene for every genome-wide significant variant in the GWAS. We selected
791 phenotype-matched Mendelian disorder genes by first identifying Mendelian disorders
792 expressing any of the matched Mendelian phenotypes, and then identifying all genes causing
793 any of those disorders.

794
795 **Figure 2: Overlap of GWAS genes with unrelated Mendelian disorder genes demonstrates**
796 **trait-specificity.** Significant overlaps from phenotypically-matched pairs of complex traits and
797 Mendelian disorders (blue) and pairs with unrelated phenotypes (grey) are shown.
798 Phenotypically-matched pairs are subdivided into pairs with perfectly-matched phenotypes (light
799 blue) and pairs with related phenotypes (dark blue). Traits with no significant overlaps are
800 excluded. Significance was assessed at a threshold for each complex trait ($p < 0.05/20$) based
801 on the number of Mendelian disorder gene sets ($n=20$) compared to each GWAS gene set.
802

803 **Figure 3: Effect sizes for SNPs on complex traits from GWAS are increased for genes**
804 **that are loss-of-function intolerant and for phenotypically-relevant Mendelian disorder**
805 **genes.**

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807 The increase in average SNP effect size per gene across four gene categories. We averaged
808 effect size (Z^2) across all SNPs falling within 50kb of a gene to obtain an average SNP effect
809 size per gene, and averaged across all genes in each category (all protein coding genes, all
810 Mendelian disorder genes, all LOF-intolerant genes, and all phenotypically-relevant Mendelian
811 disorder genes for each trait). We normalized these averages to the average SNP effect per
812 gene for any protein coding genes. The box plots represent the distribution of increase in
813 average effect size per gene across all traits.
814

815 **Figure 4: Candidate regulatory SNPs fall at transcription start sites and long-range**
816 **promoters of phenotypically-relevant Mendelian disorder genes**

817 **A, B)** Shown here are two examples of putative causal SNPs localizing at a TSS of a
818 phenotypically-relevant Mendelian disorder gene. **A)** Putative causal SNP rs1332327,
819 associated with coronary artery disease ($Z = -5.961$), lies at the TSS of *LIPA*. **B)** Putative causal
820 SNP rs1010222, associated with red blood cell count with a Z-score of -5.961, lies at the TSS of
821 *CALR*. **C, D)** Shown here are two representations of chromatin interactions in white adipose
822 tissue. **C)** A cluster of SNPs from the credible set of variants associated with BMI (Z-score
823 plotted in orange and blue) physically interacts with the promoter of a particular isoform of
824 *CYP19A1*. **D)** A single SNP (rs758747) from the credible set, associated with BMI ($Z = 6.081$),
825 physically interacts with the promoter of a distant gene *CREBBP*.
826

827 **TABLES:**

828 **Table 1: Complex Traits and corresponding Mendelian disorders.** This table details the
 829 phenotypically-matched pairs of complex traits (N=62) and groups of Mendelian disorders
 830 (N=20) examined in our study. Mean GWAS Sample Size and Number of Significant GWAS
 831 Loci are reported from original GWAS publications for each complex trait. Significant GWAS
 832 SNPs are all SNPs from the publicly available summary statistics meeting genome-wide
 833 significance at a threshold of $p < 5 \times 10^{-8}$. GWAS genes for each complex trait were identified
 834 using the mapping approach described in Methods.

| Complex Trait | Abbrev. | Mean GWAS Sample Size | Number of Significant GWAS Loci Reported | Number of Significant GWAS SNPs | Number of GWAS Genes | Matched Mendelian Disorder(s) |
|--|---------|-----------------------|--|---------------------------------|----------------------|-------------------------------|
| Celiac Disease ⁶⁶ | CEL | 15283 | 13 | 54 | 34 | Immune Dysregulation |
| Crohn's Disease ⁶⁷ | CD | 27726 | 231 total | 4381 | 239 | |
| Inflammatory Bowel Disease ⁶⁷ | IBD | 34694 | | 7738 | 368 | |
| Ulcerative Colitis ⁶⁷ | UC | 28738 | | 4239 | 202 | |
| Primary Biliary Cirrhosis ⁶⁸ | PBC | 13239 | 28 | 704 | 149 | |
| Rheumatoid Arthritis (European) ⁶⁹ | RA | 58284 | 101 | 16502 | 297 | |
| Multiple Sclerosis ⁷⁰ | MS | 27148 | 52 | 487 | 160 | |
| Autism ⁷¹ | AUT | 10610 | 2 | 2 | 2 | Monogenic Autism |
| Hemoglobin ⁷² | HB | 51255.8 | 11 | 325 | 89 | Hematologic Disorders |
| Mean Cell Hemoglobin ⁷² | MCH | 43553.6 | 19 | 1188 | 164 | |
| Mean Cell Hemoglobin Concentration ⁷² | MCHC | 46953.9 | 8 | 8 | 12 | |
| Mean Corpuscular Volume ⁷² | MCV | 48472.8 | 23 | 1237 | 180 | |
| Mean Platelet Volume ⁷³ | MPV | 16843 | 25 | 705 | 102 | |
| Red Blood Cell Count ⁷² | RBC | 45304.4 | 10 | 908 | 107 | |
| Systemic Lupus Erythematosus ⁷⁴ | SLE | 23210 | 43 | 4983 | 286 | |
| Birthweight ⁷⁵ | BW | 110054.6 | 60 | 1978 | 179 | Growth Defects |
| Height ⁷⁶ | HGT | 239338.3 | 423 | 22807 | 2361 | |
| Femoral Neck Bone Mineral | FN | 53236 | 14 | 788 | 58 | Bone and Uric Acid Disorders |

| Density ⁷⁷ | | | | | | |
|---|------|---------|-----------|------|-----|------------------------------------|
| Forearm Bone Mineral Density ⁷⁷ | FA | 53236 | 3 | 136 | 8 | |
| Lumbar Spine Bone Mineral Density ⁷⁷ | LS | 53236 | 19 | 998 | 67 | |
| Serum Urate Concentration ⁷⁸ | URT | 107026 | 28 | 1991 | 161 | |
| Packed Cell Volume ⁷² | PCV | 44925.9 | 4 | 141 | 53 | Disorders of Platelet Function |
| Platelet Count ⁷³ | PLT | 66867 | 43 | 801 | 134 | |
| Coronary Artery Disease ⁷⁹ | CAD | 184305 | 46 | 1709 | 132 | Cardiovascular Disease |
| High Density Lipoprotein ⁸⁰ | HDL | 95422 | 157 total | 3131 | 464 | |
| Low Density Lipoprotein ⁸⁰ | LDL | 90686.4 | | 2796 | 370 | |
| Total Cholesterol ⁸⁰ | TC | 95651.5 | | 3803 | 500 | |
| Triglycerides ⁸⁰ | TG | 91882.3 | | 2965 | 354 | |
| Hemoglobin A1C ⁸¹ | HBA | 46368 | 10 | 174 | 33 | Monogenic Diabetes |
| Type 2 Diabetes ⁸² | T2D | 61857.4 | 10 | 191 | 28 | |
| Age-related Macular Degeneration ⁸³ | AMD | 33975.1 | 34 | 4087 | 215 | Monogenic AMD |
| Age at Menarche ⁸⁴ | MNR | 182416 | 106 | 2011 | 207 | Female Reproductive Disorders |
| Age at Menopause ⁸⁵ | MNP | 70000 | 44 | 1656 | 316 | |
| Fasting Glucose ⁸⁶ | FG | 46186 | 16 total | 231 | 39 | Insulin Disorders |
| HOMA-B ⁸⁶ | HMB | 46186 | | 95 | 12 | |
| HOMA-IR ⁸⁶ | HMIR | 46186 | | 1 | 0 | |
| Micro-albuminuria ⁸⁷ | MA | 52988.4 | 1 | 4 | 2 | Microalbumin Disorders |
| Fasting Insulin ⁸⁶ | FI | 108557 | 1 | 43 | 23 | Mature-onset Diabetes of the Young |
| Two-hour Glucose ⁸⁸ | 2HG | 15234 | 3 | 4 | 2 | |
| Type 1 Diabetes ⁸⁹ | T1D | 24341 | 42 | 1447 | 144 | |
| Alzheimer's Disease ⁹⁰ | ALZ | 54162 | 19 | 813 | 58 | Neurologic Disease |
| Anxiety Disorders (Case-control) ⁹¹ | ANXC | 14643.1 | 1 | 8 | 2 | |
| Anxiety Disorders | ANXF | 16218.2 | 1 | 43 | 3 | |

| (Factor score) ⁹¹ | | | | | | |
|---|------|----------|---------|------|-----|-------------------------------------|
| Major Depressive Disorder ⁹² | MDD | 10610 | 1 | 5 | 4 | |
| Depressive Symptoms ⁹³ | DS | 161460 | 2 | 28 | 10 | |
| Neuroticism ⁹³ | NRT | 170911 | 11 | 1933 | 82 | |
| Bipolar Disorder ⁹⁴ | BIP | 16731 | 4 | 39 | 8 | Psychiatric Disease |
| Schizophrenia ⁹⁵ | SCZ | 150064 | 108 | 6808 | 479 | |
| Chronic Kidney Disease ⁹⁶ | CKD | 117340 | 4 | 107 | 16 | Renal Disorders |
| Glomerular Filtration Rate (CRN) ⁹⁶ | EGFR | 132725.4 | 43 | 1401 | 162 | |
| Urine Albumin-to-Creatinine Ratio ⁸⁷ | UACR | 53343.1 | 1 | 4 | 2 | |
| Resting Heart Rate ⁹⁷ | RHR | 265046 | 64 | 4568 | 304 | Arrhythmias |
| Age at First Birth ⁹⁸ | AFB | 251151 | 12 | 238 | 45 | |
| College ⁹⁹ | COL | 126559 | 3 | 71 | 12 | Education and Development Disorders |
| Education Years ¹⁰⁰ | EY | 293723 | 74 | 6537 | 554 | |
| Subjective Well-being ⁹³ | SWB | 298420 | 3 | 37 | 9 | Positive Mood Disorders |
| Body Fat Percentage ¹⁰¹ | BFP | 57721.7 | 12 | 196 | 22 | Body Mass Disorders |
| Body Mass Index ¹⁰² | BMI | 224996 | 97 | 1585 | 231 | |
| Childhood BMI ¹⁰³ | CBMI | 28964.1 | 15 | 438 | 49 | |
| Leptin, adjusted for BMI ¹⁰⁴ | LEPB | 30202 | 5 total | 8 | 5 | |
| Leptin, not adjusted for BMI ¹⁰⁴ | LEP | 30507.6 | | 1 | 0 | |
| Waist-to-Hip Ratio ¹⁰⁵ | WHR | 139559.2 | 49 | 424 | 74 | |

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Table 2: Overlap of GWAS genes and phenotypically-matched Mendelian disorder genes.

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For each pair of complex trait and Mendelian disorder, Fisher's exact test was used to quantify the enrichment of shared genes with an odds ratio and p-value (see Methods). Significance was assessed at a threshold of $p < (0.05/20)$ correcting for the number of Mendelian disorder gene sets compared to each complex trait gene set. This table lists pairs of complex traits and phenotypically-matched or related Mendelian disorders with significant overlap. For comparison, the average odds ratio for pairings of each complex trait with all unrelated Mendelian disorder gene sets is included.

| Complex | Matched or Related | Number of | Odds Ratio | P-value | Average Odds |
|---------|--------------------|-----------|------------|---------|--------------|
|---------|--------------------|-----------|------------|---------|--------------|

| Trait | Mendelian Disorder(s) | Shared Genes | for Matched Pair (CI) | | | Ratio across Unmatched Pairs |
|-------|------------------------------------|--------------|-----------------------|----------|---|------------------------------|
| AMD | Monogenic AMD | 9 | 7.99 (3.50, 16.11) | 9.88E-05 | * | 2.06 |
| AMD | Immune Dysregulation | | 2.73 (1.55, 4.52) | 8.27E-03 | * | |
| BFP | Body Mass Disorders | 3 | 22.14 (4.14, 76.70) | 1.03E-02 | * | 4.24 |
| BFP | Monogenic Diabetes | | 15.42 (2.90, 53.04) | 2.85E-02 | * | |
| BW | Mature-onset Diabetes of the Young | 16 | 3.06 (1.69, 5.16) | 3.81E-03 | * | 1.99 |
| BW | Body Mass Disorders | | 4.94 (1.76, 11.29) | 3.86E-02 | * | |
| CAD | Cardiovascular Disease | 13 | 3.17 (1.63, 5.67) | 1.07E-02 | * | 2.23 |
| CAD | Insulin Disorders | | 3.04 (1.56, 5.43) | 1.57E-02 | * | |
| CBMI | Body Mass Disorders | 5 | 16.18 (4.92, 41.63) | 5.41E-04 | * | 2.65 |
| CBMI | Insulin Disorders | | 4.61 (1.74, 10.41) | 3.08E-02 | * | |
| CD | Immune Dysregulation | 23 | 3.42 (2.10, 5.32) | 3.39E-05 | * | 1.65 |
| EY | Positive Mood Disorders | | 4.70 (2.04, 9.59) | 5.76E-03 | * | |
| EY | Psychiatric Disease | 19 | 2.45 (1.44, 3.95) | 1.79E-02 | * | 1.07 |
| FN | Bone and Uric Acid Disorders | | 7.64 (2.36, 19.24) | 1.52E-02 | * | |
| HB | Disorders of Platelet Function | 12 | 6.21 (3.05, 11.59) | 4.34E-05 | * | 2.66 |
| HB | Hematologic Disorders | | 3.99 (1.83, 7.79) | 8.84E-03 | * | |
| HDL | Monogenic Diabetes | 15 | 3.41 (1.85, 5.85) | 1.87E-03 | * | 1.48 |
| HDL | Body Mass Disorders | | 3.92 (1.95, 7.17) | 2.78E-03 | * | |
| HDL | Cardiovascular Disease | 31 | 2.10 (1.40, 3.06) | 6.89E-03 | * | 1.47 |
| HGT | Female Reproductive Disorders | 61 | 1.76 (1.30, 2.36) | 4.36E-03 | * | 1.33 |
| HGT | Growth Defects | | 1.39 (1.13, 1.70) | 2.85E-02 | * | |
| IBD | Immune Dysregulation | 34 | 3.32 (2.23, 4.79) | 3.15E-07 | * | 1.47 |
| LDL | Cardiovascular Disease | | 2.70 (1.79, 3.95) | 6.90E-05 | * | |

| | | | | | | |
|-----|------------------------------------|----|---------------------|----------|---|------|
| LDL | Mature-onset Diabetes of the Young | 24 | 2.17 (1.36, 3.32) | 1.71E-02 | * | |
| LS | Bone and Uric Acid Disorders | 6 | 8.00 (2.80, 18.72) | 3.66E-03 | * | 2.80 |
| MCH | Hematologic Disorders | 15 | 3.19 (1.73, 5.48) | 3.85E-03 | * | 1.71 |
| MCV | Hematologic Disorders | 20 | 4.00 (2.36, 6.44) | 1.78E-05 | * | 1.73 |
| MNR | Body Mass Disorders | 7 | 5.02 (1.95, 10.86) | 1.55E-02 | * | 0.93 |
| PBC | Immune Dysregulation | 13 | 3.03 (1.56, 5.40) | 1.55E-02 | * | 1.17 |
| PCV | Disorders of Platelet Function | 10 | 9.24 (4.11, 18.83) | 1.30E-05 | * | 4.53 |
| PCV | Hematologic Disorders | 8 | 5.60 (2.27, 12.08) | 4.33E-03 | * | |
| PCV | Arrhythmias | 5 | 6.70 (2.07, 16.94) | 2.73E-02 | * | |
| PCV | Cardiovascular Disease | 7 | 4.39 (1.66, 9.84) | 3.89E-02 | * | |
| PLT | Disorders of Platelet Function | 12 | 3.91 (1.95, 7.15) | 2.80E-03 | * | 1.55 |
| PLT | Cardiovascular Disease | 12 | 2.85 (1.42, 5.20) | 3.95E-02 | * | |
| RA | Immune Dysregulation | 25 | 2.95 (1.86, 4.50) | 1.36E-04 | * | 0.94 |
| RBC | Hematologic Disorders | 14 | 4.78 (2.50, 8.50) | 1.16E-04 | * | 2.93 |
| RBC | Disorders of Platelet Function | 12 | 5.03 (2.49, 9.29) | 3.02E-04 | * | |
| RBC | Cardiovascular Disease | 13 | 4.02 (2.05, 7.26) | 1.30E-03 | * | |
| RHR | Arrhythmias | 17 | 3.93 (2.23, 6.53) | 1.17E-04 | * | 1.50 |
| RHR | Cardiovascular Disease | 26 | 2.75 (1.75, 4.16) | 2.94E-04 | * | |
| SCZ | Positive Mood Disorders | 9 | 5.47 (2.37, 11.19) | 1.94E-03 | * | 0.99 |
| SLE | Immune Dysregulation | 24 | 2.94 (1.83, 4.52) | 2.18E-04 | * | 1.41 |
| T2D | Body Mass Disorders | 4 | 23.55 (5.85, 69.99) | 9.35E-04 | * | 1.72 |
| TC | Cardiovascular Disease | 38 | 2.44 (1.69, 3.45) | 6.91E-05 | * | 1.45 |
| TC | Hematologic Disorders | 32 | 2.20 (1.47, 3.18) | 2.36E-03 | * | |
| TG | Monogenic Diabetes | 12 | 3.54 (1.78, 6.43) | 6.20E-03 | * | 1.55 |
| TG | Cardiovascular | 25 | 2.22 (1.41, | 1.01E- | * | |

| | | | | | | |
|-----|----------------------|----|-------------------|----------|---|------|
| | Disease | | 3.38) | 02 | | |
| TG | Body Mass Disorders | 9 | 3.77 (1.67, 7.49) | 2.19E-02 | * | |
| UC | Immune Dysregulation | 21 | 3.72 (2.23, 5.92) | 2.77E-05 | * | 1.56 |
| WHR | Insulin Disorders | 9 | 3.83 (1.67, 7.78) | 2.25E-02 | * | 2.12 |

844

845 **Table 3: Instances of significant overlap of GWAS genes and unrelated Mendelian**
 846 **disorder genes.** As in Table 2, Fisher's exact test was used to quantify the enrichment of
 847 shared genes between complex traits and Mendelian disorders with an odds ratio and p-value
 848 (see Methods). Significance was assessed at a threshold of $p < (0.05/20)$ correcting for the
 849 number of Mendelian disorder gene sets compared to each complex trait gene set. This table
 850 lists pairs of complex traits and phenotypically-unrelated Mendelian disorders that demonstrated
 851 significant overlap.

| Complex Trait | Mendelian Disorder(s) | Number of Shared Genes | Odds Ratio (CI) | P-value | |
|---------------|------------------------------------|------------------------|---------------------|----------|---|
| IBD | Mature-onset Diabetes of the Young | 30 | 2.81 (1.85, 4.13) | 4.81E-05 | * |
| RBC | Renal Disorders | 18 | 4.14 (2.33, 6.96) | 5.21E-05 | * |
| UC | Mature-onset Diabetes of the Young | 19 | 3.25 (1.90, 5.27) | 4.88E-04 | * |
| HGT | Renal Disorders | 153 | 1.48 (1.23, 1.78) | 7.51E-04 | * |
| SLE | Mature-onset Diabetes of the Young | 22 | 2.61 (1.59, 4.07) | 2.47E-03 | * |
| CD | Mature-onset Diabetes of the Young | 19 | 2.69 (1.58, 4.35) | 4.64E-03 | * |
| LDL | Hematologic Disorders | 25 | 2.31 (1.46, 3.51) | 7.01E-03 | * |
| MCH | Insulin Disorders | 15 | 2.80 (1.52, 4.81) | 1.40E-02 | * |
| AMD | Microalbumin Disorders | 8 | 4.43 (1.86, 9.13) | 1.47E-02 | * |
| MCH | Bone and Uric Acid Disorders | 8 | 4.19 (1.75, 8.61) | 2.09E-02 | * |
| TC | Disorders of Platelet Function | 25 | 2.11 (1.34, 3.20) | 2.25E-02 | * |
| CD | Renal Disorders | 23 | 2.17 (1.34, 3.37) | 2.26E-02 | * |
| PCV | Positive Mood Disorders | 3 | 15.97 (3.11, 51.37) | 2.31E-02 | * |
| CAD | Neurologic Disease | 7 | 4.52 (1.76, 9.75) | 2.79E-02 | * |
| BW | Immune Dysregulation | 14 | 2.69 (1.43, 4.68) | 2.89E-02 | * |
| CEL | Disorders of Platelet Function | 5 | 6.78 (2.04, 17.83) | 2.94E-02 | * |
| FN | Positive Mood Disorders | 3 | 14.51 (2.83, | 3.00E- | * |

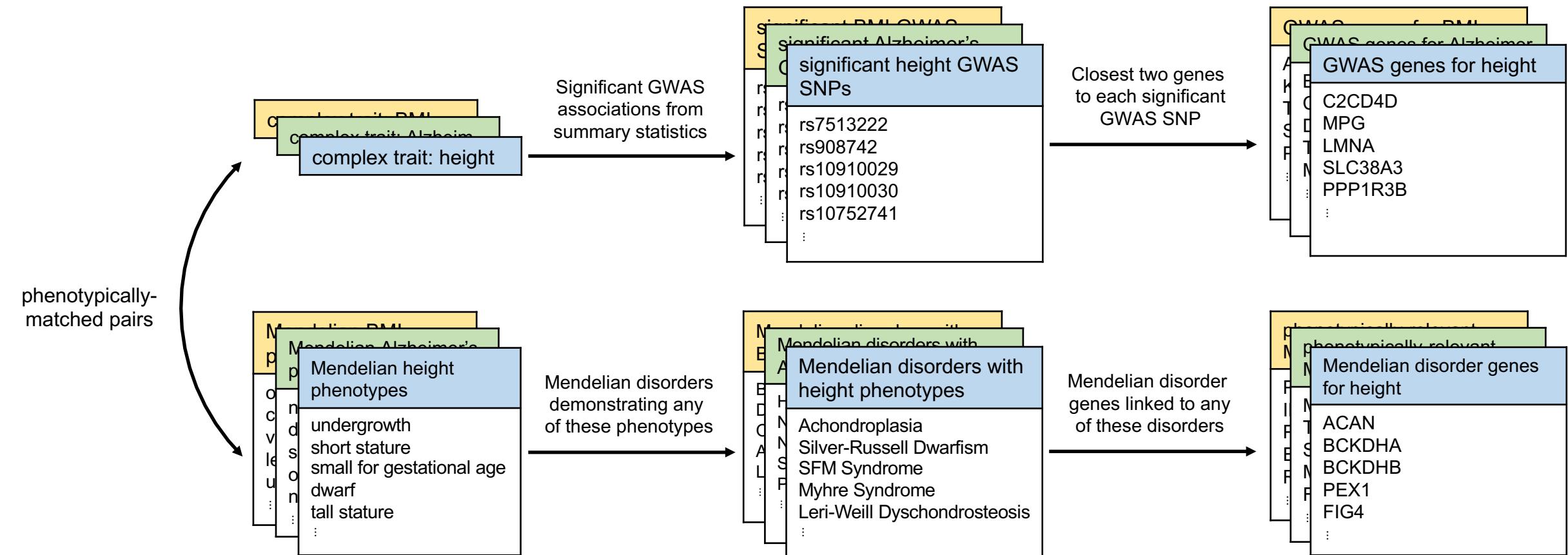
| | | | | | |
|-----|--------------------------------|---|-------------------|----------|---|
| | | | 46.53) | 02 | |
| MCV | Bone and Uric Acid Disorders | 8 | 3.80 (1.59, 7.79) | 3.78E-02 | * |
| ALZ | Immune Dysregulation | 7 | 4.32 (1.65, 9.62) | 4.11E-02 | * |
| WHR | Disorders of Platelet Function | 7 | 4.12 (1.59, 9.03) | 4.99E-02 | * |

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853 **Table 4: Genome-wide significant SNPs localizing at TSS of phenotypically-relevant**
 854 **Mendelian disorder genes.** GWAS SNPs from the credible set for each complex trait were
 855 intersected with transcription start site (TSS) regions 1kb upstream of phenotypically-matched
 856 Mendelian disorder genes. This table lists all genome-wide significant SNPs ($p < 5 \times 10^{-8}$ from
 857 GWAS, with chromosomal location) from all complex traits localizing at the TSS of a
 858 phenotypically-matched Mendelian disorder gene (italicized).

| Complex Trait | SNP ID | Chr | Position | Z score | Gene | Strand |
|---------------|------------|-------|-----------|----------|----------------|--------|
| PBC | rs13239597 | chr7 | 128695983 | 9.85309 | <i>TNPO3</i> | - |
| HGT | rs8028537 | chr15 | 89345947 | -9.333 | <i>ACAN</i> | + |
| HGT | rs10853751 | chr19 | 41903220 | 8.71 | <i>BCKDHA</i> | + |
| CD | rs59283234 | chr5 | 150225587 | -8.454 | <i>IRGM</i> | + |
| CD | rs751627 | chr5 | 150225113 | -8.451 | <i>IRGM</i> | + |
| CD | rs35707106 | chr5 | 150225377 | -8.332 | <i>IRGM</i> | + |
| HGT | rs2298307 | chr6 | 80816296 | 8.276 | <i>BCKDHB</i> | + |
| HGT | rs12386601 | chr7 | 92157886 | 8.2 | <i>PEX1</i> | - |
| BMI | rs17066842 | chr18 | 58040624 | -7.542 | <i>MC4R</i> | - |
| HGT | rs12192268 | chr6 | 110011458 | -7 | <i>FIG4</i> | + |
| CAD | rs1332327 | chr10 | 91011681 | 6.798 | <i>LIPA</i> | - |
| RA | rs13239597 | chr7 | 128695983 | 6.65672 | <i>TNPO3</i> | - |
| IBD | rs59283234 | chr5 | 150225587 | 6.51 | <i>IRGM</i> | + |
| IBD | rs751627 | chr5 | 150225113 | 6.507 | <i>IRGM</i> | + |
| HGT | rs7592246 | chr2 | 219926221 | 6.452 | <i>IHH</i> | - |
| IBD | rs34005003 | chr5 | 150225199 | 6.427 | <i>IRGM</i> | + |
| IBD | rs35707106 | chr5 | 150225377 | 6.326 | <i>IRGM</i> | + |
| MNR | rs3775971 | chr4 | 104641920 | 6.20413 | <i>TACR3</i> | - |
| IBD | rs27741 | chr16 | 28504181 | 6.109 | <i>CLN3</i> | - |
| HGT | rs4244808 | chr11 | 2163110 | 6.061 | <i>IGF2</i> | - |
| RBC | rs1010222 | chr19 | 13048608 | -5.96154 | <i>CALR</i> | + |
| CD | rs27741 | chr16 | 28504181 | -5.866 | <i>CLN3</i> | - |
| HGT | rs613924 | chr11 | 65769295 | -5.862 | <i>BANF1</i> | + |
| AFB | rs4845357 | chr1 | 153896212 | -5.775 | <i>GATAD2B</i> | - |
| HGT | rs6591226 | chr11 | 66675990 | 5.517 | <i>PC</i> | - |

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Pairs with Significant Enrichment: unrelated phenotypes related phenotypes perfectly-matched phenotypes

Mendelian Disorder

