

**Supplementary Table 6:** correlation matrices for cross-twin cross-visit measures in 30 longitudinal variables studied. Numbers in the upper-right side of each table are correlation coefficient in monozygotic (MZ) twins and in the lower-left side for dizygotic (DZ) twins.

**Systolic blood pressure**

N (MZ twins) = 1066

N (DZ twins) = 1600

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.57	0.62	0.43
Twin 1 Last visit	0.55		0.48	0.57
Twin 2 First visit	0.36	0.25		0.57
Twin 2 Last visit	0.29	0.33	0.53	

**Diastolic blood pressure**

N (MZ twins) = 1066

N (DZ twins) = 1600

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.48	0.61	0.40
Twin 1 Last visit	0.45		0.40	0.52
Twin 2 First visit	0.38	0.14		0.48
Twin 2 Last visit	0.22	0.27	0.50	

**Total cholesterol**

N (MZ twins) = 920

N (DZ twins) = 1578

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.36	0.75	0.27
Twin 1 Last visit	0.38		0.26	0.53
Twin 2 First visit	0.50	0.21		0.23
Twin 2 Last visit	0.17	0.31	0.37	

**HDL-C**

N (MZ twins) = 926

N (DZ twins) = 1582

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.61	0.74	0.50
Twin 1 Last visit	0.57		0.54	0.74
Twin 2 First visit	0.46	0.29		0.60
Twin 2 Last visit	0.24	0.37	0.63	

**LDL-C**

N (MZ twins) = 884

N (DZ twins) = 1524

Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
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Twin 1 First visit		0.40	0.73	0.31
Twin 1 Last visit	0.38		0.30	0.56
Twin 2 First visit	0.45	0.18		0.28
Twin 2 Last visit	0.12	0.30	0.36	

### Triglycerides

N (MZ twins) = 884

N (DZ twins) = 1532

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.53	0.69	0.48
Twin 1 Last visit	0.51		0.47	0.66
Twin 2 First visit	0.31	0.18		0.50
Twin 2 Last visit	0.24	0.30	0.64	

### PR interval

N (MZ twins) = 432

N (DZ twins) = 792

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.71	0.59	0.57
Twin 1 Last visit	0.68		0.59	0.64
Twin 2 First visit	0.35	0.22		0.76
Twin 2 Last visit	0.33	0.29	0.71	

### QRS axis

N (MZ twins) = 78

N (DZ twins) = 172

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.51	0.52	0.03
Twin 1 Last visit	0.84		0.11	0.46
Twin 2 First visit	0.29	0.24		0.37
Twin 2 Last visit	0.15	0.15	0.72	

### QT interval

N (MZ twins) = 472

N (DZ twins) = 936

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.44	0.53	0.32
Twin 1 Last visit	0.49		0.43	0.54
Twin 2 First visit	0.32	0.12		0.55
Twin 2 Last visit	0.15	0.16	0.42	

### Homocysteine

N (MZ twins) = 80

N (DZ twins) = 218

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.46	0.74	0.47
Twin 1 Last visit	0.59		0.38	0.60
Twin 2 First visit	0.32	0.24		0.66
Twin 2 Last visit	0.32	0.37	0.63	

### Leptin

N (MZ twins) = 12

N (DZ twins) = 12

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.40	0.60	0.41
Twin 1 Last visit	0.86		0.96	0.89
Twin 2 First visit	-0.10	-0.17		0.96
Twin 2 Last visit	-0.19	-0.30	0.68	

### Apolipoprotein A1

N (MZ twins) = 362

N (DZ twins) = 1000

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.48	0.60	0.40
Twin 1 Last visit	0.39		0.28	0.61
Twin 2 First visit	0.38	0.23		0.40
Twin 2 Last visit	0.20	0.36	0.53	

### Apolipoprotein B

N (MZ twins) = 366

N (DZ twins) = 988

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.39	0.78	0.36
Twin 1 Last visit	0.41		0.31	0.59
Twin 2 First visit	0.48	0.19		0.35
Twin 2 Last visit	0.15	0.36	0.36	

### Forced expiratory volume in 1 sec (FEV1)

N (MZ twins) = 878

N (DZ twins) = 1648

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.90	0.80	0.79
Twin 1 Last visit	0.88		0.79	0.82
Twin 2 First visit	0.62	0.61		0.89
Twin 2 Last visit	0.61	0.63	0.87	

### Forced vital capacity (FVC)

N (MZ twins) = 872

N (DZ twins) = 1614

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.91	0.82	0.80
Twin 1 Last visit	0.87		0.80	0.84
Twin 2 First visit	0.61	0.59		0.90
Twin 2 Last visit	0.60	0.63	0.87	

### FEV1/FVC ratio

N (MZ twins) = 872

N (DZ twins) = 1614

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.54	0.44	0.29
Twin 1 Last visit	0.59		0.40	0.44
Twin 2 First visit	0.33	0.20		0.49
Twin 2 Last visit	0.28	0.24	0.54	

### Total body fat mass

N (MZ twins) = 1192

N (DZ twins) = 1768

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.85	0.77	0.68
Twin 1 Last visit	0.83		0.66	0.73
Twin 2 First visit	0.45	0.40		0.83
Twin 2 Last visit	0.36	0.41	0.82	

### Total body lean mass

N (MZ twins) = 1192

N (DZ twins) = 1768

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.88	0.87	0.78
Twin 1 Last visit	0.86		0.78	0.83
Twin 2 First visit	0.64	0.50		0.89
Twin 2 Last visit	0.53	0.54	0.86	

### Total body bone mineral content

N (MZ twins) = 970

N (DZ twins) = 1542

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.91	0.89	0.83
Twin 1 Last visit	0.88		0.82	0.86
Twin 2 First visit	0.51	0.47		0.91
Twin 2 Last visit	0.44	0.47	0.90	

### Grip strength

N (MZ twins) = 110

N (DZ twins) = 68

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.58	0.63	0.51
Twin 1 Last visit	0.56		0.59	0.71
Twin 2 First visit	0.22	-0.06		0.79
Twin 2 Last visit	0.27	0.15	0.78	

### **Femoral neck bone mineral density**

N (MZ twins) = 1282

N (DZ twins) = 1796

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.88	0.84	0.77
Twin 1 Last visit	0.87		0.78	0.81
Twin 2 First visit	0.45	0.41		0.90
Twin 2 Last visit	0.40	0.43	0.87	

### **Total hip bone mineral density**

N (MZ twins) = 1282

N (DZ twins) = 1796

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.90	0.84	0.78
Twin 1 Last visit	0.86		0.78	0.81
Twin 2 First visit	0.44	0.39		0.91
Twin 2 Last visit	0.41	0.43	0.87	

### **Spine bone mineral density**

N (MZ twins) = 1304

N (DZ twins) = 1814

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.87	0.84	0.74
Twin 1 Last visit	0.86		0.75	0.79
Twin 2 First visit	0.47	0.41		0.86
Twin 2 Last visit	0.39	0.44	0.86	

### **Broadband ultrasound attenuation (BUA)**

N (MZ twins) = 152

N (DZ twins) = 286

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.50	0.67	0.50
Twin 1 Last visit	0.71		0.58	0.59
Twin 2 First visit	0.31	0.33		0.69
Twin 2 Last visit	0.31	0.35	0.72	

### Velocity of sound (VOS)

N (MZ twins) = 152

N (DZ twins) = 286

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.36	0.79	0.33
Twin 1 Last visit	0.22		0.24	0.82
Twin 2 First visit	0.56	0.00		0.25
Twin 2 Last visit	-0.02	0.60	0.20	

### Serum urea levels

N (MZ twins) = 154

N (DZ twins) = 358

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.17	0.64	0.30
Twin 1 Last visit	0.33		0.10	0.54
Twin 2 First visit	0.40	0.13		0.45
Twin 2 Last visit	0.23	0.37	0.50	

### Dehydroepiandrosterone sulphate (DHEAS)

N (MZ twins) = 30

N (DZ twins) = 90

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.74	0.90	0.85
Twin 1 Last visit	0.86		0.71	0.58
Twin 2 First visit	0.61	0.52		0.88
Twin 2 Last visit	0.53	0.48	0.88	

### Estimated glomerular filtration rate (eGFR)

N (MZ twins) = 68

N (DZ twins) = 206

	Twin 1 First visit	Twin 1 Last visit	Twin 2 First visit	Twin 2 Last visit
Twin 1 First visit		0.57	0.81	0.56
Twin 1 Last visit	0.52		0.37	0.62
Twin 2 First visit	0.61	0.44		0.66
Twin 2 Last visit	0.25	0.49	0.58	