



# What causes heart attack during exercise?

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A **heart attack** during exercise is most often the result of a blockage in one of the coronary arteries. This blockage can be caused by a number of things, including plaque buildup, a blood clot, or simply a piece of cholesterol that has broken off from the lining of an artery. When this blockage prevents blood from flowing to the heart muscle, it can cause a heart attack. Chest pain and shortness of breath are the most common symptoms of a heart attack during exercise.

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