

## What Causes a Heart Attack?

- A 'classic' heart attack occurs when a blood clot obstructs a coronary artery supplying blood to the heart muscle.
- A clot attaches to built-up plaque.
- The blood clot usually forms at the site where the plaque has ruptured on the inner wall of the coronary artery.

*This resource provides brief, general information about this health care topic. It does not take the place of the instructions you receive from your health care providers. Discuss the risks and benefits of therapies with your doctor and always take medication as prescribed. For answers to other questions talk to your health care provider.*

**For more information or a referral, please call the NewYork-Presbyterian Hospital Preventive Cardiology Program at (212) 305-4866 or visit our website at:**

**<http://www.hearthealthtimes.com>.**

