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Pregnancy is a remarkable physiological process marked by a series of complex changes that prepare a woman's body to nurture and support the developing fetus. The first trimester, spanning from conception to approximately 12 weeks of gestation, is a critical period characterized by rapid cellular growth, hormonal shifts, and significant anatomical and physiological adaptations. Understanding the specific changes that occur during this period is essential for healthcare providers, pregnant women, and those planning pregnancy. This article explores the various alterations that take place during the first trimester, detailing the hormonal, anatomical, physiological, and emotional transformations that define this vital stage of pregnancy.