



Pregnancy: Your First Trimester



Overview

You've begun your first three months of pregnancy. We call this the "first trimester." It's the start of some big changes in your life. You may be a little anxious. Let's learn about what you can expect.

Your body

First, you should know that while you may not have a lot of visible changes in the first trimester, you'll experience a big change in your hormone levels. Hormones are natural chemicals made by your own tissues. They regulate your body's functions. During pregnancy, your body is flooded with hormones. They can affect you in powerful ways. You can have symptoms like fatigue, nausea and food cravings. You may have heartburn. You may need to pee a lot. You may have constipation. And, your breasts may become tender and swollen.

Your mind

Along with your body, pregnancy hormones also affect your emotions. You can experience things like exhilaration, anxiety and exhaustion. You can have rapid mood changes. This is normal. But be aware of your feelings. If your emotions are intense and you feel like something is wrong, speak up. Tell a loved one. Talk to your doctor.

Conclusion

And finally, during your pregnancy, make health a priority. Your doctor will schedule regular checkups to monitor the health of you and your baby. Go to all of these appointments, and be sure to follow your doctor's advice. If you have any questions or concerns, discuss them with your doctor.