# Cell Death: Exploring the Intricacies of Apoptosis

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Cell death is an essential biological process that plays a crucial role in the development, maintenance, and overall health of multicellular organisms. One of the most well-known and extensively studied forms of cell death is apoptosis. Apoptosis, often referred to as programmed cell death, is a tightly regulated mechanism that ensures the elimination of unwanted or damaged cells, while maintaining tissue homeostasis. In this article, we will delve into the intricacies of apoptosis, its importance in various physiological processes, and its implications in disease and therapeutics.

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