



Real answers and resources for life after diagnosis

Your First Steps Guide

Just diagnosed with type 2 diabetes? Take a breath. Here are the calm, concrete things to do first — you don't have to figure it all out today.

I've been exactly where you are. My blood sugar was 450 when I found out — sent straight to the ER, with no family history and no warning. So let me tell you what I needed to hear that week: **this is manageable, thousands of people live full lives with it, and you only need to take the first few steps.**

Your First 7 Days: A Simple Checklist

1. Get your actual numbers.

Ask your doctor's office for your lab results in writing — your A1C and your fasting glucose. Don't just accept "it's high." Get the numbers so you know your starting point and can track progress.

2. Schedule your follow-up.

Book a follow-up, and ask for a referral to an endocrinologist and a diabetes educator (a CDCES). These specialists build your real plan. No doctor you trust? This is the moment to find one.

3. Start a simple glucose log.

If you have a meter or CGM, write down your readings — the time, the number, and roughly what you ate. A notebook is fine. This log becomes gold for you and your care team.

4. Don't panic-overhaul your diet overnight.

Ignore the extreme stuff online. For now: cut the obvious sugar-bombs (soda, juice, candy), watch portions, add more vegetables and protein. That's enough to start.

5. Move a little, every day.

A 10–15 minute walk after meals genuinely helps your blood sugar. No gym required — just move.

6. Learn what your numbers mean.

Understanding the difference between an A1C of 6.0 and 8.0 takes the fear out of the unknown. Knowledge turns panic into a plan.

7. Tell someone you trust.

Don't carry this alone. Tell your partner, a friend, family. If anyone in your life works in medicine, ask them to help you read your labs — an extra set of eyes catches what gets missed.

You can still live fully.

A diagnosis is not the end of your life. I still train, still compete as a powerlifter, still travel, still eat food I enjoy, still show up for my kids. Type 2 diabetes became part of my life — it didn't take my life over. You've got this. One day, one number, one win at a time.

Know more. Live fully.
Read more at newtotype2d.com

Disclaimer: *Nothing in this guide is medical advice. It reflects personal lived experience and general educational information only. Always work with your own doctor or care team on decisions about your health. If you believe you are experiencing a medical emergency, call 911.*