




Crystal Beal, MD

they/them

 Crystal Beal  @queercme  @queerdoc

Physician | Disrupter | Queer



I'm Crystal, a Board Certified Family Medicine Physician. I believe healthcare needs to change. Trans and gender-diverse patients should not be **AFRAID** to go to their provider's office. They should expect more from their provider than just getting their name or pronouns correct. I use my lived experience and my knowledge gained from my high-volume practice to add a high level of nuance to gender-affirming medical education. Learning with me you learn more than just the medicine.

Available Topics


- Creating a Gender Affirming Clinical Environment
- Gender Affirming Care with Testosterone
- Gender Affirming Care with Estrogen and Progesterone
- Anti-androgens in Gender Affirming Care
- Out of the Box Gender Affirming Care
- Non-hormonal Interventions Supporting a Curvier Appearance
- Non-hormonal Interventions Supporting A More Angular Appearance
- Preventative Care for Gender Diverse Patients
- Medical Provider Required Components of Legal Transition for Patients
- Referring Patients for Gender Affirming Surgery for Medical Providers
- Puberty Blockers in Youth Gender Care
- Testosterone in Adolescent Gender Care
- Estradiol and Progesterone in Adolescent Gender Care
- Case Studies in Informed Consent
- Consent Driven Care, a New Model of Care
- How to Take an Inclusive Sexual Health History
- What's in a Word? The Evolving Language of Gender-Affirming Care
- Tips for Mental Health Professionals from a Medical Provider
- Helping Trans Patients Navigate the World More Safely


In the Press




“ Testimonials

"Dr. Crystal has an easy-going manner which makes them very personable and relatable. They have a great sense of humor, and extensive body of knowledge and a devotion to our unique population. Their information is valuable, pertinent, relevant, up-to-date and even cutting edge. Dr. Beal has the highest recommendation I have ever given in my 40+ years in medicine!"




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 - [YouTube](#)
- KevinMD
 - [A doctor for LGBTQ+ health needs](#)
- Physician's Guide to Doctoring
 - [Consent-Driven Care](#)
 - [Be Calm and Queer On](#)
 - [The Evolving Language of GAC](#)



Recent Engagements

- Philadelphia Trans Wellness Conference
- Florida State University College of Medicine
- Seattle Children's Gender Clinic
- World Professional Association for Transgender Health

Speaking engagements include 60-90 minutes on a topic in-person (local) or live stream plus a list of recommended resources and the presentation references which can be distributed to participants. Presentations do not include store-and-forward recording or a distributable copy of the slides. If slides are needed for accessibility accommodations this is permissible in a limited fashion.

Feel free to contact me via email for individualized requests including specified topics in transgender health, keynotes, recorded engagements, longer engagements, and engagements requiring travel outside of the Seattle area.