

PROMTPRESS PUBLIC REPORT

Channel audit

Gastroenterologist

Sasha



@blagastrosasha

Evidence-based gastroenterology, we treat everything
 Appointments only 18+ https://taplink.cc/prikazchikov_alex Banned
 social network <https://www.instagram.com/prikazchikov.alex> Care
 service...

SUBSCRIBERS

40 970

+360 per month

ERR (% SEE POSTS)

18.0%

daily 8.4%

REACH/POST

7.6K

ad reach 3.4K/24h

— CONTENTS · 2026

What's inside the report

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Top 5 posts · worst 3 · insights

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05 Ad potential

How long a post brings reach

06 Competitors

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09 Strategy

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it's calculated for.

 SUBSCRIBERS 40 970 —	 SUBSCRIBER REACH 18.5% avg % subs see post	 VIEWS/POST 7.6K median 7.9K · 24 days	 POSTS/WEEK 4.1 for period
 7D TREND — no data for period	 REACTIONS/POST 202.3 total 2,832 reactions, 478 reposts, 137 comments	 POST LENGTH 579 chars median 770 · 24 days	 POSTS ANALYZED 14 24 days
 AD REACH 3.4K 24h avg	 CHURN / MONTH +360 last month	 CITATION RATE 25 citation index · 93 channels mentioned all time	 CHANNEL AGE 4 years 3 months created 12.03.2022

AI EDITOR SUMMARY

Channel «Gastroenterologist Sasha» — 40 970 subs. Each post gets avg 7.6K people (19% of subs), average reach — room to grow. Publishes 4 posts per week (~1/day) — infrequent posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat and what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 14 posts over 24 days.
- 02 Dominant format — Photo (7/14 posts).
- 03 Avg post length — 579 chars (median 770).
- 04 Peak audience activity — Thu, 23:00 MSK.
- 05 Top posts get 2x more views than the weakest (9.2K avg for top vs 5.5K for worst) — among 14 posts over 24 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 11.06 · 20:41 TEXT HARM OF SUGAR & SUPPLEMENTS Clickbait title done, now to the point ☒I don't want to write loud words about toxic hepatitis now...	VIEWS 9 955 REP. 52	REACTIONS 257 ER 24.3%
Nº2 30.05 · 14:51 TEXT Hi my dear subs! I went quiet due to a book launch — only 1 person came, guess you read in...	VIEWS 9 475 REP. 4	REACTIONS 565 ER 23.1%
Nº3 10.06 · 18:17 PHOTO Take/not take: gastro version What do you choose?	VIEWS 8 318 REP. 35	REACTIONS 274 ER 20.3%

Nº4 26.05 • 13:27 PHOTO How a doctor ended up advertising a blanket? Usually ads in my blog are health-related. Discounts at labs, other specialists, and such...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>8 124</td><td>142</td></tr> <tr> <td>REP.</td><td>ER</td></tr> <tr> <td>26</td><td>19.8%</td></tr> </table>	VIEWS	REACTIONS	8 124	142	REP.	ER	26	19.8%
VIEWS	REACTIONS								
8 124	142								
REP.	ER								
26	19.8%								
Nº5 30.05 • 14:47 PHOTO And a bit more	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>8 053</td><td>126</td></tr> <tr> <td>REP.</td><td>ER</td></tr> <tr> <td>5</td><td>19.7%</td></tr> </table>	VIEWS	REACTIONS	8 053	126	REP.	ER	5	19.7%
VIEWS	REACTIONS								
8 053	126								
REP.	ER								
5	19.7%								

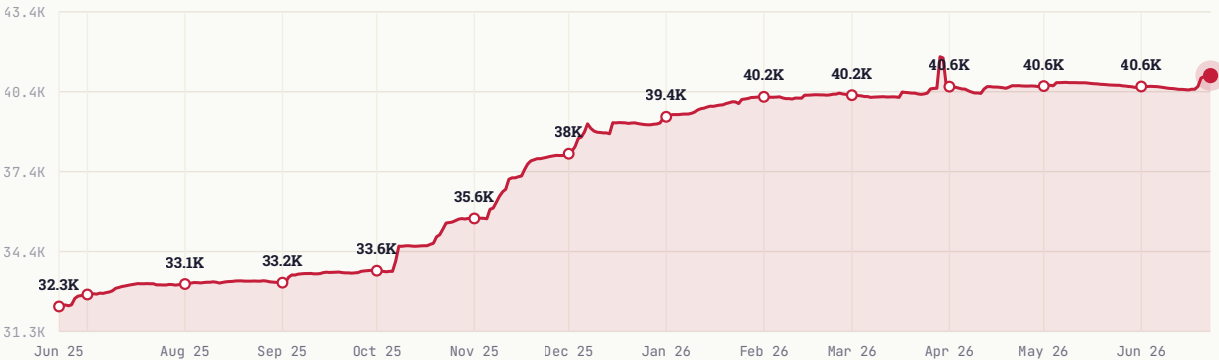
WORST 3

↓ 17.06 • 10:10 TEXT Growling in the stomach Saxophone growls? "No" It makes magnificent sounds Stomach growls? "Yes, it's embarrassing" ☒Actually it's not embarrassing, it's peristalsis...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>5 930</td><td>176</td></tr> <tr> <td>REP.</td><td>ER</td></tr> <tr> <td>30</td><td>14.5%</td></tr> </table>	VIEWS	REACTIONS	5 930	176	REP.	ER	30	14.5%
VIEWS	REACTIONS								
5 930	176								
REP.	ER								
30	14.5%								
↓ 18.06 • 13:55 TEXT YOU'D WANT TO KNOW THIS BUT MISSED IT: POST DIGEST Remember my post about sugar and supplements? I asked my oncologist colleague Dmitry Beinusov to...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>5 339</td><td>54</td></tr> <tr> <td>REP.</td><td>ER</td></tr> <tr> <td>3</td><td>13.0%</td></tr> </table>	VIEWS	REACTIONS	5 339	54	REP.	ER	3	13.0%
VIEWS	REACTIONS								
5 339	54								
REP.	ER								
3	13.0%								
↓ 19.06 • 16:32 TEXT Emergency kit of analyses & research (doctor's version) Friday means emergency kit time 😊 Disclaimer: the list is purely...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>5 252</td><td>267</td></tr> <tr> <td>REP.</td><td>ER</td></tr> <tr> <td>173</td><td>12.8%</td></tr> </table>	VIEWS	REACTIONS	5 252	267	REP.	ER	173	12.8%
VIEWS	REACTIONS								
5 252	267								
REP.	ER								
173	12.8%								

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subs.



PERIOD START

32 285

NOW

40 970

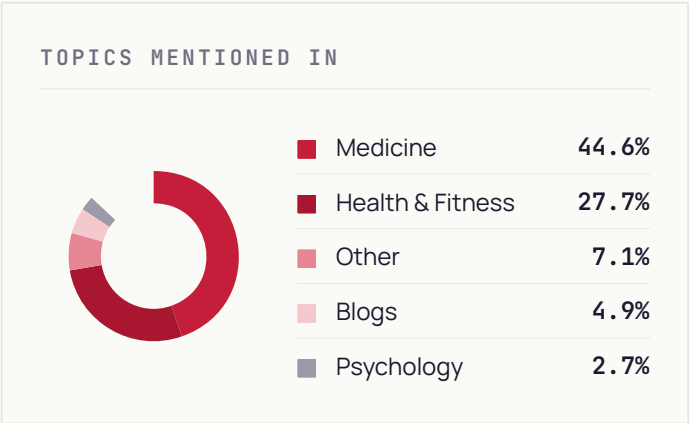
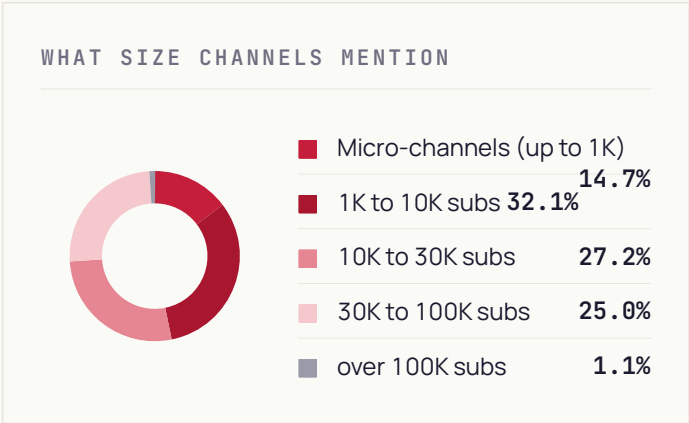
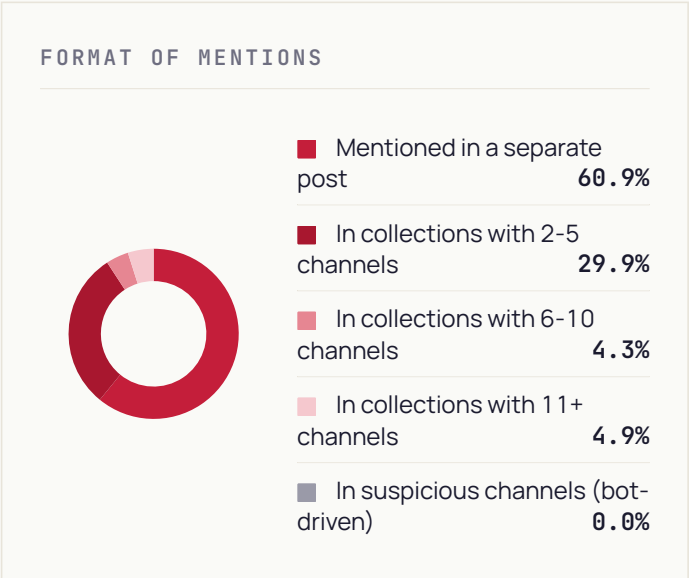
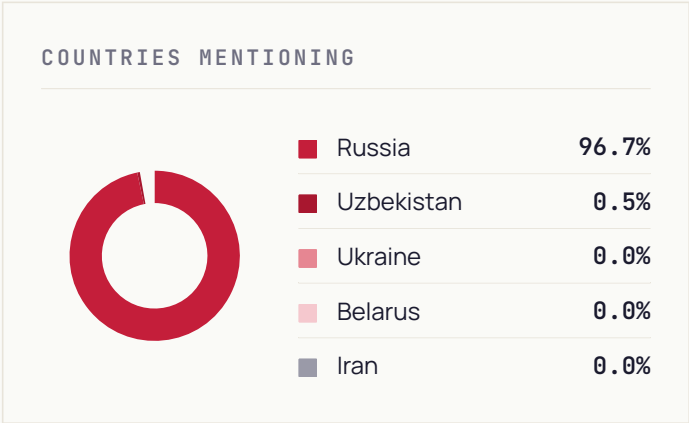
NET GROWTH

+8 685

SECTION 04 · MENTIONS

Who & how mentions the channel

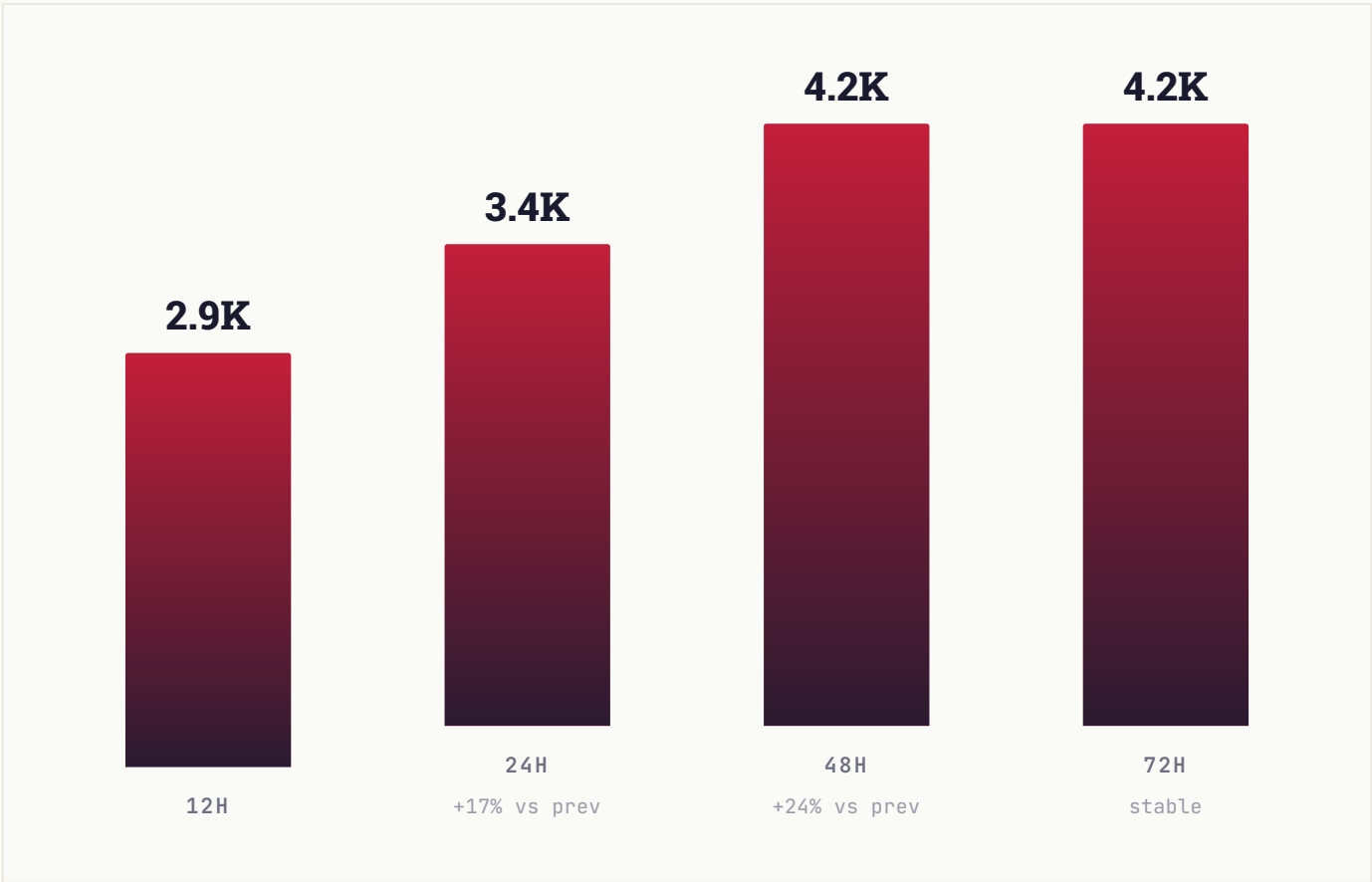
Citation index **25** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All time channel was mentioned **93** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post over time since publication. Helps gauge how long placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
BI Blog from the morgue	359.3K
EM Endocrinologist Magerya	293.9K
EP EXPERIENCED PHARMACIST	267K
MM Moscow medicine	238.8K
Health HealthControl	223.6K
CD Dr. Shishonin's channel	215.4K
AT Anatomical Theater	201.6K
MR Mikerina. Giving birth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
Lifestyle Notes of a Forensic Expert	171.5K
Voice Gastroenterologist Sasha YOU	41K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#95 of 96). Niche median — 70.8K subs. First growth KPI — reach median. Leader: Blog from the morgue (359.3K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **46**, they brought **7 580** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	11	9	1 865	
Nov 2025	7	6	2 409	
Oct 2025	14	11	2 043	
September 2025	8	6	536	
August 2025	4	4	209	
July 2025	2	2	518	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
46	6	7 580

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

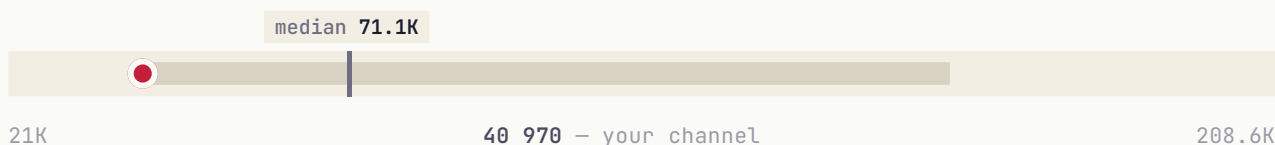
Took top-100 channels in category «**Medicine**» (Russia) and compared your channel. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#95 /100

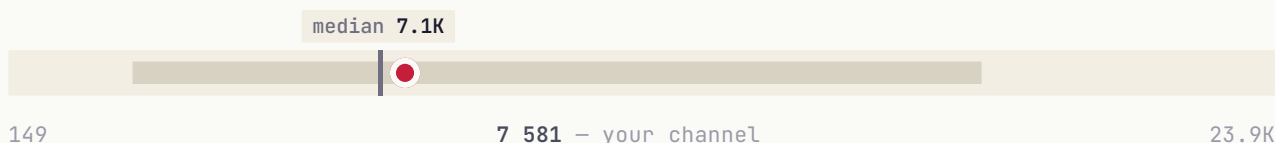
POSITION IN NICHE

Channel in the bottom half of the ranking

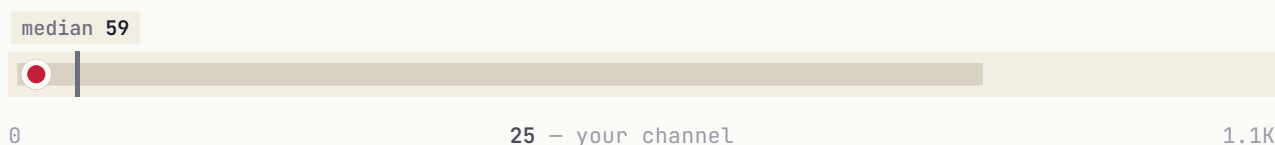
SUBSCRIBERS

42% below median

AVG REACH / POST

better than 51% of niche

CITATION INDEX

58% below median

— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01

Increase posting frequency

Now 4.1 posts/wk. Active channels avg 7-10.
Consistency is key to retention.

EFFECT

Consistency > volume

02

Main post of the week — on Thursday

Audience is most active on this day at 23:00 MSK.

EFFECT

Best window for an important post

03

Increase video posts share

Video in Telegram holds audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.

EFFECT

Video better retains audience

04

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

+1000-3000 subs

05

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. To go further, run ads through us and hit your growth plan in a month.

01

Launch ads in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager