

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Grebeshkova



@doctor_grebeshkova

Guides/lectures <https://grebeshkova.taplink.ws/> and <https://boosty.to/doctor.grebeshkova> About women's health without myths and panic I am an obstetrician-gynecologist, author of the book "The Most Important Thing About Women's Health", and...

SUBSCRIBERS

34 819

-156 per month

ERR (% SEE POSTS)

28.0%

last day **12.3%**

REACH/POST

9.3K

ad reach **4.3K/24h**

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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 was calculated for.

 SUBSCRIBERS 34 819 —	 SUBSCRIBER REACH 26.69% avg % of subs see post	 VIEWS/POST 9.3K median 9.4K · 24 days	 POSTS/WEEK 5.2 for the period
 7D TREND -23.3% vs previous week	 REACTIONS/POST 310.9 total 5,596 reactions, 187 reposts, 134 comments	 POST LENGTH 490 chars median 669 · 24 days	 POSTS ANALYZED 18 24 days
 AD REACH 4.3K 24h avg	 CHURN / MONTH -156 last month	 CITATION RATE 5 citation index · 33 channels mentioned ever	 CHANNEL AGE 7 years 2 months created 06.05.2019

AI EDITOR SUMMARY

Channel "Doctor Grebeshkova" — 34 819 subs. Each post averages 9.3K people (27% of subs), good reach. Publishes 5 posts per week (~1/day) — rare. Week Jul 6–12 reach dropped -23.3% by week Jun 29 – Jul 5 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and laggards – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **18** posts over 24 days.
- 02 Dominant format – **Video** (12/18 posts).
- 03 Avg post length – **490** chars (median 669).
- 04 Peak audience activity – **Sunday**, 22:00 MSK.
- 05 Top posts drive **2×** more views than the weakest (12K avg for top vs 7.1K for worst) – among 18 posts in 24 days. Worth analyzing what top shares: topic, format, timing.

TOP 5 POSTS

Nº1 28.06 · 19:06 PHOTO Got baptism pics❤️ It was so sweet, quiet, fun. Daughter smiled, tried to eat the oil and happily bathed A good day in her...	VIEWS 12 381 REPOSTS 9	REACTIONS 1 384 ER 35.6%
Nº2 06.07 · 17:34 PHOTO I often get asked about vaccines and pre-pregnancy checkups. First. From an obstetrics perspective, we care about...	VIEWS 11 989 REPOSTS 35	REACTIONS 450 ER 34.4%
Nº3 27.06 · 20:06 VIDEO Dacha❤️	VIEWS 11 728 REPOSTS 1	REACTIONS 355 ER 33.7%

Nº427.06 · 19:15 **VIDEO**
(video post without caption)

VIEWS	REACTIONS
11 659	136
REPOSTS	ER
8	33.5%

Nº501.07 · 08:37 **VIDEO**
(video post without caption)

VIEWS	REACTIONS
11 423	203
REPOSTS	ER
11	32.8%

WORST 3

↓ 26.06 · 08:13 **VIDEO**
(video post without caption)

VIEWS	REACTIONS
8 411	227
REPOSTS	ER
14	24.2%

↓ 12.07 · 10:40 **VIDEO**
(video post without caption)

VIEWS	REACTIONS
6 610	203
REPOSTS	ER
11	19.0%

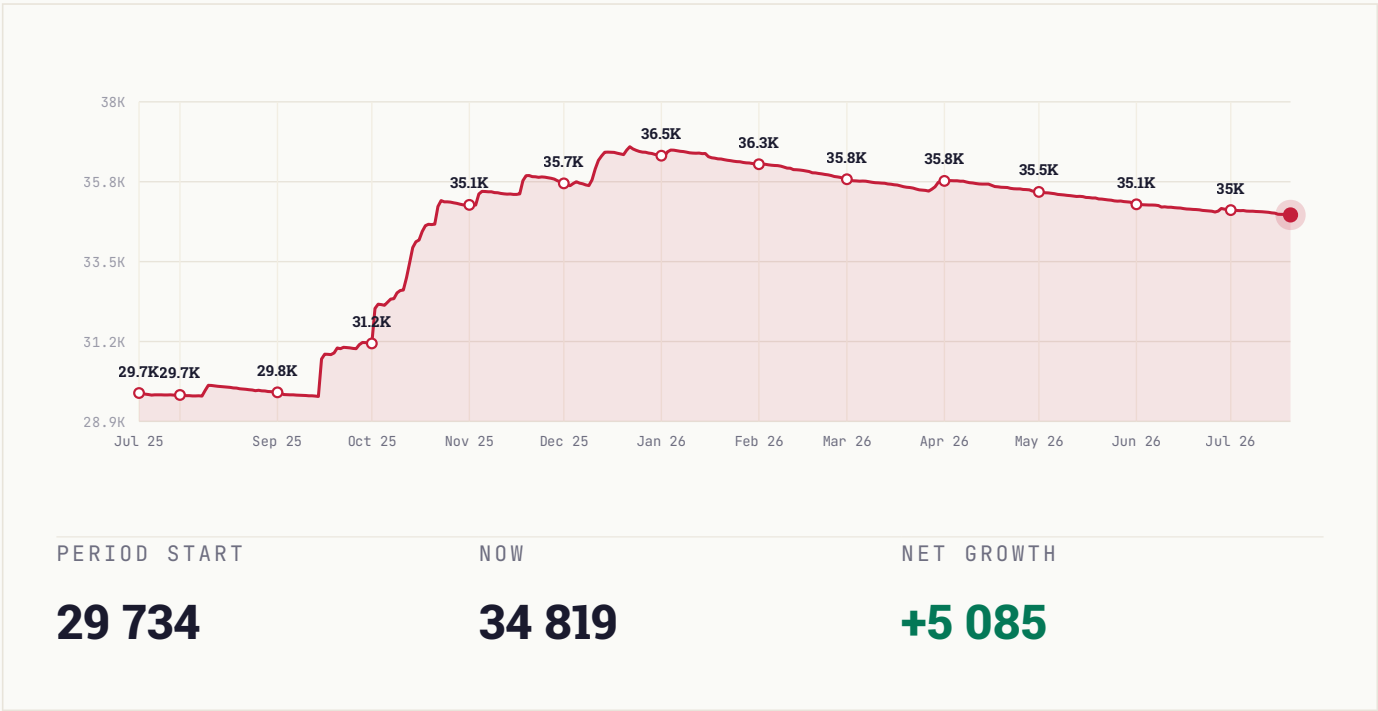
↓ 12.07 · 10:40 **VIDEO**
(video post without caption)

VIEWS	REACTIONS
6 295	135
REPOSTS	ER
8	18.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

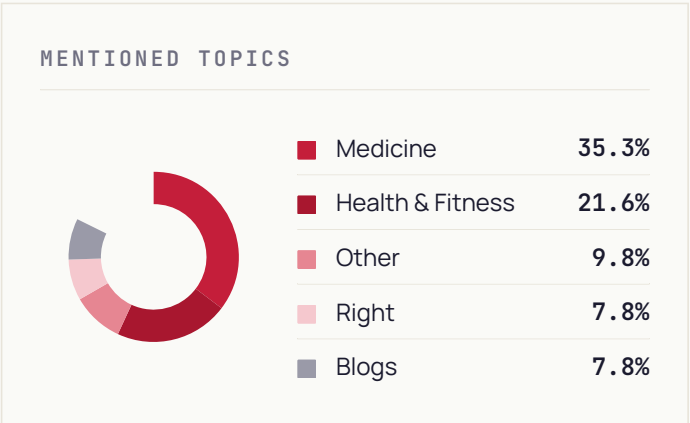
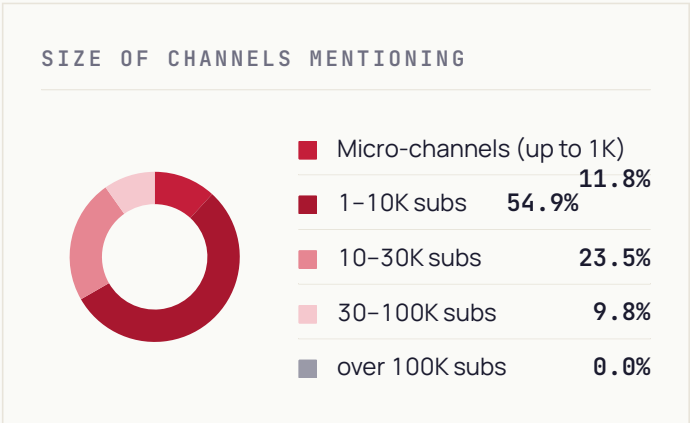
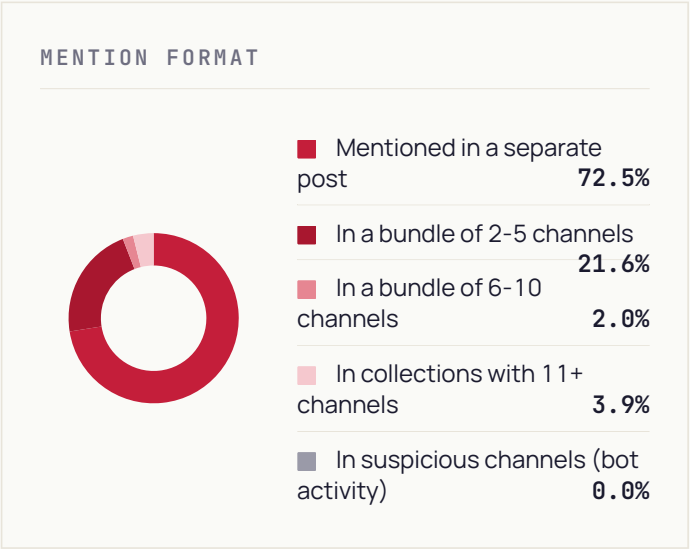
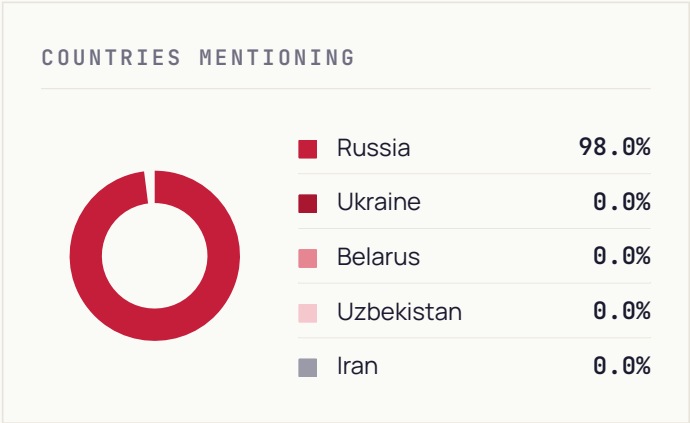
Yearly subscriber growth chart. Key months show exact subscriber count. Shows which months the channel grew and which months subscribers left.



SECTION 04 · CITATIONS

Who mentions the channel and how

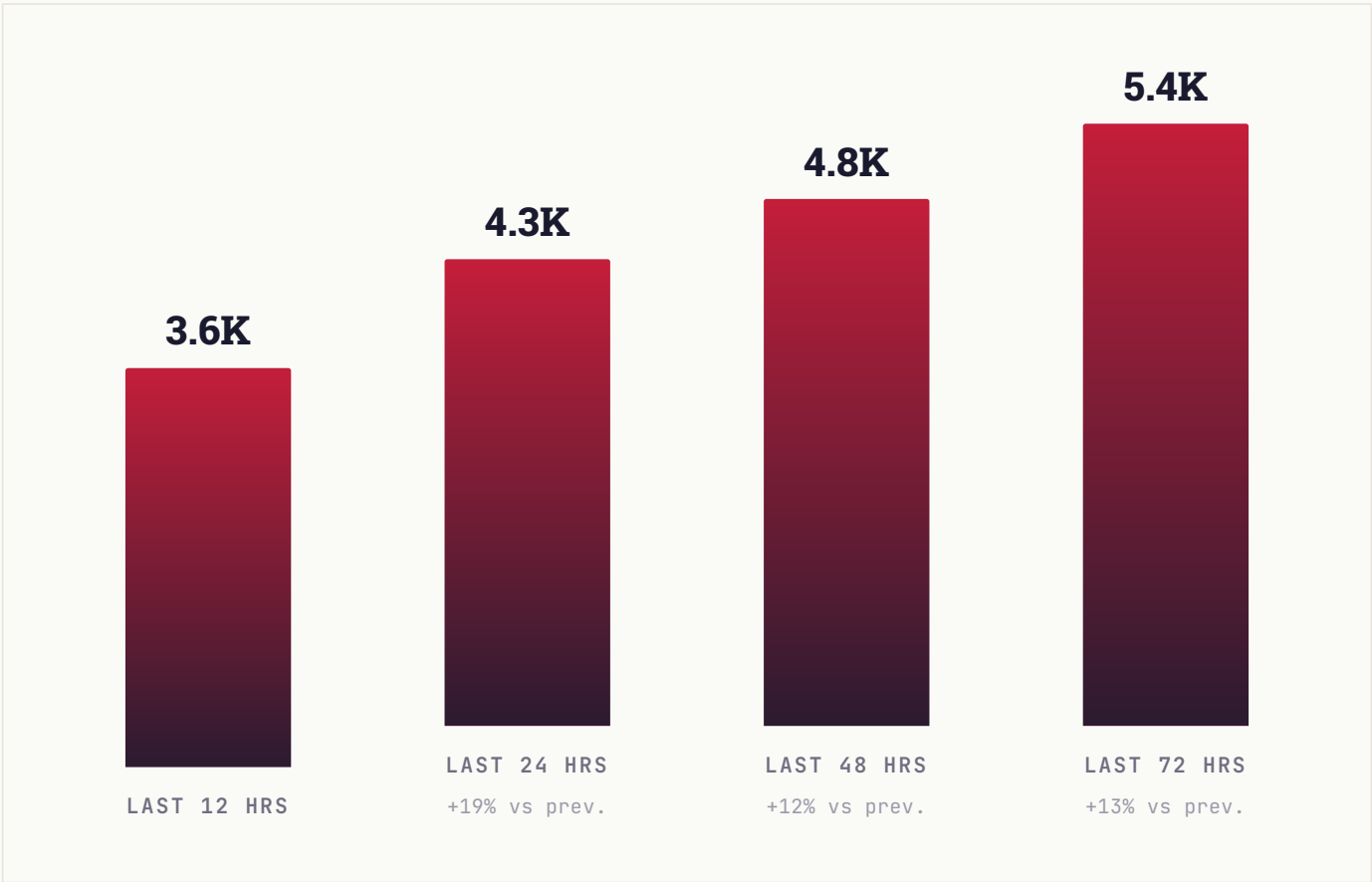
Citation index 5 – channel popularity rating based on mentions. Considers not only count but also mentioner weight: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: **33** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by 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 highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	354.1K
تا تعليم اللغة الإنجليزية 🧑🏫	328.2K
🩸 الجراحة 🩸 Surgery 🩸 - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
🌿 X 🌿 Folk medicine 🌿	235.1K
H&F ZdravKontrol	222.2K
DG Doctor Grebeshkova YOU	34.8K

COMPARATIVE INSIGHT

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal: enter top-97 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **1**, they brought **8 473** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	182
December 2025	0	0	1 289
November 2025	1	1	947
October 2025	0	0	4 112
September 2025	0	0	1 619
August 2025	0	0	324

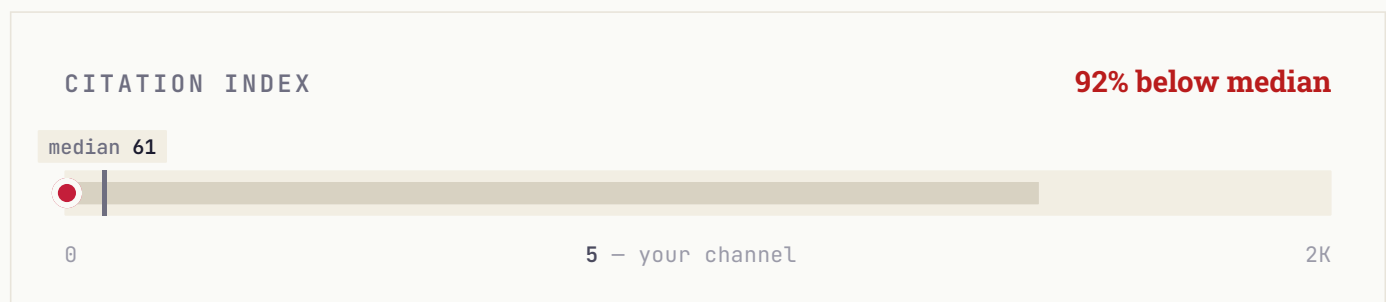
TOTAL MENTIONS	MONTHS IN DATA	ACQUIRED SUBSCRIBERS
1	6	8 473

Where the channel stands in its league

SUBSCRIBERS **67% below median**

A horizontal bar chart comparing a channel's subscriber count to a median. The chart has a light beige background. A dark beige bar represents the channel's performance, starting from a red dot on the left. A vertical line marks the median. A label 'median 105.1K' is placed above the median line. The channel's value '34 819 - your channel' is centered below the bar. The range '36.2K' to '284.7K' is indicated at the bottom.

Metric	Value
Channel Subscribers	34 819
Median	105.1K
Range (Min-Max)	36.2K - 284.7K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off as done and revisit in a month.

01**Top post of the week — on Sunday**

Audience is most active on this day at 22:00 MSK.

EFFECT

**Best window
for an
important post****02****Systematic traffic buying**

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

EFFECT

**+1000-3000
subs****03****Test polls & interactive formats**

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

EFFECT

+5-15% ER**04****Cross-promo with neighboring channels**

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience****05****Update channel description for Telegram search**

Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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