

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Sadovskaya



@doctor_sadovskaya

PhD, scientist, doctor Singapore, practice worldwide Surrogacy journey & became mom of two a month apart! #DNMWE
Collaboration <https://wa.me/79319808249> Or +79319808249...

SUBSCRIBERS

159 160

-1119 per month

ERR (% SEE POSTS)

16.0%

per day 6.1%

REACH/POST

25.7K

ad reach 9.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 159 160 —	 SUBS REACH 16.13% avg % subs see post	 VIEWS/POST 25.7K median 23K · 27 days	 POSTS/WK 7.7 over period
 7D TREND +4.9% vs previous week	 REACTIONS/POST 343.8 total 10,314 reactions, 3,407 reposts, 614 comments	 POST LENGTH 832 chars median 1K · 27 days	 POSTS ANALYZED 30 27 days
 AD REACH 9.8K 24h avg	 CHURN / MONTH -1119 last month	 CITATIONS 246 citation index · 299 channels mentioned all time	 CHANNEL AGE 7 years 5 months created 22.01.2019

AI EDITOR SUMMARY

Channel «Doctor Sadovskaya» – 159 160 subs. Each post averages 25.7K people (16% from subs), average reach – room to grow. Publishes 8 posts per week (~1/day) – consistent schedule. Week 8–14 Jun reach stable (+4.9% vs week 1–7 Jun).

SECTION 02 · CONTENT ANALYSIS

What Works Best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **30** posts in 27 days.
- 02 Dominant format – **Text** (12/30 posts).
- 03 Avg post length – **832** chars (median 1000).
- 04 Peak audience activity – **Friday**, 17:00 MSK.
- 05 Strongest posts get **3×** more views than the weakest (48.6K avg for top vs 19.4K for worst) – among 30 posts in 27 days. Worth analyzing what the top has in common – topic, format, timing.

TOP 5 POSTS

Nº1 05.06 · 14:02 TEXT New on HPV vaccines: what EVERY woman and mom needs to know (in boys, HPV causes throat cancer, cancer...)	VIEWS	REACTIONS
	60 421	494
	REPOSTS	ER
	335	38.0%
Nº2 09.06 · 17:06 VIDEO Fly to Bali, drink local wine and fall into a coma – a Russian roulette that, alas, no one is immune to, even if...	VIEWS	REACTIONS
	43 554	421
	REPOSTS	ER
	390	27.4%
Nº3 30.05 · 13:52 TEXT Have kids? You're lucky: 1 in 6 people worldwide face infertility. That's 🖐️ 17.5% of the population...	VIEWS	REACTIONS
	41 768	284
	REPOSTS	ER
	110	26.2%

Nº4 17.06 · 17:17 TEXT One sign of a HEALTHY psyche – falling asleep during stress. That's what Churchill and Napoleon did before battles, in...	VIEWS 40 976 REPOSTS 172 REACTIONS 460 ER 25.7%
Nº5 18.06 · 12:09 TEXT Couldn't get pregnant, did IVF, gave birth, and then – voila, spontaneous pregnancy. Miracle, «let go of the head» or what's the reason? By...	VIEWS 40 946 REPOSTS 46 REACTIONS 345 ER 25.7%

WORST 3

↓ 17.06 · 09:34 PHOTO About stress. Guys, I'm such an anxious person and panicker. No antidepressants can handle me anymore. Turns out, I can't...	VIEWS 20 320 REPOSTS 6 REACTIONS 302 ER 12.8%
↓ 20.06 · 15:56 PHOTO Flew to Russia, bought everything from SUNQEEN she hadn't tried yet and started testing. Those who've followed me for a while know I've been with this...	VIEWS 19 451 REPOSTS 62 REACTIONS 180 ER 12.2%
↓ 28.05 · 10:47 TEXT I want to share logins for a very useful women's health platform that just launched – Women's Health Science. A gem...	VIEWS 18 350 REPOSTS 148 REACTIONS 172 ER 11.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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



START OF PERIOD

152 330

NOW

159 163

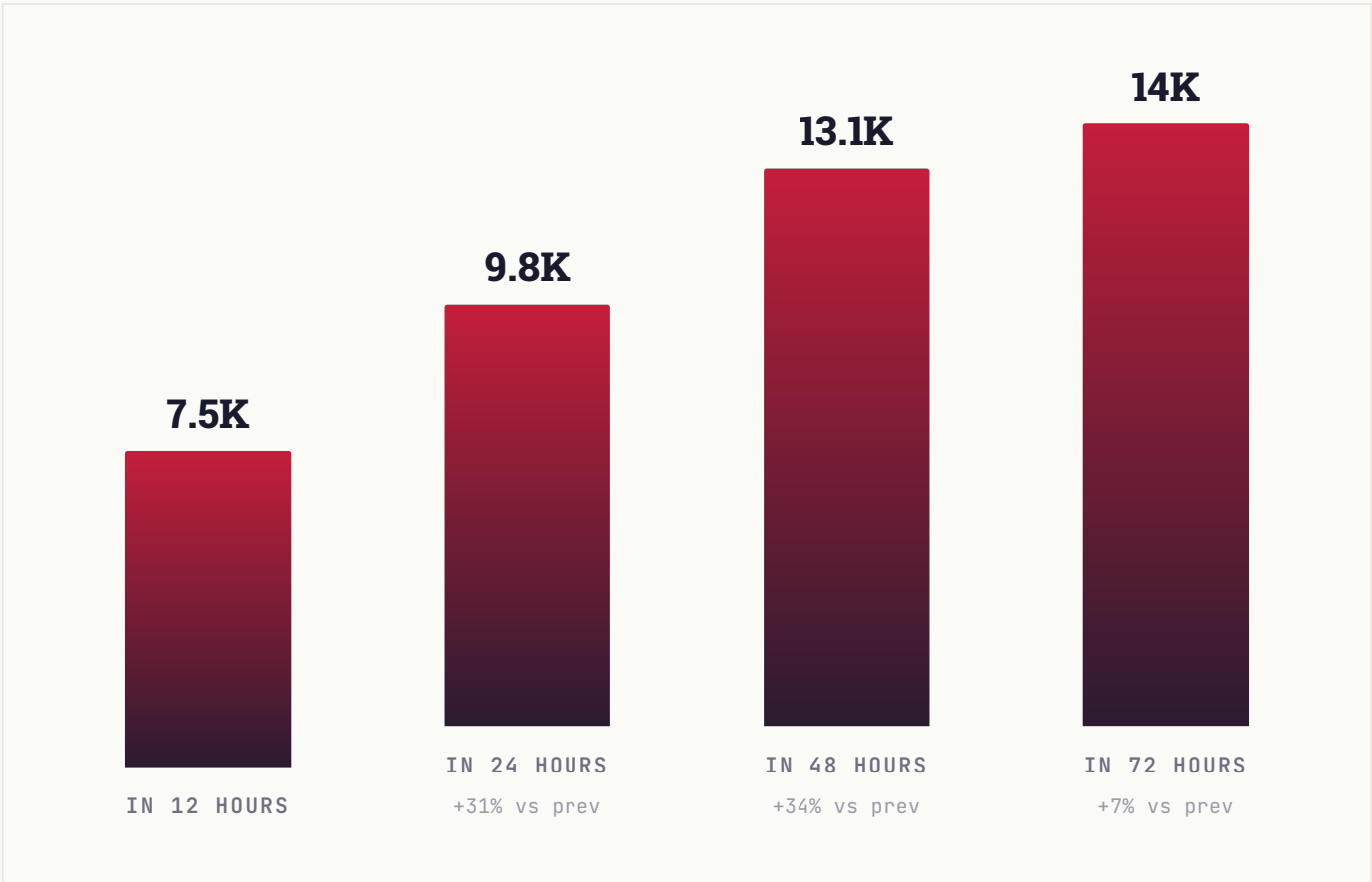
NET GROWTH

+6 833

SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg ad post reach by time since publication. Helps gauge how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
BI Blog from the morgue	359.3K
EM Endocrinologist Magerya	293.9K
EP EXPERIENCED PHARMACIST	267K
MM Moscow medicine	238.8K
ZH ZdravKontrol	223.6K
KD Dr. Shishonin's channel	215.4K
AT Anatomical Theater	201.6K
MR Mikerina. Childbirth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
ZS Notes of a forensic expert	171.5K
DS Doctor Sadovskaya YOU	159.2K

COMPARATIVE INSIGHT

Channel intop quarter of niche (#11 of 96). Leader — **Blog from the morgue** (359.3K). Goal for coming months — enter niche top 10 via systematic traffic work.

SECTION 06 · 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 **61**, they brought **19 305** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Dec 2025	4	4	41
November 2025	15	15	1 489
October 2025	10	8	2 220
September 2025	8	8	534
August 2025	15	13	7 150
Jul 2025	9	8	7 871

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
61	6	19 305

SECTION 07 · NICHE COMPARISON

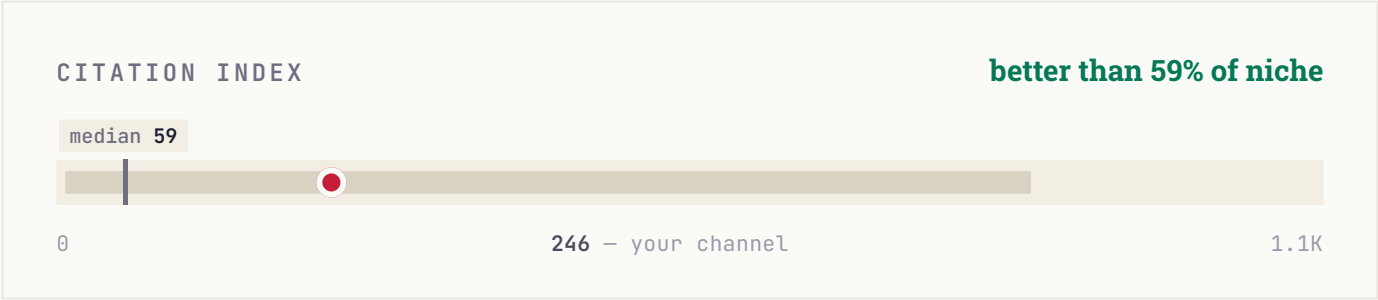
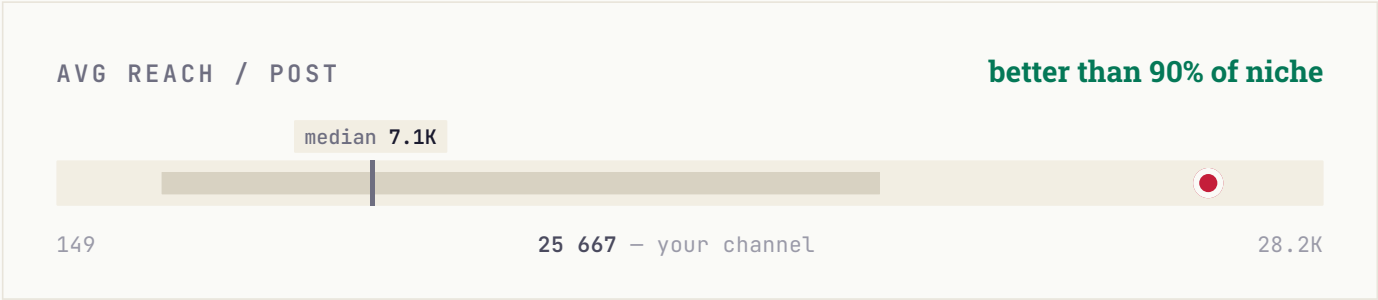
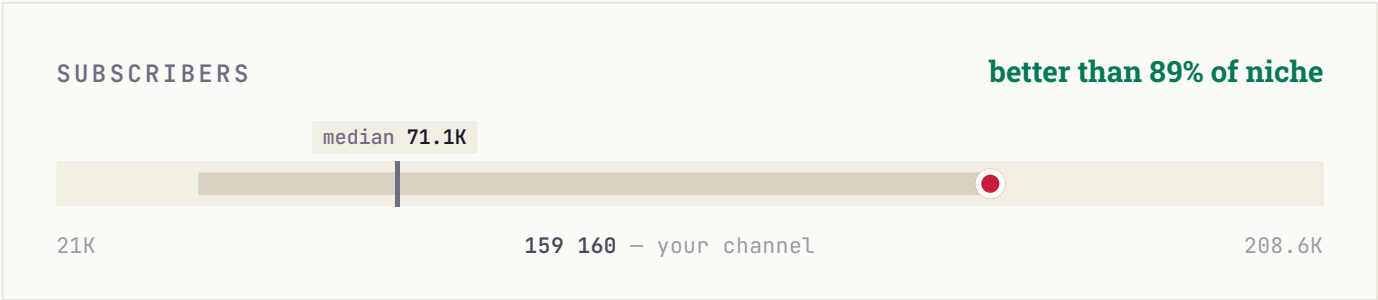
Where channel stands in its league

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

#11/100

RANK IN NICHE

Channel in top 11% — strong position



— SECTION 08 · STRATEGY

What to Do Right Now

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

01

Main post of the week — on Friday

Audience most active on this day at 17:00 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 win.

EFFECT

+5-15% ER

04

Cross-promo with neighboring channels

Exchange 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 this done by **PromptPress?**

This audit — what we can do in minutes from 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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