

PUBLIC REPORT BY PROMTPRESS

Channel audit

Doctor Kosacheva



@doctorkosacheva

Chinese medicine doctor, therapist, hirudotherapist, dermatovenerologist, cosmetologist, emergency care, etc. Author's methods of health restoration, proven in practice
Advertising/cooperation:...

SUBSCRIBERS

29 609

-421 per month

ERR (% SEE POSTS)

32.0%

per day 30.1%

REACH/POST

9.3K

ad reach 8.9K/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 covers.

 SUBSCRIBERS 29 609 —	 SUBSCRIBER REACH 31.41% avg % of subs see post	 VIEWS/POST 9.3K median 9.2K · 28 days	 POSTS/WEEK 5.2 for the period
 7D TREND -2.6% vs previous week	 REACTIONS/POST — MTPROTO only	 POST LENGTH 753 chars median 806 · 28 days	 POSTS ANALYZED 21 28 days
 AD REACH 8.9K 24h avg	 CHURN / MONTH -421 last month	 CITATION RATE 68 citation index · 67 channels mentioned it ever	 CHANNEL AGE 4 years 9 months created 21.09.2021

AI EDITOR SUMMARY

Channel «Doctor Kosacheva» — 29 609 subs. Each post averages 9.3K people (31% of subs), good reach. Publishes 5 posts per week (~1/day) — rare posts. Week of Jun 8–14 reach stable (-2.6% vs week 1–7 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers – to see what to repeat & what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 21 posts in 28 days.
- 02 Dominant format – Photo (13/21 posts).
- 03 Avg post length – 753 chars (median 806).
- 04 Peak audience activity – Monday, 16:00 MSK.
- 05 Top posts get 1x more views than the weakest (9.9K avg for top vs 8.8K for worst) – among 21 posts in 28 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 01.06 · 13:01 PHOTO How to repel ticks with clove water. Recipe. Clove water is a harmless repellent that repels ticks due to its strong aroma...	VIEWS 9 897 REPOSTS 9 REACTIONS — ER 33.4%
Nº2 27.05 · 10:16 VIDEO How hirudotherapy helps with glaucoma: ☑Reduces pressure: The salivary gland secretion of the leech contains enzymes (including hirudin) that...	VIEWS 9 894 REPOSTS 6 REACTIONS — ER 33.4%
Nº3 29.05 · 16:03 PHOTO DRINK NETTLE DECOCTION Friends, it's nettle season – let's use the moment to boost health. ☑Nettle is a powerful natural...	VIEWS 9 883 REPOSTS 13 REACTIONS — ER 33.4%

Nº4 26.05 • 07:51 TEXT Horse chestnut against cancer Horse chestnut grows in deciduous forests. It is also cultivated in squares and parks of the middle zone...	VIEWS 9 860 REPOSTS 8 REACTIONS — ER 33.3%
Nº5 06.06 • 10:25 PHOTO Principles of treating bile stasis, gallstone disease Treatment must be comprehensive and includes three mandatory steps: 1. Antiparasitic...	VIEWS 9 743 REPOSTS 25 REACTIONS — ER 32.9%

WORST 3

↓ 18.06 • 12:30 VIDEO WHAT IS SCLEROTHERAPY Sclerotherapy is a minimally invasive non-surgical method for treating varicose veins and vascular...	VIEWS 8 860 REPOSTS 3 REACTIONS — ER 29.9%
↓ 04.06 • 20:28 VIDEO IF TOOTH ENAMEL IS VERY SENSITIVE It can be restored with fluoride varnish (which you can buy online, take a cotton swab and...	VIEWS 8 836 REPOSTS 11 REACTIONS — ER 29.8%
↓ 16.06 • 14:54 PHOTO Berberine for weight loss and blood sugar reduction Berberine is a natural plant alkaloid extracted from roots and bark of such...	VIEWS 8 680 REPOSTS 5 REACTIONS — ER 29.3%

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 or lost subs.



PERIOD START

35 274

NOW

29 609

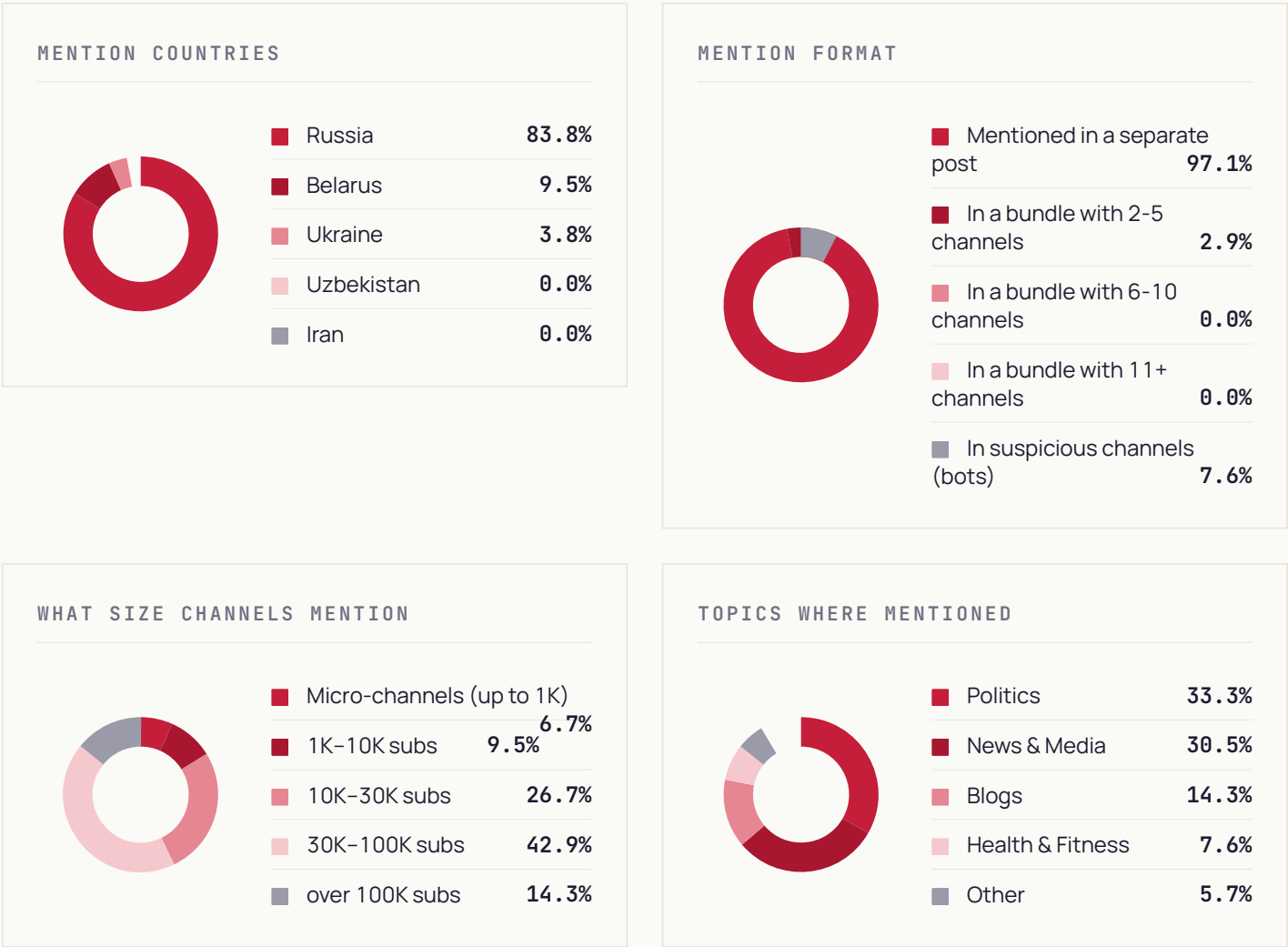
NET GROWTH

-5 665

SECTION 04 · MENTIONS

Who mentions the channel and how

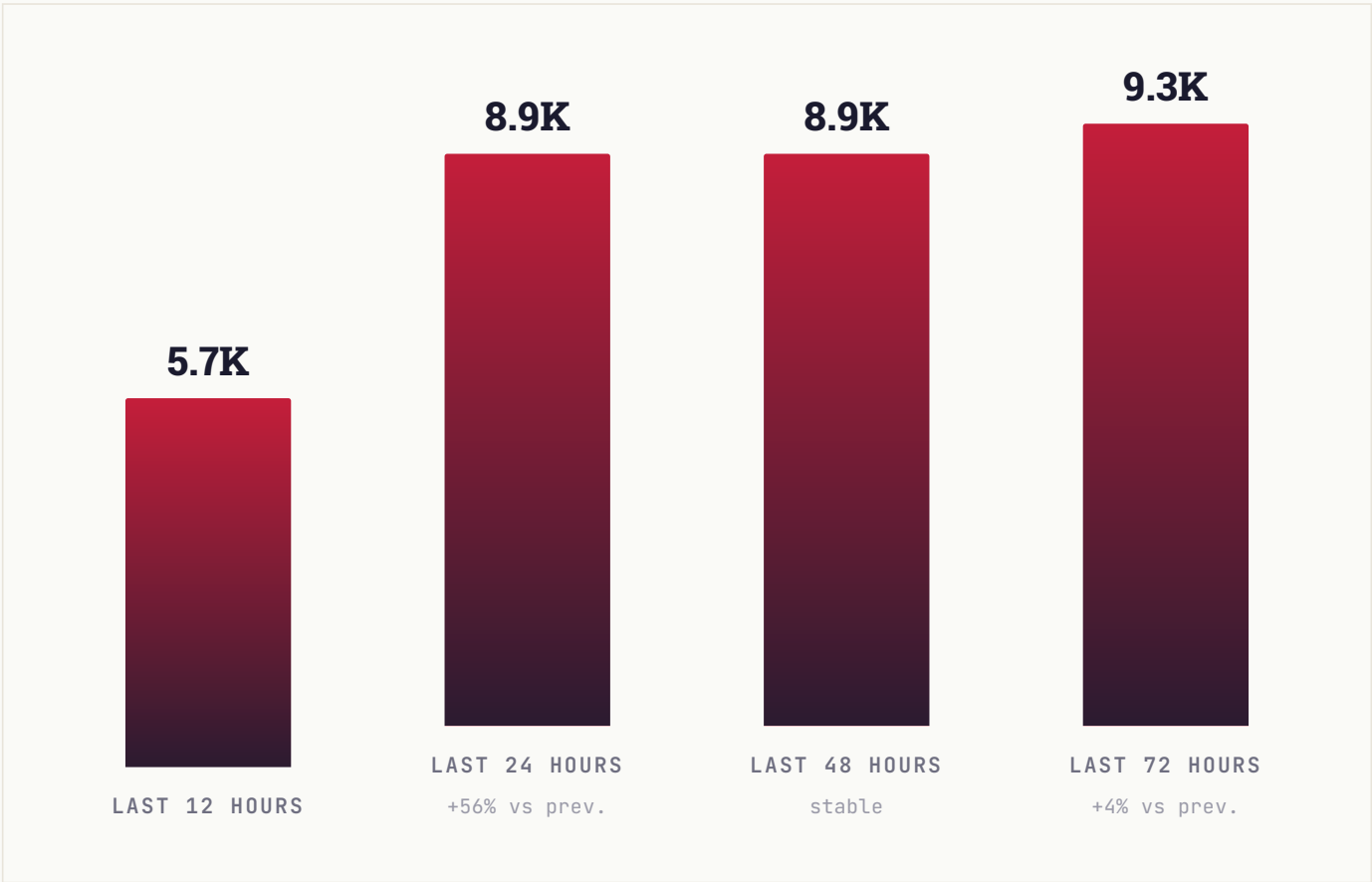
Citation index **68** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100k subs channel weighs more than from a 1k subs channel. All time channel was mentioned **67** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg ad post reach over time since publication. Helps estimate how long placement should 'live'.



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
DK Doctor Kosacheva YOU	29.6K
PI powwer.julia integrative health	21.6K
DL Wild Elk	13.2K
AK Алексей Кольцов ТРАНСФОРМАТОР ☺	12.8K
IY Irina Yablonskaya dietitian	8.9K
TT TYPICAL THINNESS Weight loss	8.1K
DЖ Dolgolive. Women's active longevity	7.3K
ZV Healthcare of Vitebsk Region	3.1K
EY Ekaterina Yakunina 🌟 Movement is life	2.6K
BE Belaaz	2.1K
SV Strength In Grip Nikita Yurkovets	2.1K

COMPARATIVE CONCLUSION

Channel in top-1 niche (#1 of 52 channels in category). One of the leaders — client-partners can go for cross-promo with equals; for PR/reach you're a valuable media partner.

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 **30 168** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	0	0	4 265
November 2025	0	0	5 788
October 2025	0	0	7 507
September 2025	0	0	1 845
August 2025	1	1	4 198
July 2025	0	0	6 565

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
1	6	30 168

SECTION 08 · NICHE COMPARISON

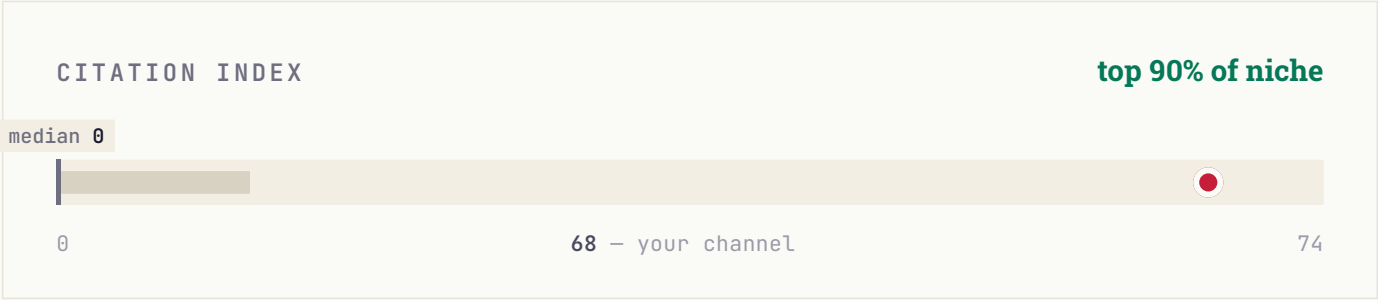
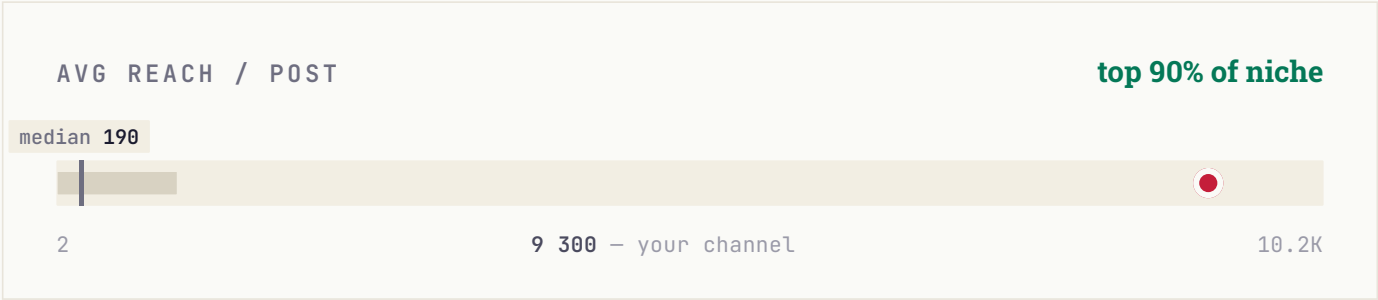
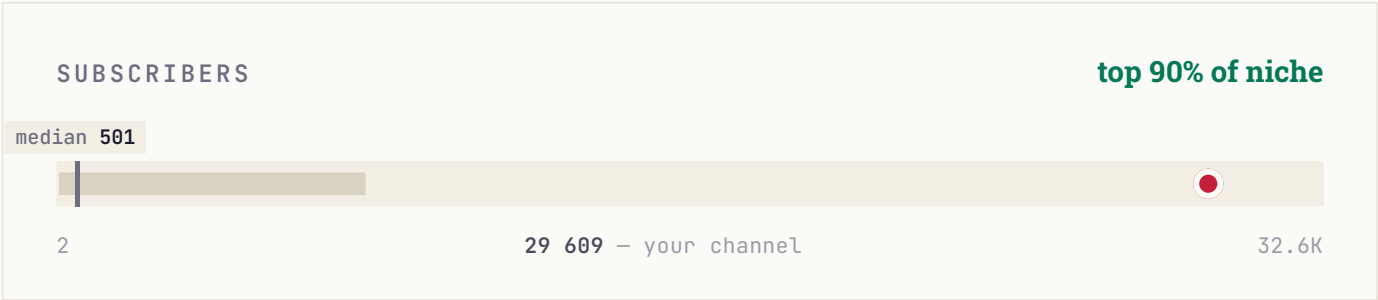
Where the channel ranks in its league

Top-53 channels in category «Health & Fitness» (Belarus) and saw how your channel compares. Gray band — range of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#1/53

RANK IN NICHE

Channel in top 1% health & fitness Belarus



— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Monday

Audience is most active on this day at 16:00 MSK.

EFFECT

**Best window
for important
posts**

02

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**

03

Test polls & interactive formats

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

EFFECT

+5-15% ER

04

Cross-promo with nearby channels

Exchange posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search looks at description. Add 3-5 keywords from your niche — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes based on public data. If you want to go further — run ads through us and close your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
