

PUBLIC REPORT BY PROMTPRESS

Channel audit

Dr. Utin



@doctorutin

Evidence-based medicine, cardiology, healthy lifestyle. @lena_bol for collabs Consultation booking +79296727281 Anastasia *This channel is not a guide for diagnosis and...

SUBS

24 304

+138 per month

ERR (% SEE POSTS)

28.0%

per day 9.8%

REACH/POST

6.2K

ad reach 2.4K/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.

 SUBS 24 304 —	 SUBSCRIBER REACH 25.61% avg % subs see post	 VIEWS/POST 6.2K median 6.3K · 27 days	 POSTS/WK 3.9 over period
 7D TREND -10.8% vs previous week	 REACTIONS/POST 117.1 only 1,756 reactions, 944 reposts, 173 comments	 POST LENGTH 647 chars median 1000 · 27 days	 POSTS ANALYZED 15 27 days
 AD REACH 2.4K 24h avg	 CHURN / MONTH +138 last month	 CITATION INDEX 48 citation index · 306 channels mentioned all time	 CHANNEL AGE 8 years 2 months created 07.05.2018

AI EDITOR SUMMARY

Channel «Dr. Utin» – 24 304 subs. Avg views per post 6.2K people (26% from subs), good reach. Publishes 4 posts/week (~1/day) – rare. Week of Jul 6–12 reach dropped -10.8% by week June 29 – July 5 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS SHARE

- 01 Analysis based on 15 posts over 27 days.
- 02 Dominant format — Text (13/15 posts).
- 03 Avg post length — 647 chars (median 1000).
- 04 Peak audience activity — Friday, 09:00 MSK.
- 05 Top posts get 1x more views than the weakest (8.2K avg top vs 5.8K worst) — among 15 posts in 27 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 30.06 · 14:27 PHOTO Here are a few slides from the big presentation in the new video	VIEWS 8 999 REPOSTS 54	REACTIONS 108 ER 37.0%
Nº2 26.06 · 06:53 TEXT Treat very high cholesterol from childhood? Familial hypercholesterolemia (FH) is the most common genetic disease. In FH, the level...	VIEWS 7 957 REPOSTS 51	REACTIONS 142 ER 32.7%
Nº3 01.07 · 12:28 TEXT New podcast out yesterday 🐦 https://www.youtube.com/watch?v=zgCBfRdR40k	VIEWS 7 607 REPOSTS 44	REACTIONS 98 ER 31.3%

Nº4 06.07 · 12:52 TEXT https://youtu.be/kGe4zztZNv0 🦷 Why gums bleed, can tooth loss be avoided, and do implants really last a lifetime?...	VIEWS 6 959 REPOSTS 49 REACTIONS 85 ER 28.6%
Nº5 22.06 · 19:19 TEXT Injectable protein for weight loss When it comes to obesity drugs, many think only of weight loss. But. The body...	VIEWS 6 913 REPOSTS 116 REACTIONS 208 ER 28.4%
WORST 3	
↓ 24.06 · 18:27 TEXT 💊 Omega-3 vs Dementia: Another Miss? Omega-3 fatty acids, especially DHA (docosahexaenoic acid), have long been considered...	VIEWS 5 864 REPOSTS 56 REACTIONS 154 ER 24.1%
↓ 12.07 · 12:24 TEXT Hi friends, write what questions you'd like to ask a lipidologist, professor, regarding the new US treatment recommendations...	VIEWS 5 775 REPOSTS 26 REACTIONS 81 ER 23.8%
↓ 14.07 · 17:40 TEXT Testosterone for «energy», «rejuvenation» and muscle gain may be more dangerous than thought In recent years, testosterone has turned from...	VIEWS 5 614 REPOSTS 82 REACTIONS 130 ER 23.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

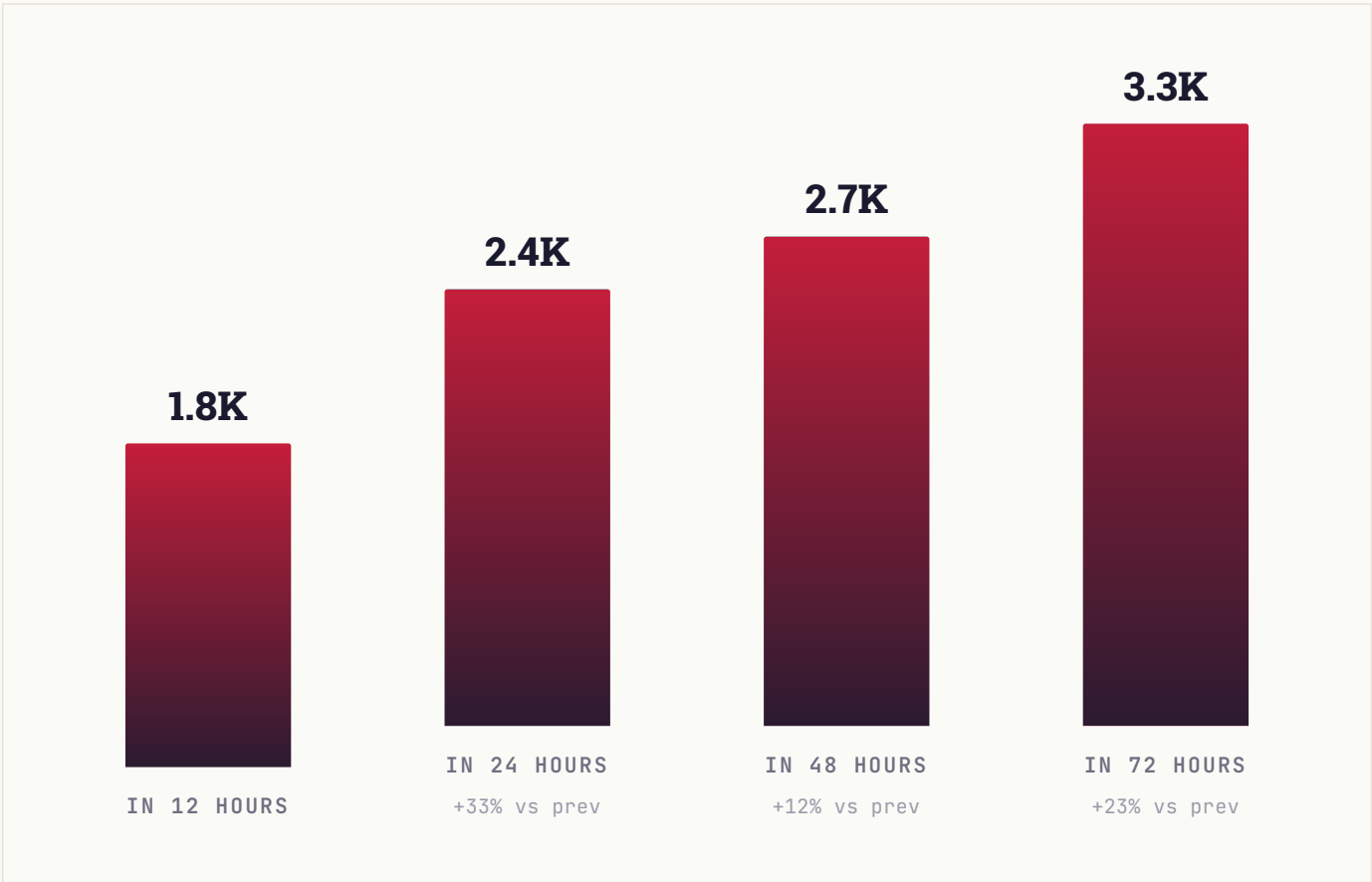
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement should «live».



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBS
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
OF EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
🌿 F 🌿 Folk Medicine 🌿	235.1K
ZD ZdravKontrol	222.2K
DU Dr. Utin YOU	24.3K

COMPARATIVE INSIGHT

Channel is still outside top 97 of niche — early growth stage. Niche leader — Dr Tel (755.5K), median top-97: 103.2K. First goal — enter top-97 via systematic traffic & content work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions **64**, they brought **855** new subs.

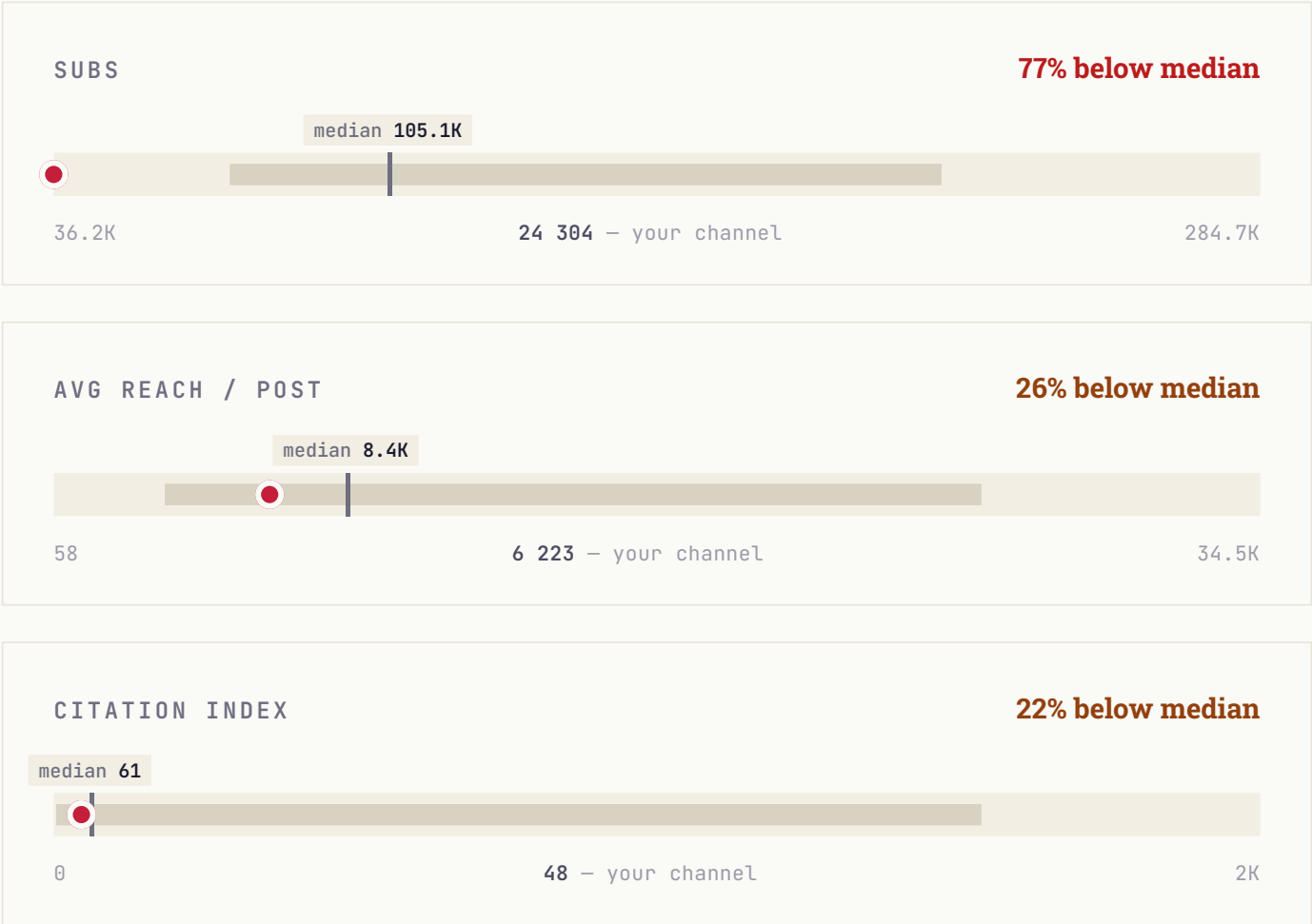
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	0	0	144	
December 2025	6	4	147	
November 2025	13	6	154	
October 2025	28	21	146	
September 2025	8	5	153	
August 2025	9	7	111	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
64	6	855

SECTION 07 · NICHE COMPARISON

Where your channel ranks 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.



— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off & revisit in a month.

01**Post more often**

Now 3.9 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — on Friday**

Audience most active on this day at 09:00 MSK.

EFFECT

**Best window
for an
important post****03****Increase video posts share**

Video in Telegram retains audience longer & is favored
by algorithm. Aim for 15-25% share.

EFFECT

**Video retains
audience
better****04****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****05****Test polls and interactive formats**

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

EFFECT

+5-15% ER

★ NEXT STEPS

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further — run ads with 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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