

PUBLIC PROMTPRESS REPORT

Channel audit

DOCTOR ABAKUMOV



@drabakumof

DOCTORITHERAPISTINUTRITIONIST • 36,000 women without deficiencies • Vitamins @BOOSTLIFETG RKN statement number: 5699740878

SUBSCRIBERS

150 066

-1156 per month

ERR (% SEE POSTS)

9.0%

per day 3.3%

REACH/POST

12.6K

ad reach 5K/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 150 066 —	 SUBSCRIBER REACH 8.4% avg % of subs see post	 VIEWS/POST 12.6K median 13.1K · 27 days	 POSTS/WEEK 4.0 for the period
 7D TREND +16.8% vs previous week	 REACTIONS/POST 167.4 total 2,678 reactions, 1,863 reposts, 226 comments	 POST LENGTH 955 chars median 1,000 · 27 days	 POSTS ANALYZED 16 27 days
 AD REACH 5K 24h avg	 CHURN / MONTH -1156 last month	 CITATION RATE 21 citation index · 115 channels mentioned it ever	 CHANNEL AGE 4 years 4 months created 26.01.2022

AI EDITOR SUMMARY

Channel «DOCTOR ABAKUMOV» — 150 066 subs. Each post averages 12.6K people (8% from subs), reach is low — need to expand audience. Publishes 4 posts per week (~1/day) — rare posts. For week June 8–14, reach grew by +16.8% vs week 1–7 June — positive trend.

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 **16** posts in 27 days.
- 02 Dominant format — **Text** (7/16 posts).
- 03 Avg post length — **955** characters (median 1,000).
- 04 Audience peak activity — **Sunday**, 19:00 MSK.
- 05 Top posts get **2x** more views than the weakest (16.7K avg for top vs 8.9K for worst) — among 16 posts in 27 days. Worth analyzing what the top posts have in common: topic, format, publish time.

TOP 5 POSTS

Nº1 31.05 · 16:31 PHOTO Friends, happy Holy Trinity! I want to tell you a story that greatly influenced my faith in God 2020 - COVID at its peak. Wh...	VIEWS 18 232 REPOSTS 22	REACTIONS 587 ER 12.1%
Nº2 09.06 · 10:42 TEXT Plastic found in blood of 97% of people! And for the first time, they figured out how to remove it SWAN conducted a study on 1302 middle-aged women. And in 97%...	VIEWS 16 178 REPOSTS 198	REACTIONS 208 ER 10.8%
Nº3 27.05 · 11:40 TEXT HOMOCYSTEINE: A MARKER ALMOST EVERYONE IGNORES Once a girl came to me with critically low folic acid in her tests -...	VIEWS 15 745 REPOSTS 275	REACTIONS 190 ER 10.5%

Nº4 03.06 · 14:52 **TEXT**

Heaviness after meals, morning puffiness, rising cholesterol – you're already googling "bile stasis". But what is it really? More often than hair loss...

VIEWS

14 672

REPOSTS

154

REACTIONS

182

ER

9.8%**Nº5** 13.06 · 15:40 **TEXT**

Looks like gastritis. Turns out - cancer You avoid spicy food for years, take omeprazole, gave up your favorite sausage - but your stomach still...

VIEWS

14 621

REPOSTS

412

REACTIONS

170

ER

9.7%**WORST 3**

02.06 · 10:29

PHOTO

HANTAVIRUS: NEW COVID OR OVERBLOWN PANIC? Ocean, luxury cruise liner and... three dead passengers. Sounds like a novel...

VIEWS

11 205

REPOSTS

13

REACTIONS

47

ER

7.5%

21.06 · 08:06

TEXT

Why people on Ozempic stop wanting sex and partners? Imagine: your friend started injecting Ozempic, lost weight, looks great -...

VIEWS

8 002

REPOSTS

38

REACTIONS

92

ER

5.3%

21.06 · 10:52

PHOTO

Dear healthcare workers, today I just want to say thank you. Thank you for your work. For all the shifts, sleepless nights, for the fatigue...

VIEWS

7 409

REPOSTS

5

REACTIONS

292

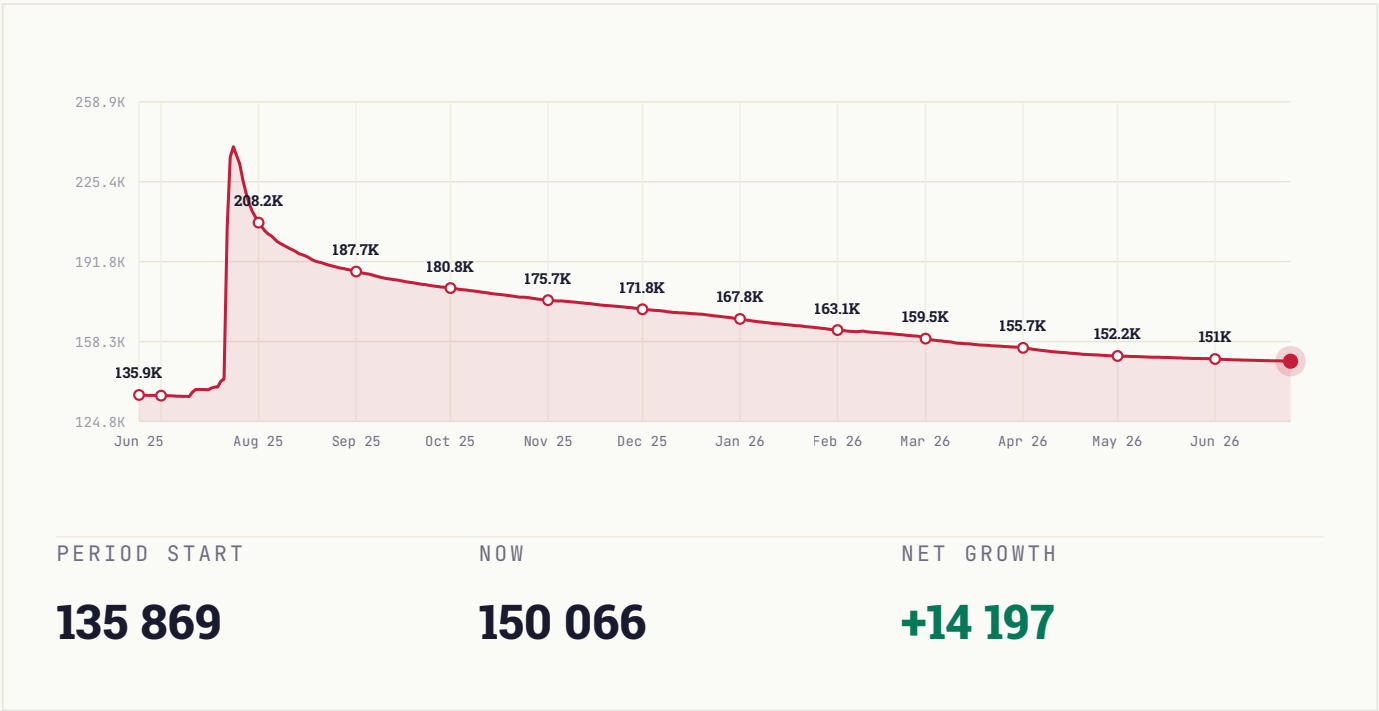
ER

4.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

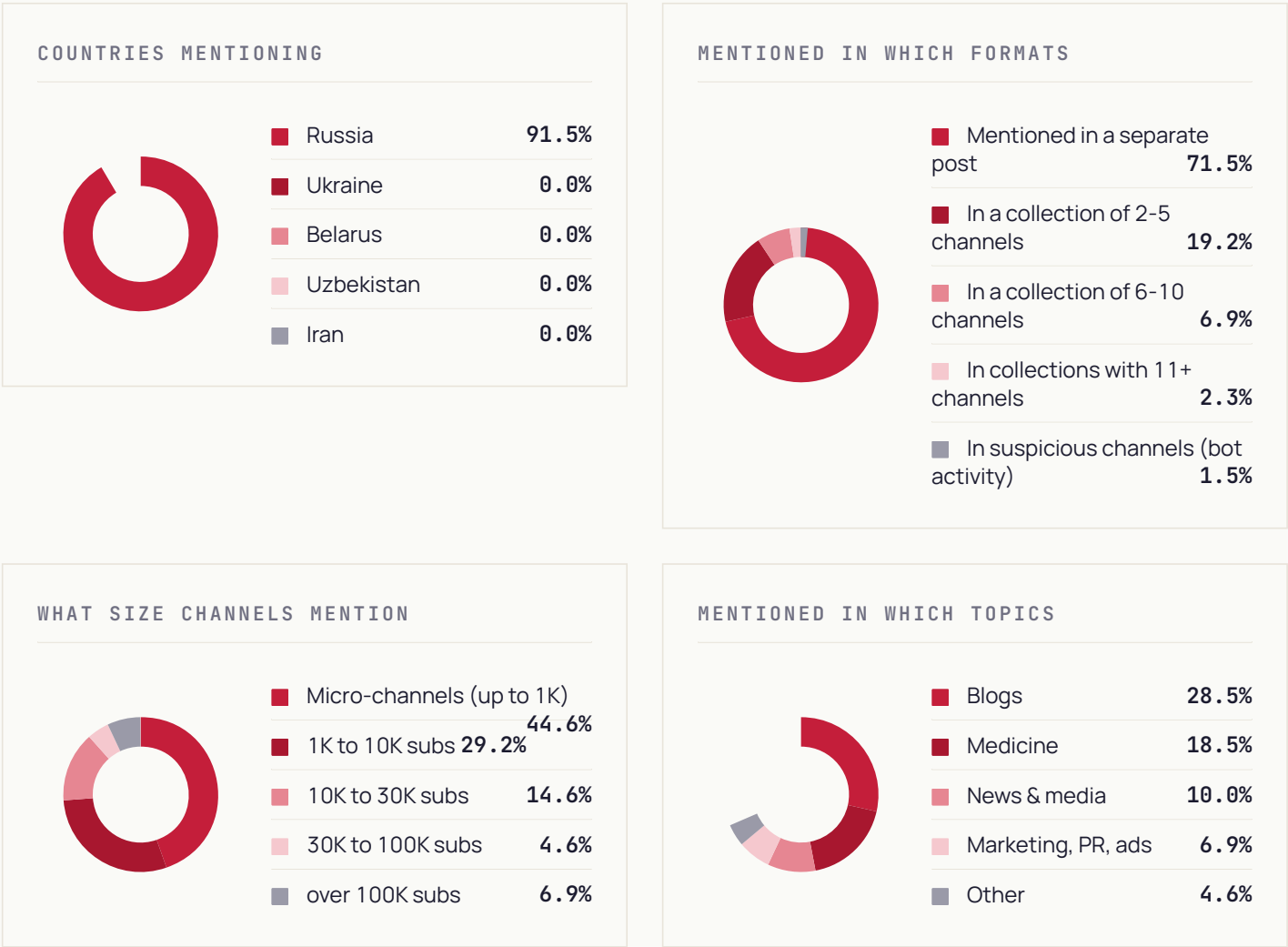
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

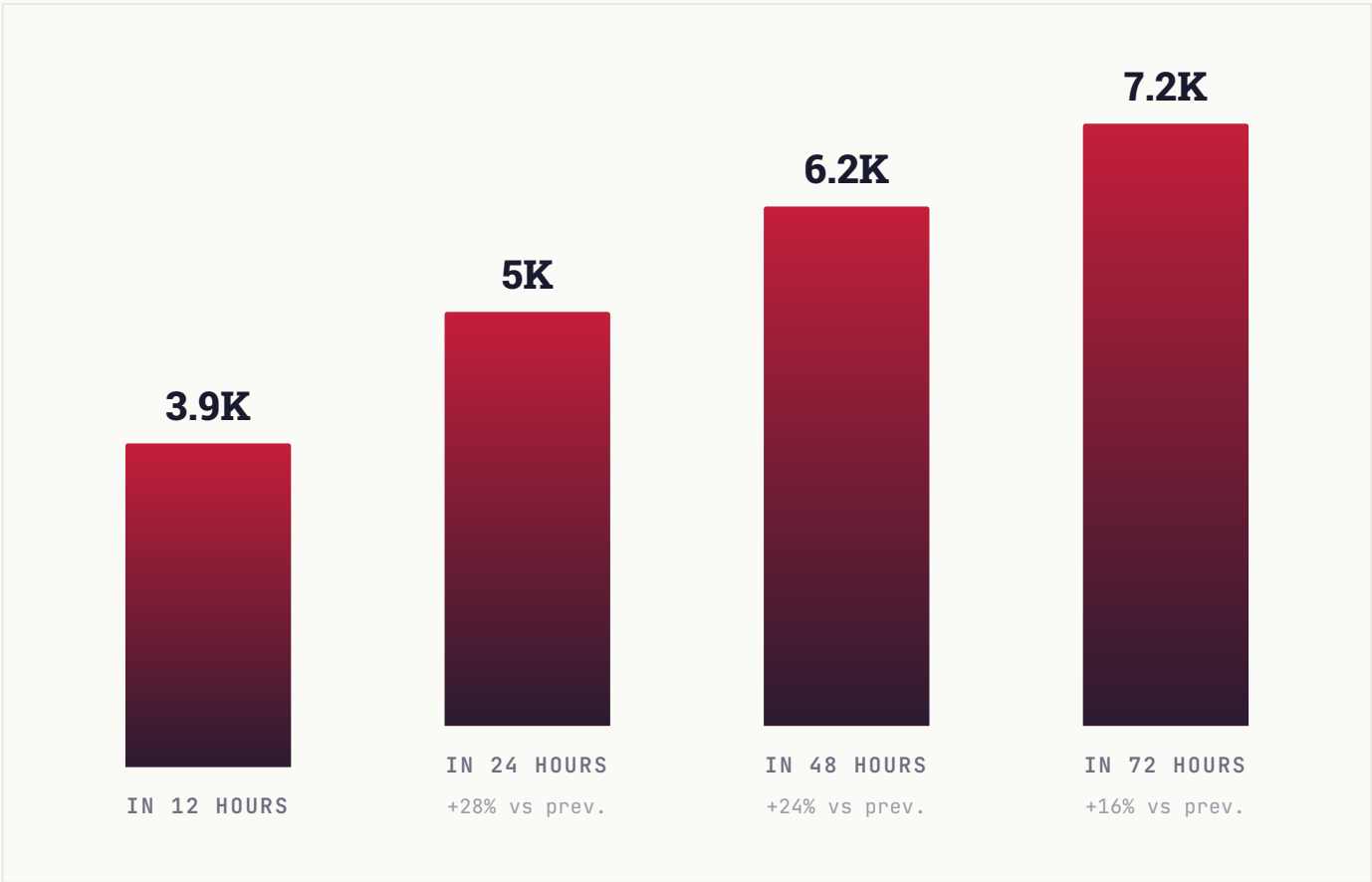
Citation index **21** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **115** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can 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
ZH ZdravKontrol	223.6K
KD 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
ZS Notes of a Forensic Expert	171.5K
YES DOCTOR ABAKUMOV YOU	150.1K

COMPARATIVE INSIGHT

Channel in top quarter of niche (#13 of 96). Leader — **Blog from the morgue** (359.3K). Goal for coming months: enter niche top-10 through systematic traffic 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 found **9**, they brought **104 866** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	1	1	0	
November 2025	2	2	18	
October 2025	1	1	0	
September 2025	0	0	0	
August 2025	1	1	0	
July 2025	4	3	104 848	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
9	6	104 866

— SECTION 08 · NICHE COMPARISON

Where the 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.

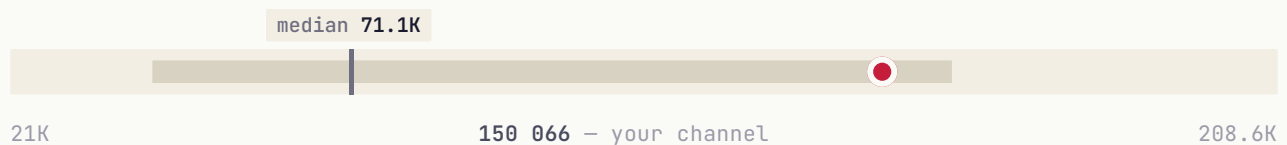
#13 /100

POSITION IN NICHE

Channel in top 13% – strong position

SUBSCRIBERS

better than 85% of niche



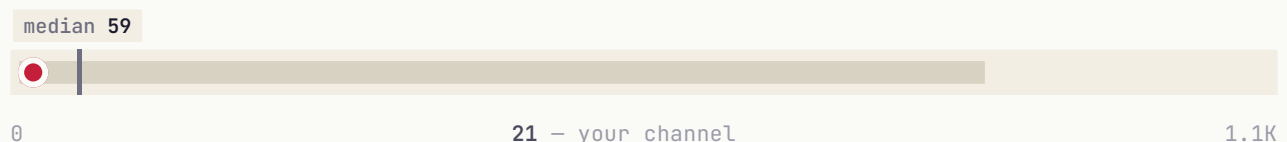
AVG REACH / POST

better than 69% of niche



CITATION INDEX

65% 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 4.0 posts/wk. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

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

Audience is most active on this day at 19:00 MSK.

EFFECT

**Best window
for an
important post****03****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****04****Test polls & interactive formats**

Posts with polls/reactions typically boost ER by +5-15%. One poll per week on a hot topic is an easy win.

EFFECT

+5-15% ER**05****Cross-promo with nearby channels**

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

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

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

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