
PROMTPRESS PUBLIC REPORT

Channel audit

Dr. Baymirzaeva | AIT | Hypothyroidism | Fatigue | Excess weight



@drbaymirzaeva

I'm a doctor, 40 years making people healthy. Helping women with health issues: AIT, hypothyroidism, hormone withdrawal, fatigue, excess weight. 5 steps to a healthy thyroid and regaining energy...

SUBSCRIBERS

37 404

+373 per month

ERR (% SEE POSTS)

19.0%

in 24 hours 6.2%

REACH/POST

6.5K

ad reach 2.3K/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 covers.

 SUBSCRIBERS 37 404 —	 SUBSCRIBER REACH 17.3% avg % subs see post	 VIEWS/POST 6.5K median 6.9K · 27 days	 POSTS/WEEK 3.3 for period
 7D TREND -10.2% vs previous week	 REACTIONS/POST 211.6 total 2,751 reactions, 338 reposts, 121 comments	 POST LENGTH 794 chars median 999 · 27 days	 POSTS ANALYZED 13 27 days
 AD REACH 2.3K 24h avg	 CHURN / MONTH +373 last month	 CITATION RATE 2 citation index · 6 channels mentioned ever	 CHANNEL AGE 1 year 4 months created 01.03.2025

AI EDITOR SUMMARY

Channel «Dr. Baymirzaeva | AIT | Hypothyroidism | Fatigue | Excess weight» — 37 404 subs. Each post avg views 6.5K people (17% of subs), avg reach — room to grow. Posts 3 posts per week (~0/day) — rare. Week Jul 6–12 reach dropped -10.2% by week Jun 29 – Jul 5 — worth analyzing.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 13 posts in 27 days.
- 02 Dominant format – Photo (7/13 posts).
- 03 Avg post length – 794 chars (median 999).
- 04 Audience peak – Wednesday, 08:00 MSK.
- 05 Top posts get 1x more views than the weakest (8.5K avg for top vs 6K for worst) – among 13 posts in 27 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

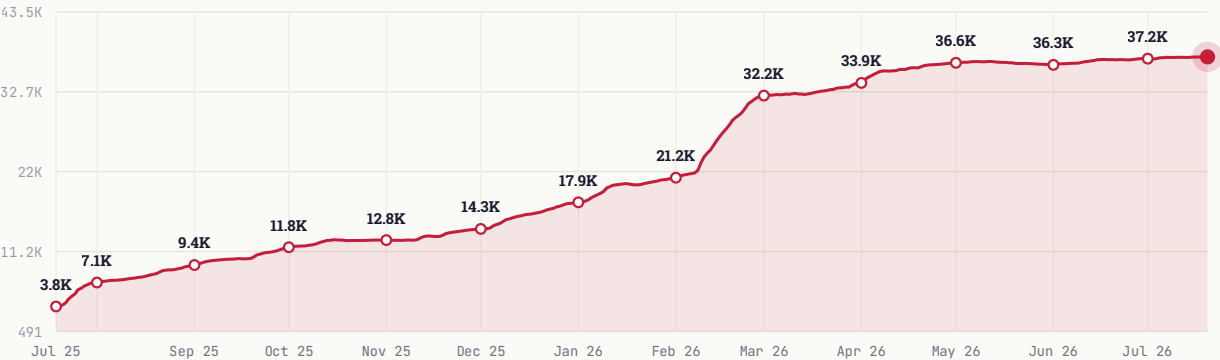
Nº1 24.06 · 05:50 PHOTO I'm a fan of simple, easy, effective life hacks, and this is definitely one. I'm 64, and what scares me most? ...	VIEWS 8 705 REPOSTS 117	REACTIONS 244 ER 23.3%
Nº2 25.06 · 13:46 PHOTO Amazing result! After 3 months with Anastasia, we got these numbers: –TSH from 21 to 1.9 –T4 from 0.78 to 1.42 –T3 still low...	VIEWS 8 465 REPOSTS 22	REACTIONS 300 ER 22.6%
Nº3 04.07 · 08:05 PHOTO Internet Diet vc Nutritionist Approach I often hear the same story during consultations. A woman found a diet on...	VIEWS 8 427 REPOSTS 40	REACTIONS 143 ER 22.5%

Nº4 22.06 • 12:57 TEXT «ТТГ в норме. Анализы хорошие. А я с трудом встаю с кровати, четвёртый год сыпятся волосы, в голове туман. И врач говорит, что я...	VIEWS 8 070 REPOSTS 48 REACTIONS 331 ER 21.6%
Nº5 01.07 • 11:55 TEXT Why other kids eat burgers, but my grandson calmly eats avocado When my youngest daughter had a son, she started watching how...	VIEWS 7 528 REPOSTS 23 REACTIONS 276 ER 20.1%
WORST 3	
↓ 09.07 • 14:27 TEXT Была на встрече с Дамирой Эркиновной в Иркутске, очень интересная и познавательная информация, простым языком и понятно, что никогда не...	VIEWS 6 332 REPOSTS — REACTIONS 83 ER 16.9%
↓ 03.07 • 01:51 TEXT Besides news and posts, we have a chat. A space for specific questions and quick consultations. Sometimes just to chat...	VIEWS 6 275 REPOSTS 6 REACTIONS 29 ER 16.8%
↓ 13.07 • 05:28 TEXT Soon they'll ban breathing. What then? Oh, how the ban topic is overrun with scary myths. Just in the last post...	VIEWS 5 504 REPOSTS 28 REACTIONS 321 ER 14.7%

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

3 849

NOW

37 404

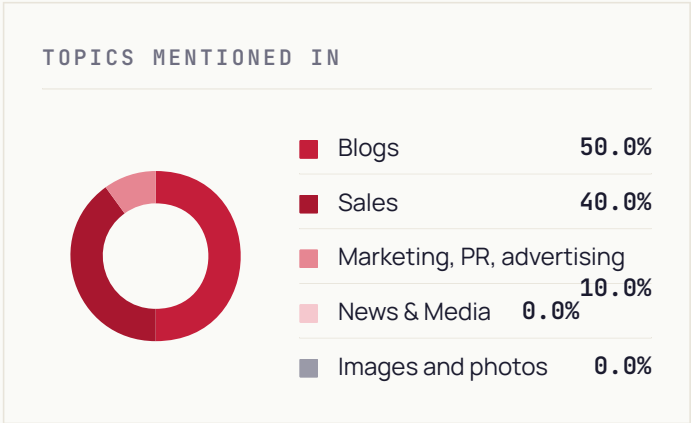
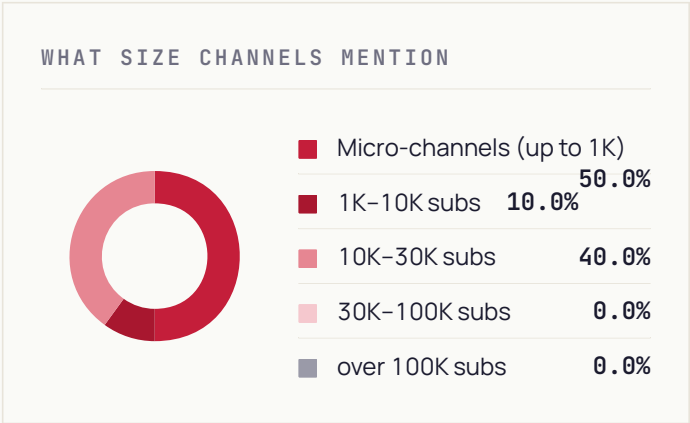
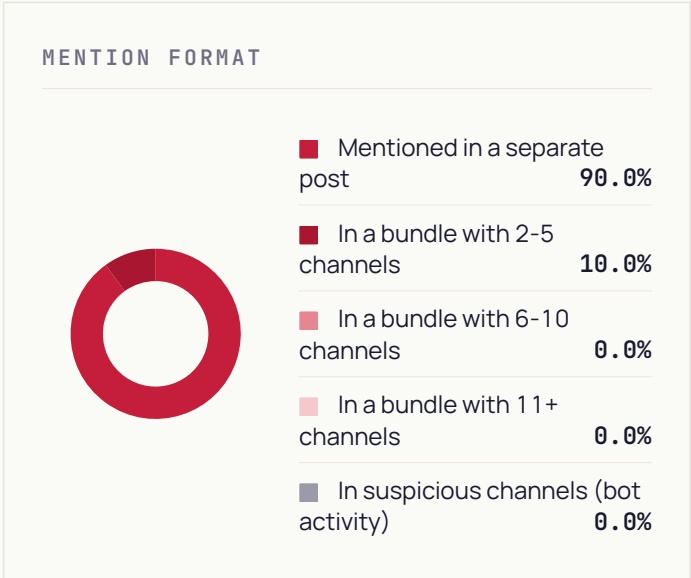
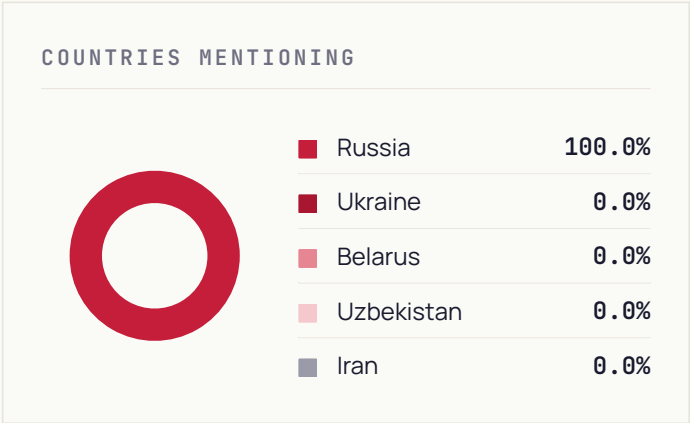
NET GROWTH

+33 555

SECTION 04 · CITATIONS

Who mentions the channel and how

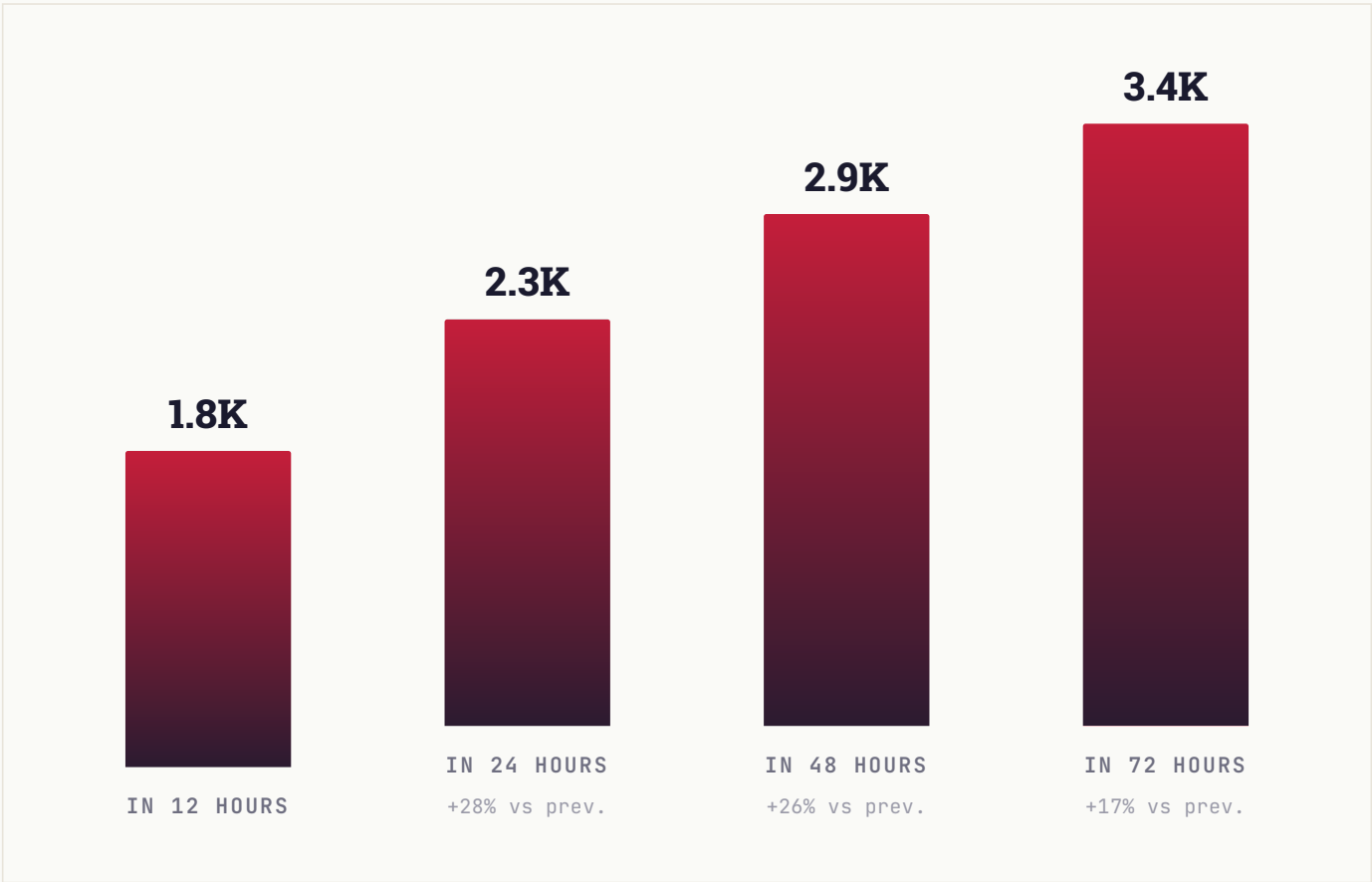
Citation index 2 – channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All-time channel mentions: 6 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see your niche rank.

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 🌿 Халқ табobati 🌿	235.1K
ZD ZdravKontrol	222.2K
DB Dr. Baymirzaeva AIT Hypothyroidism Fatigue Excess weight YOU	37.4K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 niches — early growth stage. Niche leader — Dr Tel (755.5K), median top-97: 103.2K. First goal — enter top-97 through 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 **5**, they brought **14 553** new subs.

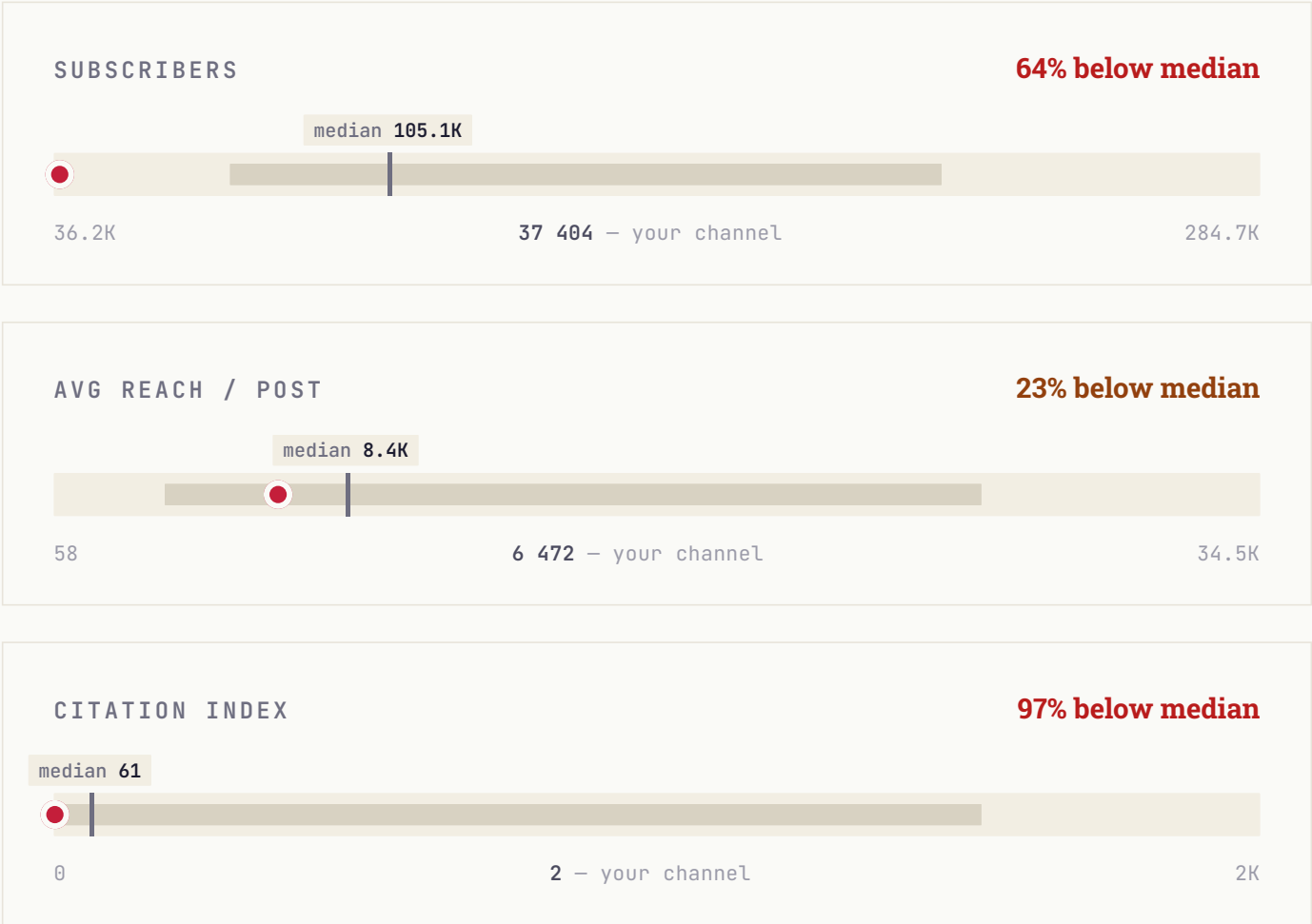
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	1	1	3 497	
December 2025	0	0	3 497	
November 2025	0	0	1 642	
October 2025	0	0	1 184	
September 2025	4	2	2 362	
August 2025	0	0	2 371	

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
5	6	14 553

SECTION 08 · NICHE COMPARISON

Where the channel stands 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 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Now 3.3 posts/wk. Active channels avg 7-10.
Consistency is key for audience retention. | EFFECT
Consistency
beats volume |
| 02 | Top post of the week — on Wednesday
Audience is most active on this day at 08:00 MSK. | EFFECT
Best window
for an
important post |
| 03 | Increase video post share
Video in Telegram holds audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%. | EFFECT
Video holds
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 & interactive formats
Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic — easy growth lever. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with 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