

— PUBLIC PROMTPRESS REPORT

Channel audit

⚕️ **Dmitry
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Preventive
doctor,
nutritionist /
dsemiryadov**



@dsemiryadov_official

For all inquiries: @semiryadov_doc. I am Dmitry Semiryadov — preventive medicine doctor, nutritionist with 8+ years of experience. I help eliminate excess weight and poor health through tests, nutrition and...

SUBSCRIBERS

76 438

-802 per month

ERR (% SEE POSTS)

7.0%

per day 2.6%

REACH/POST

5.8K

ad reach 2K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

 SUBSCRIBERS 76 438 —	 SUBSCRIBER REACH 7.55% avg % subs see post	 VIEWS/POST 5.8K median 4.9K · 29 days	 POSTS/WEEK 5.3 for period
 7D TREND +16.7% vs previous week	 REACTIONS/POST 108.4 total 2,384 reactions, 689 reposts, 214 comments	 POST LENGTH 840 chars median 1000 · 29 days	 POSTS ANALYZED 22 29 days
 AD REACH 2K 24h avg	 CHURN / MONTH -802 last month	 CITATION RATE 7 citation index · 64 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 12.03.2022

AI EDITOR SUMMARY

Channel « Dmitry Semiryadov / Preventive doctor, nutritionist / dsemiryadov» – 76 438 subs. Each post avg views 5.8K people (8% of subs), reach low – need to grow audience. Publishes 5 posts per week (~1/day) – infrequent. Week 8–14 Jun reach up +16.7% vs week 1–7 Jun – positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **22** posts in 29 days.
- 02 Dominant format — **Video** (13/22 posts).
- 03 Avg post length — **840** chars (median 1000).
- 04 Peak audience activity — **Tuesday**, 16:00 MSK.
- 05 Top posts get **3x** more views than the weakest (13.9K avg top vs 4.2K worst) — among 22 posts in 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 26.05 · 13:55 PHOTO ☒Top Q&A from a recent live stream. Recently had a killer Q&A session on a new cohort of my...	VIEWS 26 807 REPOSTS 31	REACTIONS 118 ER 35.1%
Nº2 31.05 · 09:57 VIDEO My childhood was traumatic. Teasing at school due to excess weight, almost no friends. I knew I was fat from overeating...	VIEWS 7 584 REPOSTS 32	REACTIONS 72 ER 9.9%
Nº3 09.06 · 12:26 TEXT How to identify ALL DEFICIENCIES FROM TESTS - mega-podcast☒☒ This podcast will save you a ton of money on useless tests. Explained how...	VIEWS 7 365 REPOSTS 350	REACTIONS 296 ER 9.6%

Nº4 08.06 • 09:04 PHOTO Which vitamins are you lacking? Yesterday spoke in St. Petersburg at the big FABERLIC health conference. I regularly speak for Faberlic in...	VIEWS 6 360 REPOSTS 49 REACTIONS 284 ER 8.3%
Nº5 01.06 • 13:11 VIDEO (post without caption – video)	VIEWS 6 182 REPOSTS 2 REACTIONS 81 ER 8.1%

WORST 3

↓ 04.06 • 17:58 TEXT Realized something important in the moment Sharing something very personal😊 I remember when I was about 7, my mom and I visited my friend Artyom...	VIEWS 4 716 REPOSTS 3 REACTIONS 240 ER 6.2%
↓ 04.06 • 17:29 VIDEO (post without caption – video)	VIEWS 4 469 REPOSTS 2 REACTIONS 37 ER 5.8%
↓ 21.06 • 09:03 PHOTO Legendary photo! Who recognizes it? Happy Doctor's Day to all! Wishing health first to us, healthcare workers, so we are always in...	VIEWS 3 543 REPOSTS 1 REACTIONS 147 ER 4.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

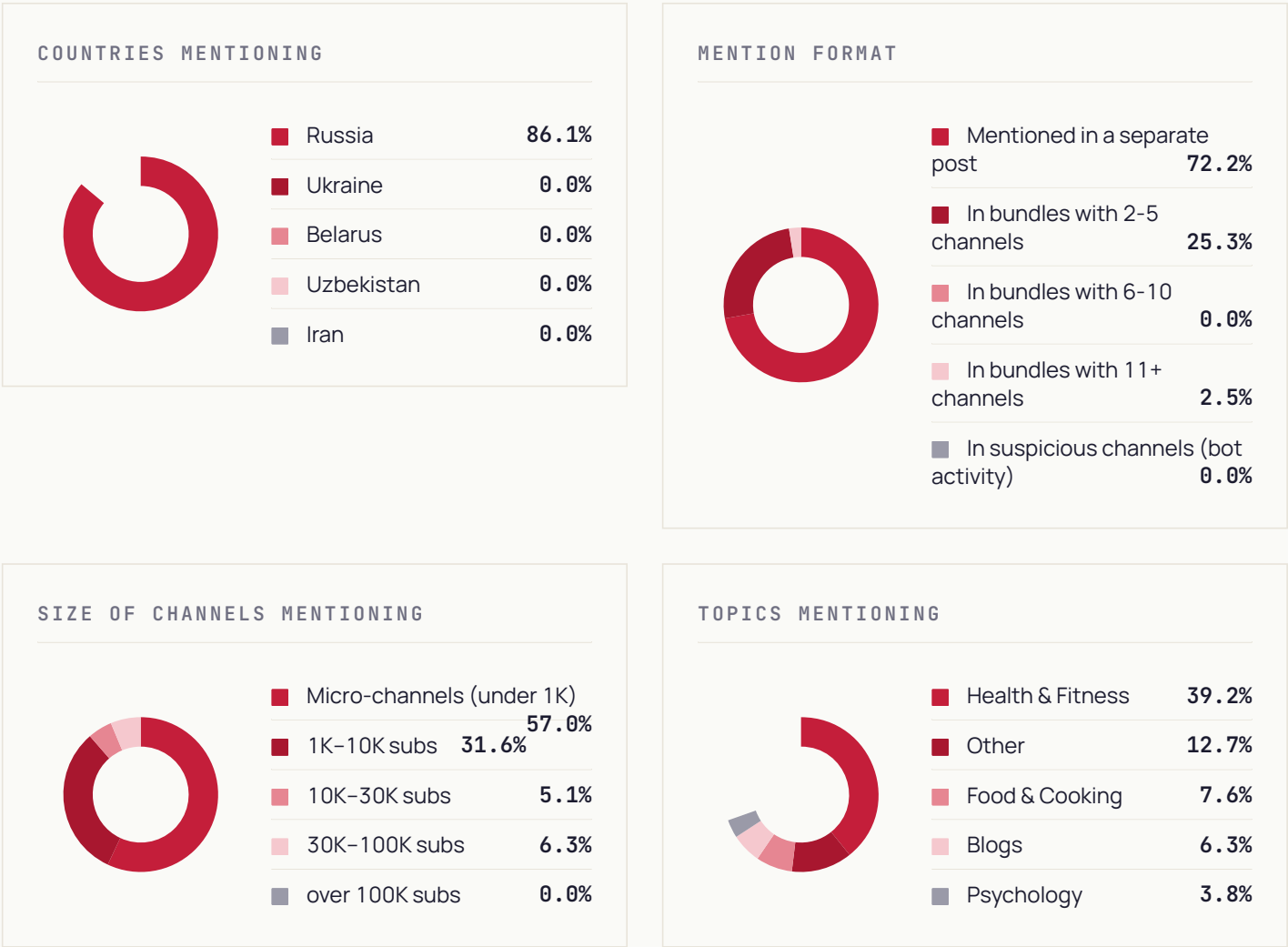
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

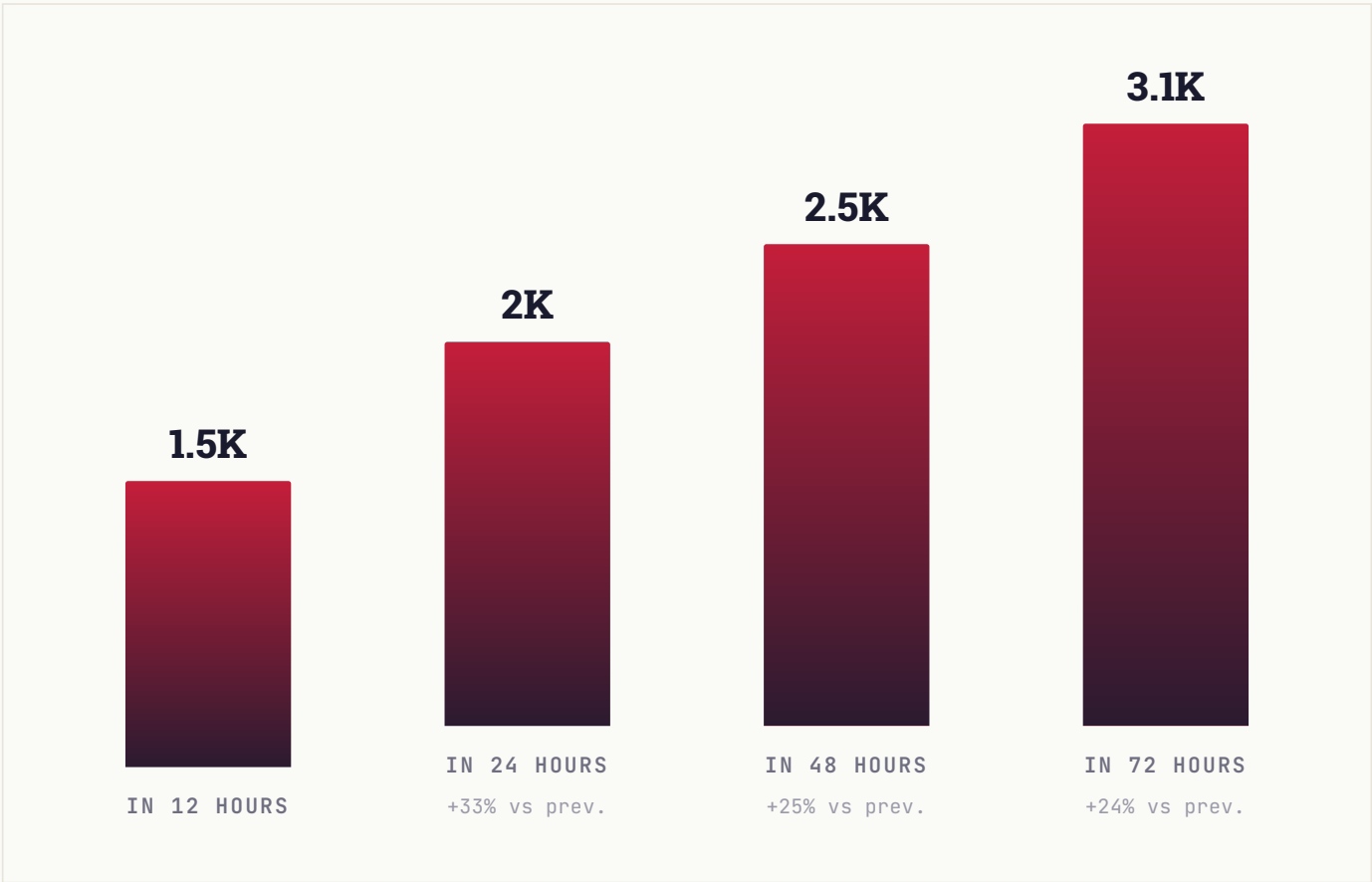
Citation index 7 — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a channel with 100K subs weighs more than from 1K subs. All-time mentions: 64 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg ad post reach 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 — 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
Health HealthControl	223.6K
Quality Dr. Shishonin's channel	215.4K
AT Anatomical Theater	201.6K
MR Mycerina. Giving birth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
Lifestyle Forensic expert's notes	171.5K
D YOU 👤 Dmitry Semiryadov / Preventive doctor, nutritionist / dsemiryadov 76.4K	

COMPARATIVE INSIGHT

Channel in top half of niche (#43 of 96). Niche leader — Blog from the Morgue (359.3K), median subs 70.8K. Aim for the top quartile — a realistic 6-12 month horizon.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions **8**, they brought **2 732** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	1	1	155
November 2025	3	3	796
October 2025	4	4	1 343
September 2025	0	0	341
August 2025	0	0	65
July 2025	0	0	32

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
8	6	2 732

SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

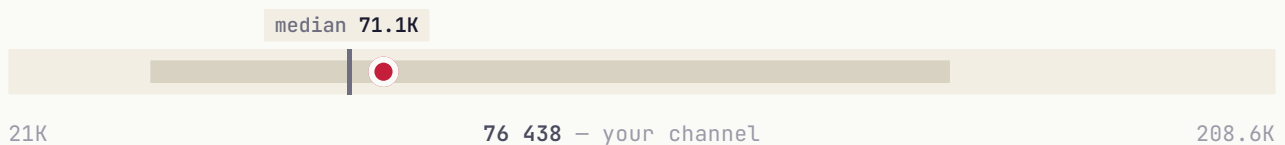
Took top-100 channels in category «**Medicine**» (Russia) and compared your channel. Gray band = 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.

#43 /100

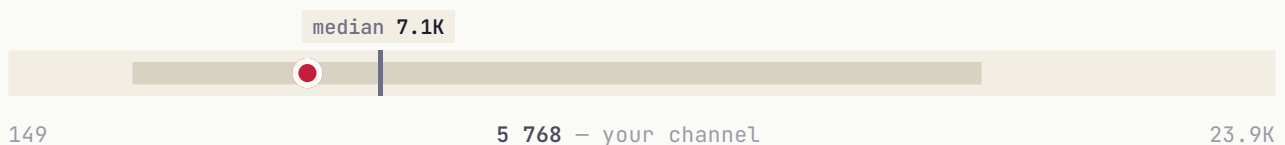
RANK IN NICHE

Channel in the top half of the ranking

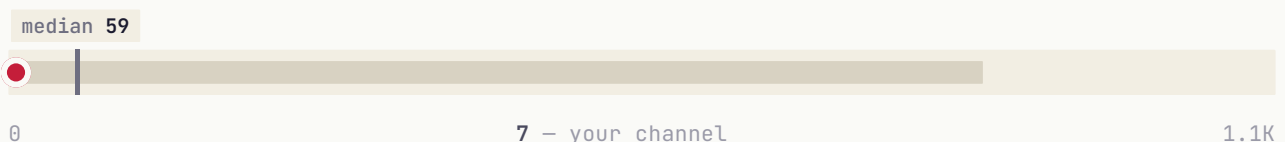
SUBSCRIBERS

better than 52% of niche


AVG REACH/POST

worse than median by 19%


CITATION INDEX

worse than median by 88%


— 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

Top post of the week — on Tuesday
Audience is most active on this day at 16:00 MSK.

EFFECT
Best time for key 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 typically boost ER by +5-15%. One poll per week on a hot topic — easy growth lever.

EFFECT
+5-15% ER
- 04

Cross-promo with similar channels
Swap 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 — organic traffic source.

EFFECT
Organic traffic source

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes based on public data. To go further — run ads through us and close your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
