

PROMTPRESS PUBLIC REPORT

Channel audit

Gastroenterologist

Sasha



@gastrosasha95

Evidence-based gastroenterology, we treat everything
Appointment only 18+ https://taplink.cc/prikazchikov_alex Banned
social network <https://www.instagram.com/prikazchikov.alex> Care
service...

SUBS

40 850

+287 per month

ERR (% SEE POSTS)

21.0%

per day 8.2%

REACH/POST

8.4K

ad reach 3.3K/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 was calculated for.

 SUBS 40 850 —	 SUBSCRIBER REACH 20.44% avg % of subs see post	 VIEWS/POST 8.4K median 8.7K · 24 days	 POSTS/WEEK 3.5 for the period
 7D TREND -21.1% vs previous week	 REACTIONS/POST 235.7 total 2,828 reactions, 605 reposts, 165 comments	 POST LENGTH 791 chars median 1000 · 24 days	 POSTS ANALYZED 12 24 days
 AD REACH 3.3K 24h avg	 CHURN / MONTH +287 last month	 CITATION RATE 26 citation index · 95 channels mentioned all time	 CHANNEL AGE 4 years 3 months created 12.03.2022

AI EDITOR SUMMARY

Channel «Gastroenterologist Sasha» — 40 850 subs. Each post is viewed by an average of 8.4K people (20% from subs), this is average reach — room to grow. Publishes 4 posts per week (~0 per day) — rare publications. For the week of June 22–28, reach dropped by -21.1% by the week of June 15–21 — worth analyzing the reasons.

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 12 posts over 24 days.
- 02 Dominant format — Text (8/12 posts).
- 03 Avg post length — 791 chars (median 1000).
- 04 Audience peak activity — Monday, 14:00 MSK.
- 05 Top posts get 2x more views than the weakest (10.8K avg for top vs 6.9K for worst) — among 12 posts over 24 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 15.06 · 11:54 PHOTO Cringe at 15, dream at 35 What about you? Did it all come true?	VIEWS 10 947 REP. 75	REACTIONS 280 ER 26.8%
Nº2 11.06 · 20:41 TEXT HARM OF SUGAR AND SUPPLEMENTS Clickbait title done, now to the point 🩺 I don't want to write loud words about toxic hepatitis now...	VIEWS 10 911 REP. 55	REACTIONS 264 ER 26.7%
Nº3 19.06 · 16:32 TEXT Analyses & research emergency kit (doctor's version) Friday means emergency kit time 😂 Disclaimer: the list is purely...	VIEWS 10 607 REP. 209	REACTIONS 306 ER 26.0%

Nº4 10.06 · 18:17 PHOTO Take/not take: gastro version What do you choose?	VIEWS 9 068 REP. 37 REACTIONS 280 ER 22.2%
Nº5 26.06 · 12:17 TEXT How I care for my GI tract As a person with a burdened gastroenterology history (hello, GERD, gastro-oncology in the family), I deduced...	VIEWS 8 779 REP. 66 REACTIONS 459 ER 21.5%

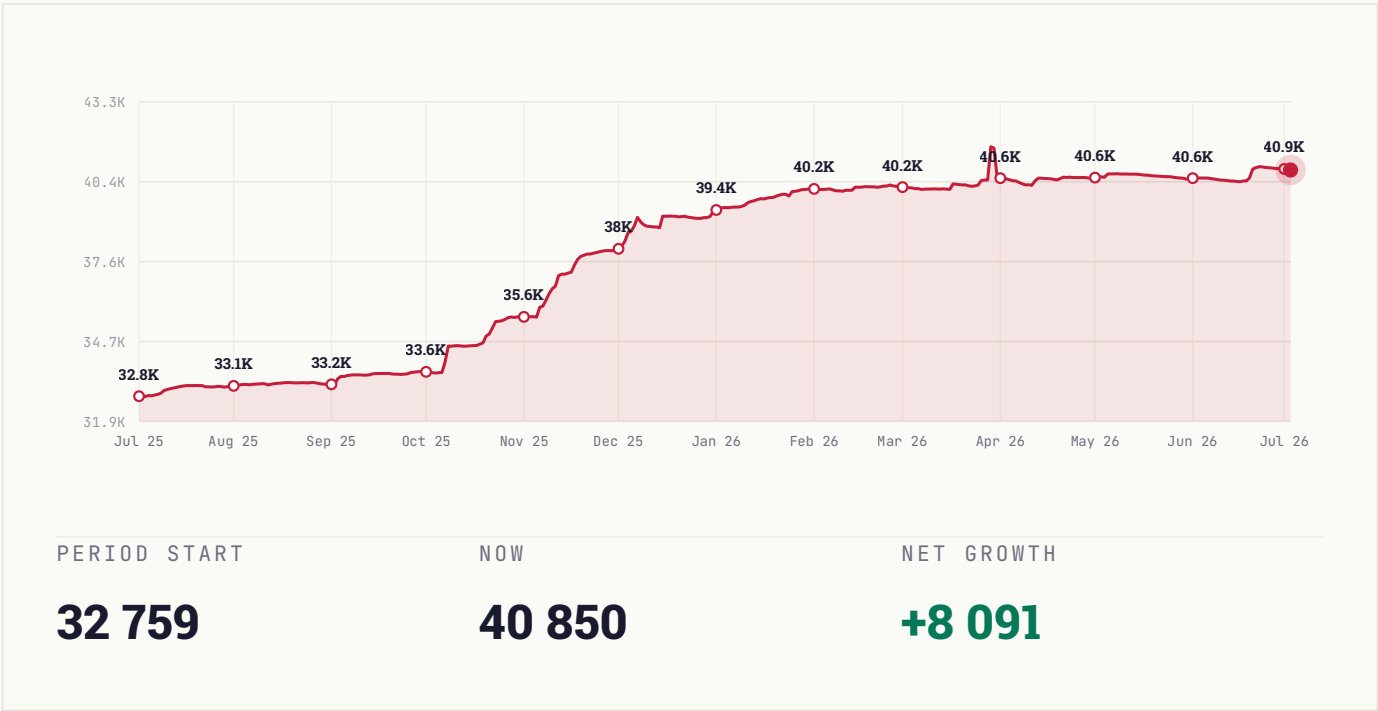
WORST 3

↓ 09.06 · 07:32 PHOTO 15 pills a day. 6 months of pointless doctor visits This is what life with heartburn can look like when the cause of symptoms is...	VIEWS 8 451 REP. 8 REACTIONS 88 ER 20.7%
↓ 27.06 · 13:34 VIDEO Chance you'll be impressed by the plant is tiny, but never zero Lately I'm into turkey. Regular steak for lunch, and...	VIEWS 6 618 REP. 15 REACTIONS 136 ER 16.2%
↓ 29.06 · 16:12 TEXT What a gastroenterologist gets sick with: that is, me By popular demand! I want to say that mostly my soul and butt hurt from sitting on...	VIEWS 5 591 REP. 42 REACTIONS 393 ER 13.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

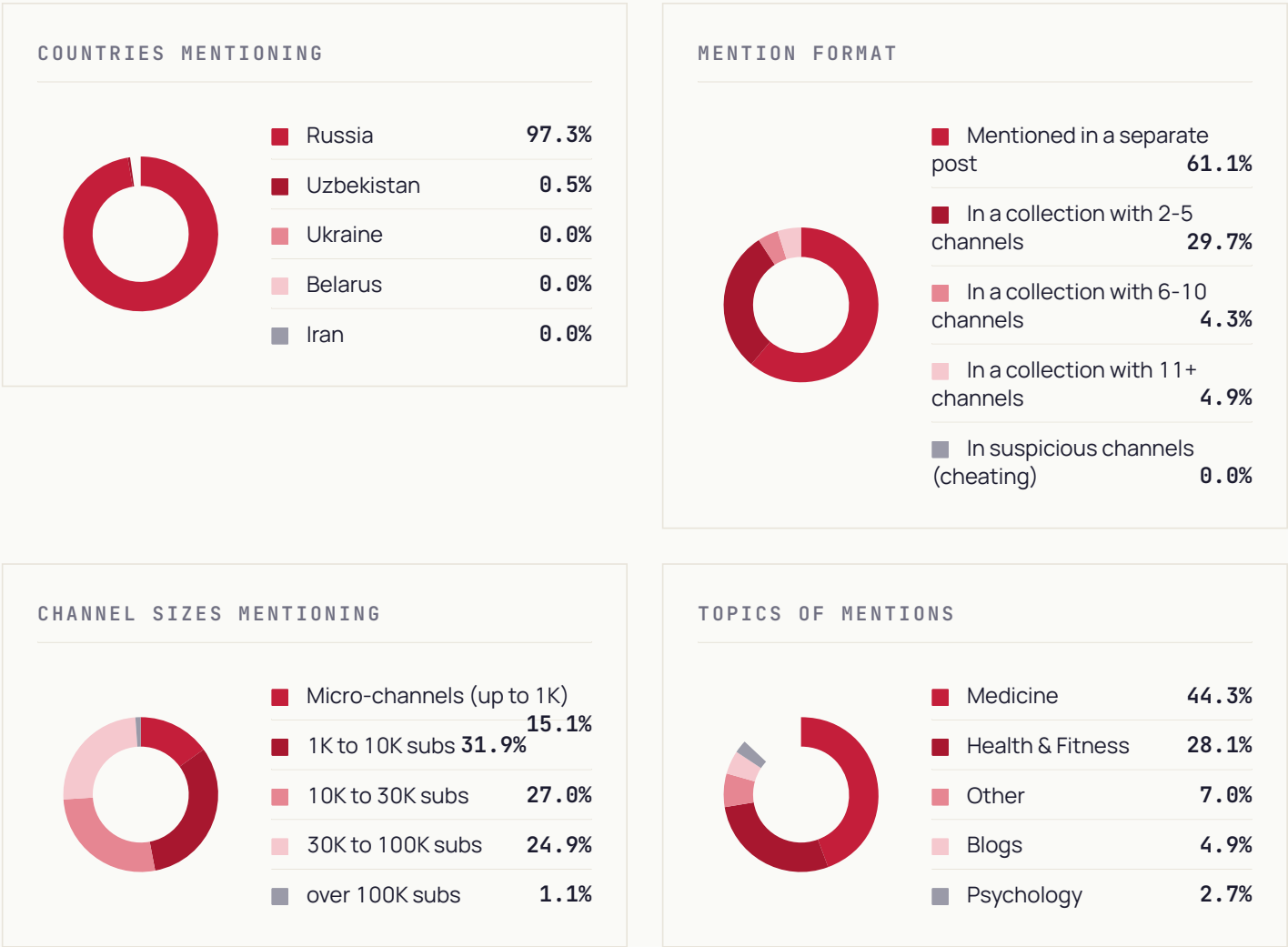
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and which months subs left.



SECTION 04 · MENTIONS

Who & how mentions the channel

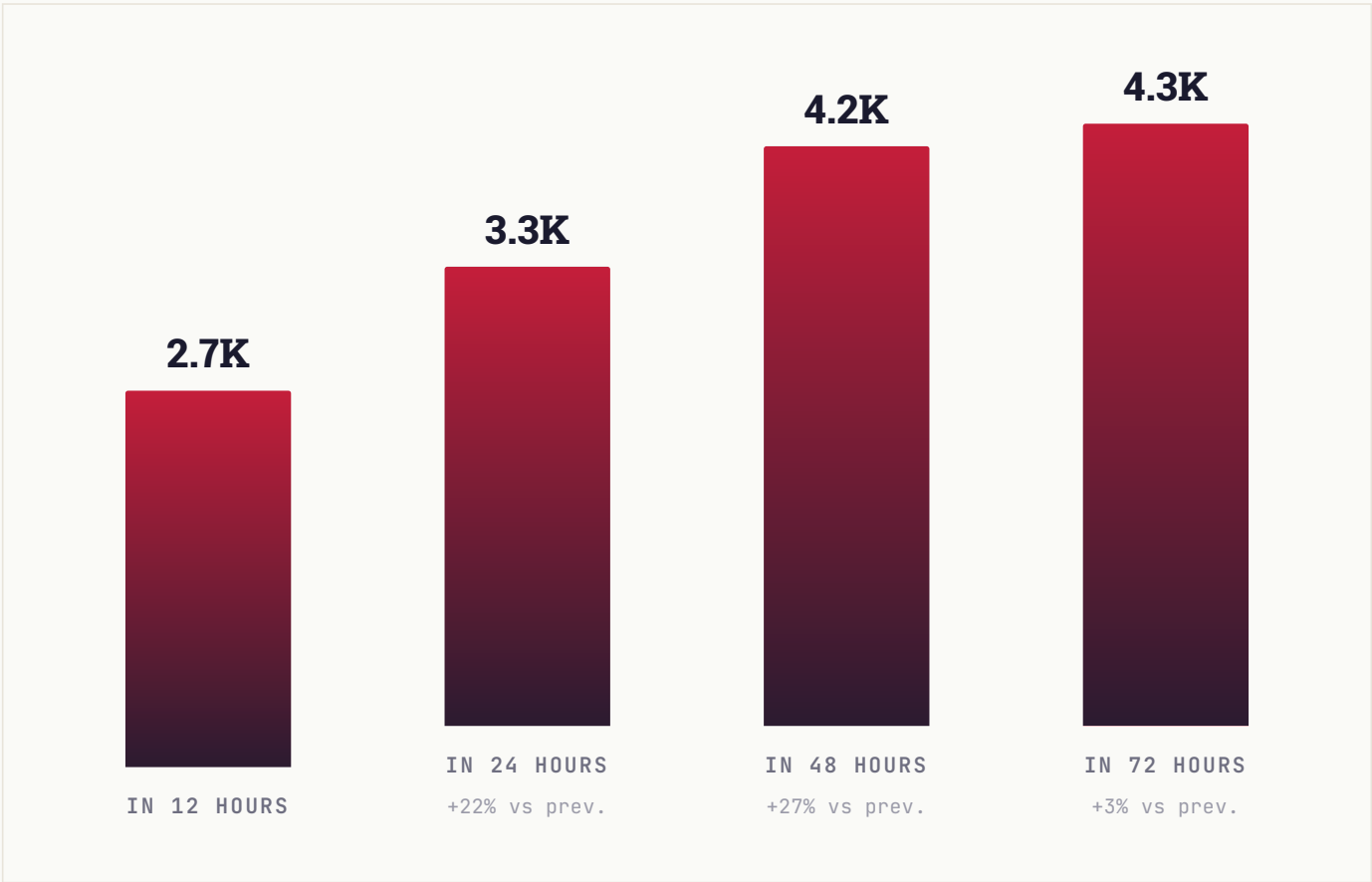
Citation index **26** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K. All time channel mentioned **95** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 closest channels by topic and audience. Your channel is highlighted — you can see its rank among niche neighbors.

CHANNEL	SUBS
BI Blog from the morgue	357.1K
EM Endocrinologist Magerya	293.3K
EP EXPERIENCED PHARMACIST	266K
MM Moscow medicine	241.1K
Health HealthControl	223.2K
CD Dr. Shishonin's channel	214.9K
AT Anatomical Theater	201.1K
MR Mycerinus. Giving birth? Call the midwife!	192.2K
DM DOCTOR MYASNIKOV	182.4K
Lifestyle Notes of a forensic expert	171.1K
Voice Gastroenterologist Sasha YOU	40.9K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#95 of 96). Niche median — 68.5K subs. First growth KPI — reach median. Leader: Blog from the morgue (357.1K).

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 **47**, they brought **7 944** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	3	3	882	
December 2025	11	9	1 865	
November 2025	7	6	2 409	
October 2025	14	11	2 043	
September 2025	8	6	536	
August 2025	4	4	209	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
47	6	7 944

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 of 80% niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

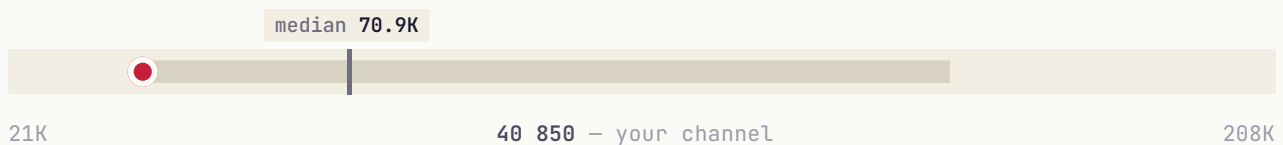
#95 /100

RANK IN NICHE

Channel in the lower half of the ranking

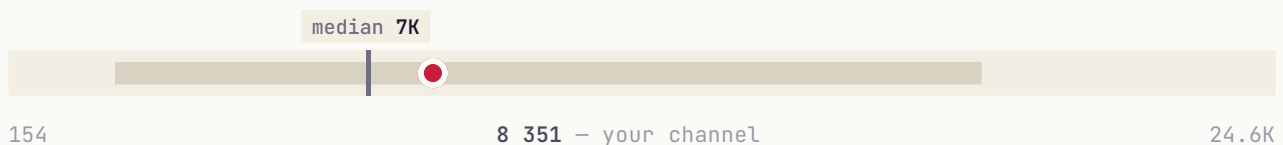
SUBS

42% below median



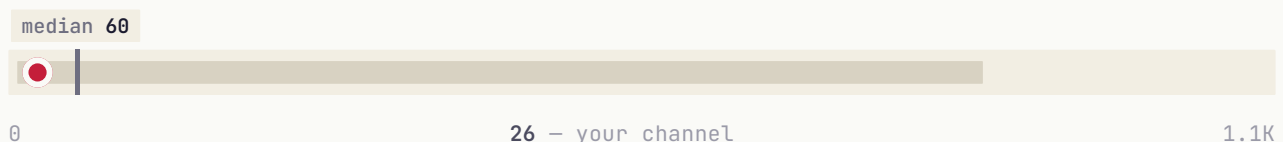
AVG REACH / POST

better than 54% of niche



CITATION INDEX

57% 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 3.5 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency >
Volume**

02

Main post of the week — on Monday

On this day at 14:00 MSK audience is most active.

EFFECT

**Best window
for important
post**

03

Increase video posts share

Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend bringing the share to 15-25%.

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 & interactive formats

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

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

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

01

Launch ads in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager