

— PUBLIC PROMTPRESS REPORT

Channel audit

Gastrosmile ☒

Гастросмайл ☒

Венера

Хабирова ☒

Интегративный

Гастроэнтеролог



@gastrosmile

📖 This is a personal blog of Dr. Venera Khabirova about preventive medicine, gentle self-care, and finding working therapy for GI diagnoses that 'can't be cured'..) 📖 PhD in Medicine Webinars and guides...

SUBSCRIBERS

41 548

-74 per month

ERR (% SEE POSTS)

21.0%

daily 3.5%

REACH/POST

3.8K

ad reach 1.5K/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 41 548 —	 SUBS REACH 9.25% avg % subs see post	 VIEWS/POST 3.8K median 4K · 23 days	 POSTS/WEEK 3.2 for period
 7D TREND — no data for period	 REACTIONS/POST 98.3 total 1,081 reactions, 354 reposts, 46 comments	 POST LENGTH 900 chars median 1,000 · 23 days	 POSTS ANALYZED 11 23 days
 AD REACH 1.5K 24h avg	 CHURN / MONTH -74 last month	 CITATION RATE 1 citation index · 21 channels mentioned ever	 CHANNEL AGE 7 years 1 month created 10.05.2019

AI EDITOR SUMMARY

Channel «GastrosmileГастросмайлВенера ХабироваИнтегративный Гастроэнтеролог» — 41 548 subs. Each post avg views 3.8K people (9% of subs), low reach — expand audience. Publishes 3 posts/week (~0/day) — rare publications.

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 11 posts in 23 days.
- 02 Dominant format – Photo (7/11 posts).
- 03 Avg post length – 900 chars (median 1,000).
- 04 Peak audience activity – Wed, 16:00 MSK.
- 05 Top posts get 2x more views than weakest (top avg 5K vs worst 2.6K) – among 11 posts in 23 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 27.05 · 13:29 TEXT Fatty liver disease is NOT about eating too much fat 😊 I've been hit with this diagnosis in comments so many times – and I've rolled my eyes just as many.. Fatty...	VIEWS 5 222 REP. 67	REACTIONS 130 ER 12.6%
Nº2 30.05 · 08:12 TEXT and how to fix this bile stagnation? – highly expected question after yesterday's video 📌 Example: bile outflow issues...	VIEWS 4 920 REP. 86	REACTIONS 132 ER 11.8%
Nº3 06.06 · 16:15 PHOTO Gallstone dissolution. UDCA. Continued. 📌 Start in earlier post. OK, they found gallstones. Check density on CT...	VIEWS 4 758 REP. 27	REACTIONS 70 ER 11.5%

Nº4 29.05 • 18:06 VIDEO ☒ In 2 min 49 sec – how exactly bile stasis in any part of bile ducts 'throws' bile upward ↑ and we get...	VIEWS 4 488 REACTIONS 76 REP. 30 ER 10.8%
Nº5 12.06 • 15:54 PHOTO ☒Reminder about WATER from Gastrosmile☒ Working methods not like health-style, but prevention of GI exacerbations incl. Next couple...	VIEWS 4 179 REACTIONS 320 REP. 36 ER 10.1%

WORST 3

↓ 04.06 • 19:07 PHOTO ☒Sign up for Saturday meeting 'Tough Games' with carbohydrate metabolism or 'How to keep the player?' What we'll discuss: 1☒ Drug groups with...	VIEWS 3 142 REACTIONS 29 REP. 6 ER 7.6%
↓ 20.06 • 10:02 PHOTO ☒ABOUT MOTHERWORT – calming and choleric☒ Especially – for those with Dyskinesia, Sludge/Sand in gallbladder, Bile reflux (DGR) NEVER...	VIEWS 2 304 REACTIONS 101 REP. 52 ER 5.5%
↓ 20.06 • 07:03 PHOTO ☒Today finishing June intensive on Normalizing bile outflow – current group already received all info modules ✓Diagnostics...	VIEWS 2 258 REACTIONS 27 REP. 3 ER 5.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

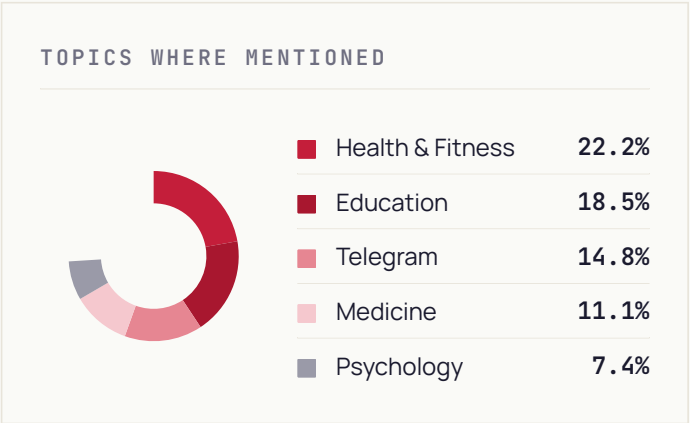
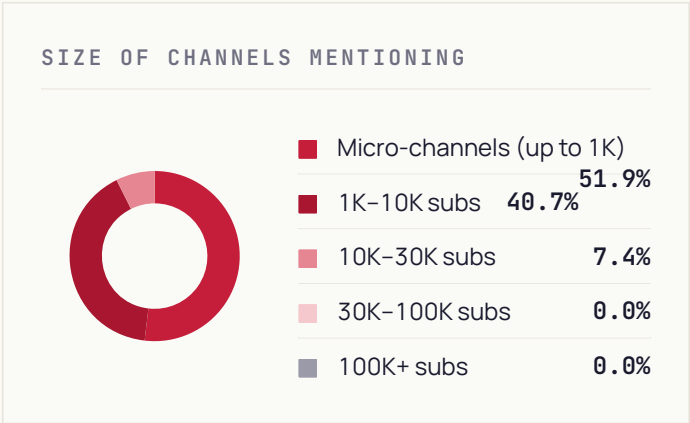
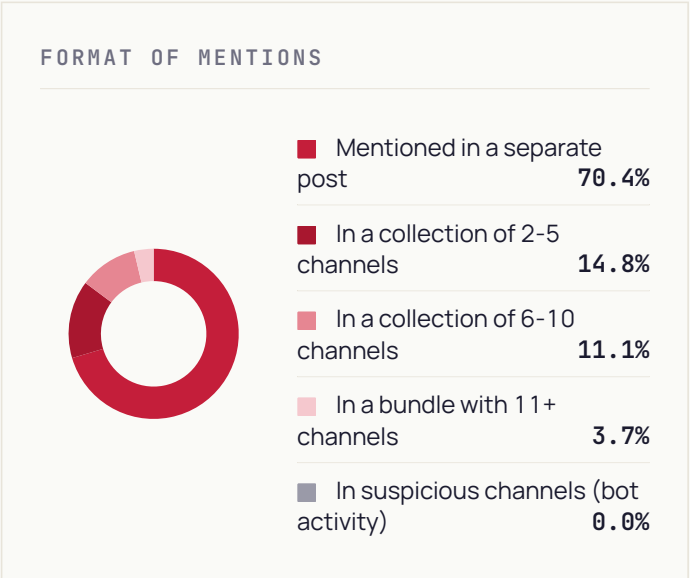
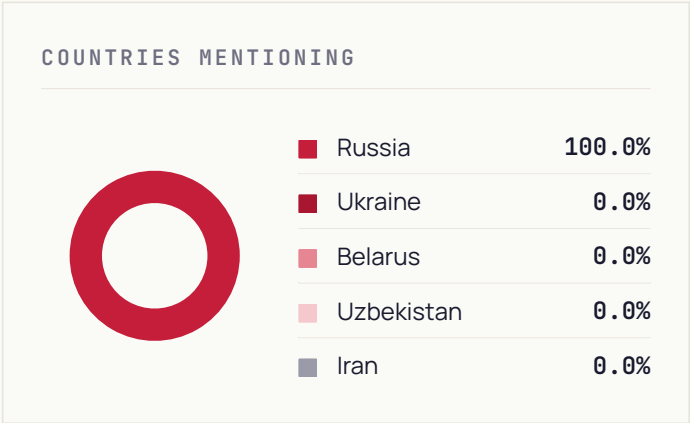
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth and decline.



SECTION 04 · MENTIONS

Who mentions the channel & how

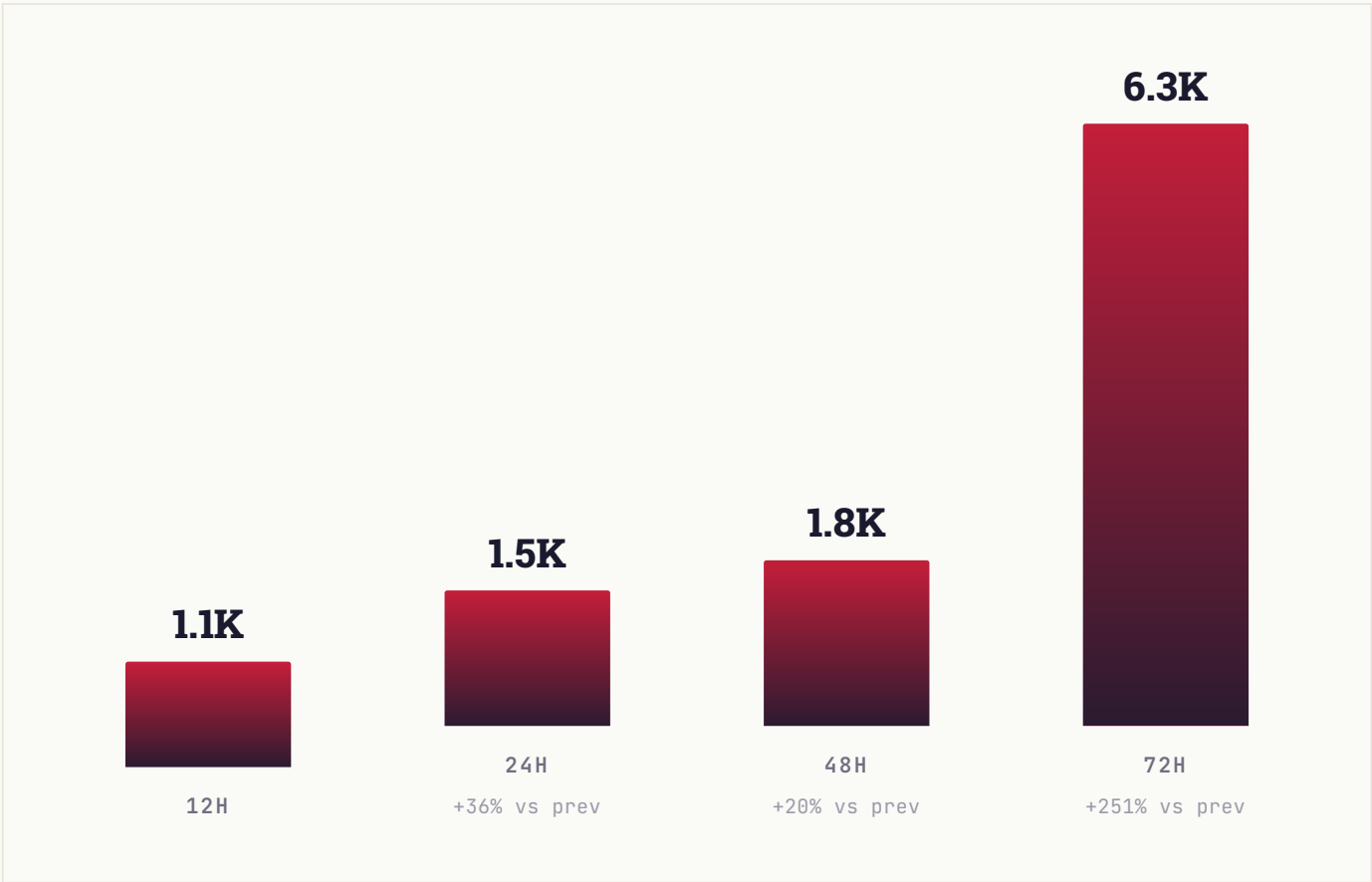
Citation index 1 – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All time channel was mentioned 21 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of an 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 & audience. Your channel is highlighted — see where you stand among niche peers.

CHANNEL	SUBSCRIBERS
БИ 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 Mikerina. Giving birth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
Lifestyle Notes of a Forensic Expert	171.5K
GX GastrosmileГастросмайлВенера ХабироваИнтегративный Гастроэнтеролог YOU	41.5K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#92 of 96). Niche median — 70.8K subs. First growth KPI — reach median. Leader: Blog from the morgue (359.3K).

SECTION 07 · MENTION TRENDS

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 **1**, they brought **1 689** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
December 2025	0	0	1 213
Nov 2025	0	0	149
Oct 2025	0	0	106
September 2025	1	1	5
August 2025	0	0	109
July 2025	0	0	107

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
1	6	1 689

SECTION 08 · NICHE COMPARISON

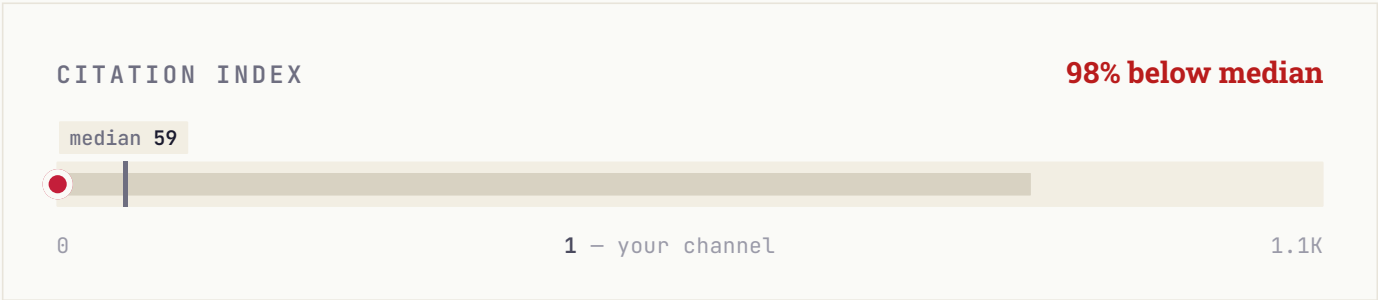
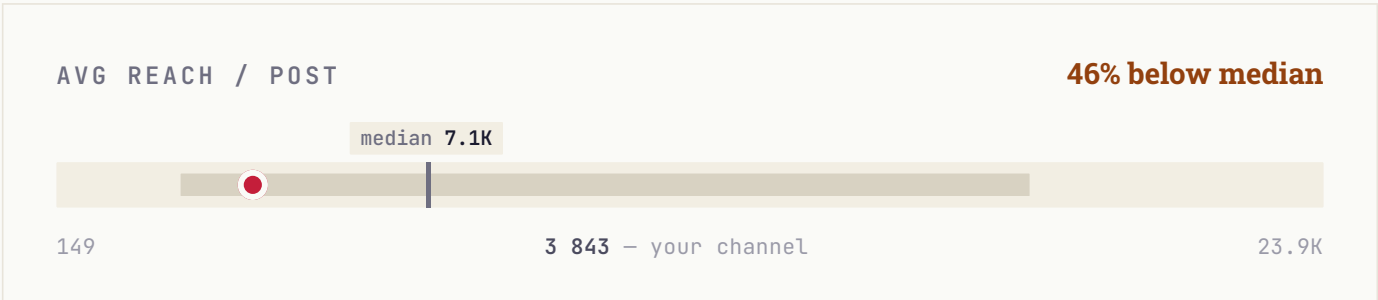
Where the channel ranks in its league

Took top-100 channels in category «Medicine» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#92/100

RANK IN NICHE

Channel in the bottom half of the ranking



— 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 3.2 posts/wk. Active channels do 7-10.
Consistency is key to retention. | EFFECT
Consistency > volume |
| 02 | Top post of the week — on Wednesday
Audience is most active on this day at 16:00 MSK. | EFFECT
Best time for key posts |
| 03 | 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 |
| 04 | Test polls & interactive formats
Posts with polls/reactions usually give +5-15% to ER.
One poll per week on a hot topic — easy growth point. | EFFECT
+5-15% ER |
| 05 | Cross-promo with neighboring channels
Swap posts quarterly with same-segment channels. No need daily — 2-3 collabs give relevant growth. | EFFECT
Growth from relevant audience |

★ WHAT'S NEXT

Want us to do it 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