

PUBLIC PROMTPRESS REPORT

Channel audit

Gastroenterologist

Olga

Pomoinetskaya



@olga_pomoinetskaya

■ Top-category physician, therapist, gastroenterologist, PhD. 30 years of experience For all questions, write to - @SZ_89690898181
■ Roskomnadzor in...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
259 545	4.0%	10.2K
28.06.2026 ⁻³⁴⁵³ per month	daily ^{2.1%}	ad reach ^{5.4K} /24h
HTTPS://PROMTPRESS.COM/AUDIT/OLGA-POMOYNESKAYA		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 259 545 —	SUBSCRIBER REACH 3.95% avg % subs see post	VIEWS/POST 10.2K median 10.6K · 29 days	POSTS/WEEK 16.7 over period
7D TREND +9.0% vs previous week	REACTIONS/POST 83.7 total 5,941 reactions, 3,214 reposts, 476 comments	POST LENGTH 732 chars median 937 · 29 days	POSTS ANALYZED 71 29 days
AD REACH 5.4K 24h avg	CHURN / MONTH -3453 last month	CITATION RATE 224 citation index · 371 channels mentioned ever	CHANNEL AGE 5 years 7 months created 26.11.2020

AI EDITOR SUMMARY

Channel «Gastroenterologist Olga Pomoinetskaya» – 259 545 subs. Each post averages 10.2K people (4% of subs), reach is low – consider expanding audience. Publishes 17 posts/week (~2/day) – consistent. For week Jun 15–21, reach up +9.0% vs week Jun 8–14 – 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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 71 posts over 29 days.
- 02 Dominant format — Photo (33/71 posts).
- 03 Avg post length — 732 chars (median 937).
- 04 Peak audience activity — Sunday, 10:00 MSK.
- 05 Top posts get 2x more views than the weakest (13.8K avg top vs 7.5K worst) — among 71 posts over 29 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 29.05 · 16:51 PHOTO Lacy pancakes that WON'T make your stomach growl, bloat or cause heartburn. ☒Even if you have GERD, gastritis, H. pylori...		VIEWS 14 174	REACTIONS 69
		REPOSTS 29	ER 5.5%
Nº2 31.05 · 07:01 PHOTO "I couldn't resist☺ Ate all the buckwheat pancakes" "No discomfort or pain, over 2 hours passed" — subscribers already...		VIEWS 13 809	REACTIONS 63
		REPOSTS 25	ER 5.3%
Nº3 07.06 · 10:01 VIDEO Went crazy) Wanted something tasty and quick ☺ Mixed everything I had at home: • 2 eggs • 2 bananas • 1 cup...		VIEWS 13 459	REACTIONS 215
		REPOSTS 132	ER 5.2%

Nº4 30.05 · 10:05 VIDEO "I eat healthy! Why do I have gastritis, pain and heartburn?" Very common situation ↓ patient's diet: oatmeal with water, cottage cheese...	VIEWS 13 170 REPOSTS 18 REACTIONS 59 ER 5.1%
Nº5 04.06 · 06:36 TEXT The girl doesn't just have constipation, but gastritis, colitis, insufficient intestinal peristalsis and gallbladder issues. Often one symptom has several...	VIEWS 13 042 REPOSTS 58 REACTIONS 83 ER 5.0%

WORST 3

↓ 23.06 · 14:06 TEXT Free open lesson of the course, anyone can join ♥ June 29 at 19:00 MSK we'll walk through the course route - step...	VIEWS 7 771 REPOSTS 8 REACTIONS 45 ER 3.0%
↓ 12.06 · 14:52 PHOTO Heat ☒	VIEWS 7 597 REPOSTS 8 REACTIONS 82 ER 2.9%
↓ 25.06 · 06:04 TEXT Superficial chronic gastritis responds well to treatment, but often undertreated. Epigastric pain is usually associated with hypertonus and...	VIEWS 7 200 REPOSTS 37 REACTIONS 57 ER 2.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

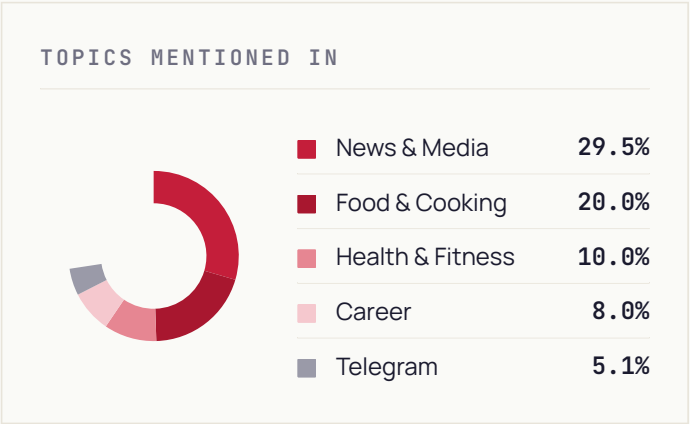
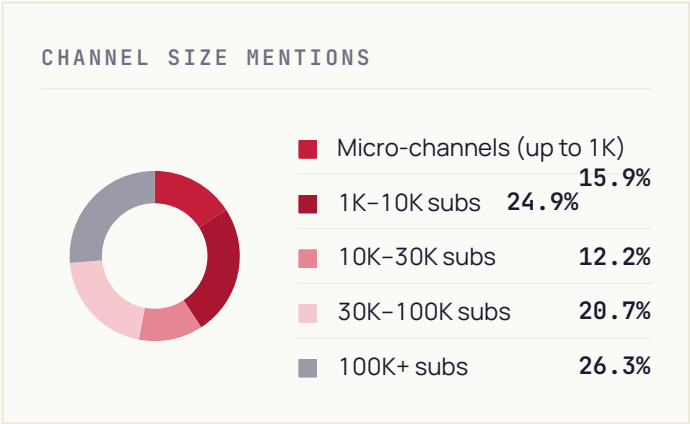
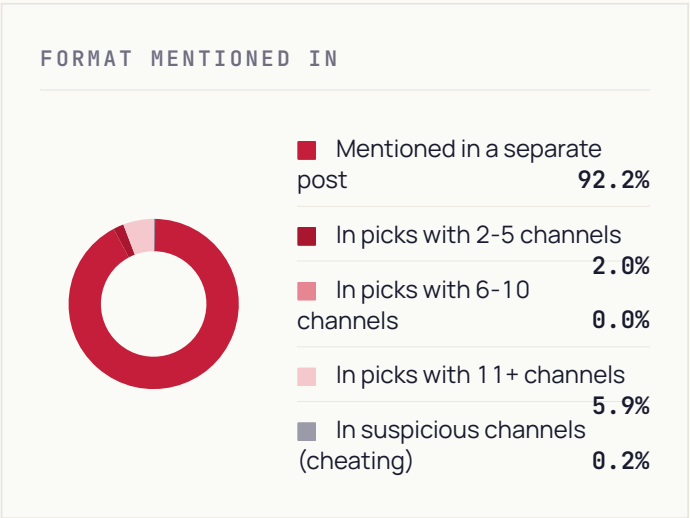
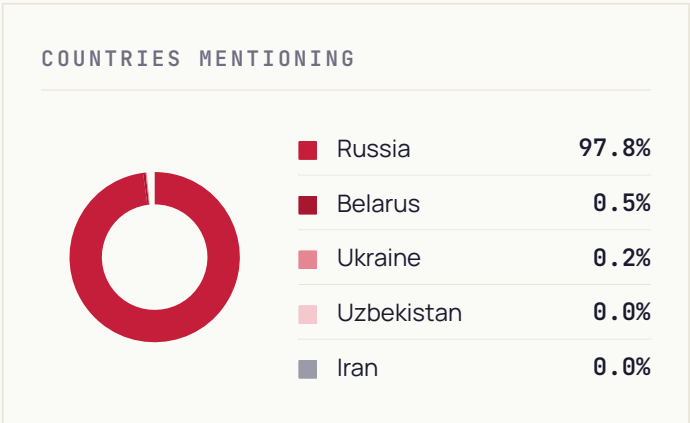
Subscriber growth chart for the year. Key months show exact sub count. See which months the channel gained and which lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

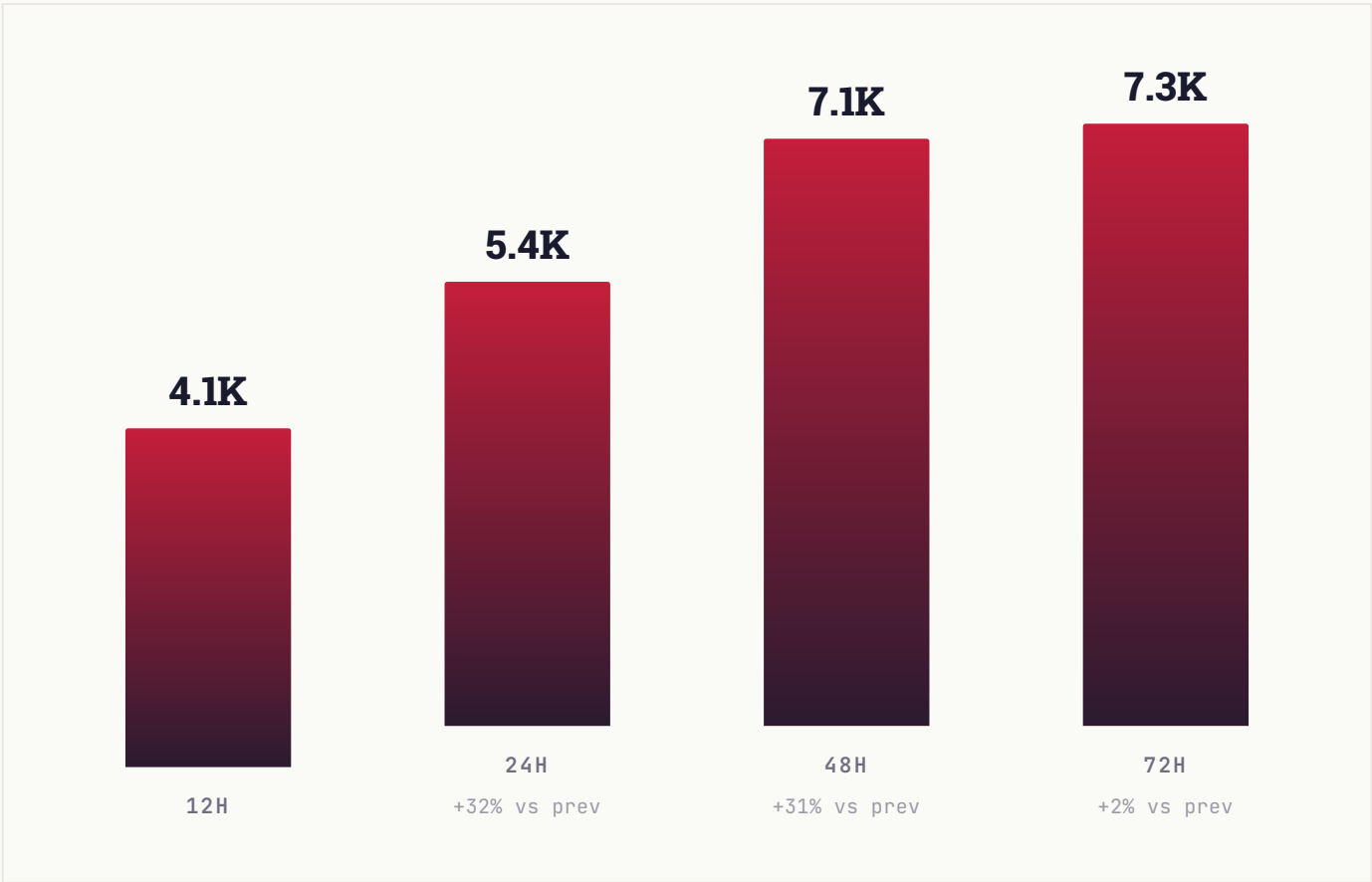
Citation index **224** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **371** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by 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 its rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ Mystery shopping	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
VN Eternity in Tibet	495.4K
NT Our body	482.5K
AU Ales Ulishchenko Osteopath, PhD Author of face plastic surgery	478.7K
BZ Stay healthy	448.8K
GO Gastroenterologist Olga Pomoinetskaya YOU	259.5K

COMPARATIVE CONCLUSION

Channel in top half of niche (#26 of 96). Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), median subs 163.3K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions occurred **24**, they brought **82 669** new subs.

PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED
December 2025	1	1	24 611
Nov 2025	16	16	11 197
Oct 2025	1	1	46 848
Sep 2025	3	2	0
August 2025	2	2	13
July 2025	1	1	0

TOTAL MENTIONS	MONTHS OF DATA	SUBS ACQUIRED
24	6	82 669

SECTION 08 · NICHE COMPARISON

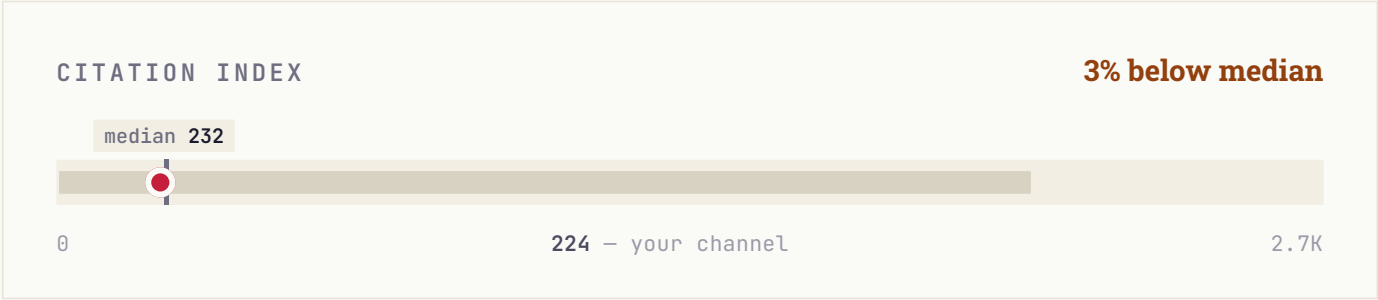
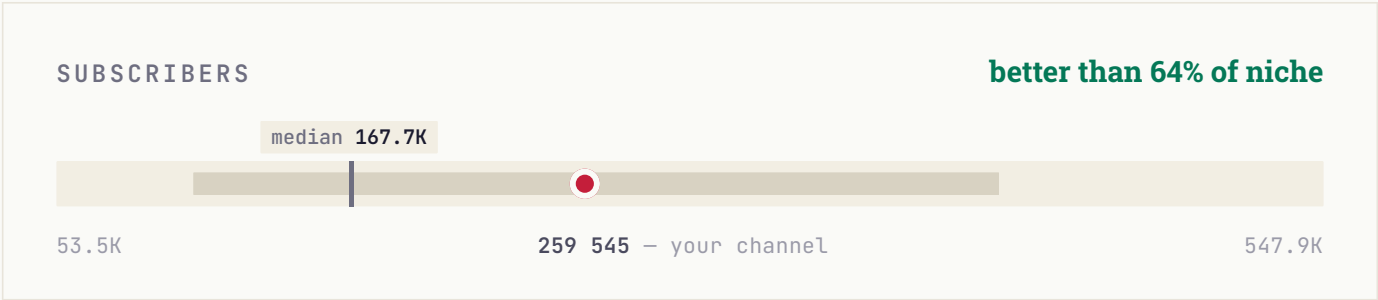
Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (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.

#26/100

RANK IN NICHE

Channel in top 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

Top post of the week — on Sunday
 Audience is most active on this day at 10:00 MSK.

EFFECT

Best time for important post
- 02

ER below niche benchmark — rethink formats
 Current ER 3.95% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+3.0pp ER
- 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 usually 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 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

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — is what we can do in a few minutes based on public data. If you 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
