

PUBLIC REPORT BY PROMTPRESS

Channel audit

Pavel Baranov.

Endocrinology/ Dietetics.



@pavelbaranov_md

🩺 Medical & Health 👤 Contact Pavel: @pavelbaranovmd 🎓
Webinars: www.hlsa.pro ! NO ads or paid placements №
4914201889

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
31 223	28.0%	7.7K
20.07.2026 ⁻⁵² per month	in 24 hours ^{12.6%}	ad reach ^{3.9K} /24h
HTTPS://PROMTPRESS.COM/AUDIT/PAVELBARANOV_MD		

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What's inside the report

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle shows the period it covers.

 SUBSCRIBERS 31 223 —	 SUBSCRIBER REACH 24.71% avg % subs see post	 VIEWS/POST 7.7K median 8.7K · 26 days	 POSTS/WEEK 1.3 over period
 7D TREND — no data for period	 REACTIONS/POST 200.0 only 1,000 reactions, 384 reposts, 0 comments	 POST LENGTH 813 chars median 999 · 26 days	 POSTS ANALYZED 5 26 days
 AD REACH 3.9K 24h avg	 CHURN / MONTH -52 last month	 CITATION RATE 15 citation index · 94 channels mentioned all time	 CHANNEL AGE 6 years 9 months created 10.10.2019

AI EDITOR SUMMARY

Channel «Pavel Baranov. Endocrinology/Dietology.» – 31 223 subs. Each post averages 7.7K people (25% of subs), average reach – room to grow. Publishes 1 posts per week (~0 per day) – rare publications.

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 5 posts in 26 days.
- 02 Dominant format — Text (4/5 posts).
- 03 Avg post length — 813 characters (median 999).
- 04 Peak audience activity — Friday, 09:00 MSK.
- 05 Top posts get 2× more views than the weakest (10.2K avg for top vs 5.6K for worst) — among 5 posts in 26 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 26.06 · 06:52 PHOTO "Excess fat tissue" — what does it mean? ===== READ ===== A new short article on what "excess..."	VIEWS 10 977 REPOSTS 109	REACTIONS 282 ER 35.2%
Nº2 23.06 · 07:02 TEXT How to stop constant sugar cravings? How to find your root cause? Step-by-step action plan...	VIEWS 10 884 REPOSTS 41	REACTIONS 100 ER 34.9%
Nº3 08.07 · 06:07 TEXT Strength declines faster than muscle mass with age. Muscle loss (sarcopenia) with age is well known, and you...	VIEWS 8 655 REPOSTS 162	REACTIONS 364 ER 27.7%

Nº413.07 · 06:10TEXT Familial hypercholesterolemia: how to suspect, what to do ❤️ JAMA published a review on familial hypercholesterolemia (FH)...	VIEWS	REACTIONS
	5 837	134
	REPOSTS	ER
	56	18.7%

Nº520.07 · 06:25TEXT 🎙 Fun & clear on trending topics Just launched a mini-podcast format with short thoughts on interesting topics...	VIEWS	REACTIONS
	2 229	120
	REPOSTS	ER
	16	7.1%

WORST 3

↓08.07 · 06:07TEXT Strength declines faster than muscle mass with age. 💪📈 Muscle loss (sarcopenia) with age is well known, and you...	VIEWS	REACTIONS
	8 655	364
	REPOSTS	ER
	162	27.7%

↓13.07 · 06:10TEXT Familial hypercholesterolemia: how to suspect, what to do ❤️ JAMA published a review on familial hypercholesterolemia (FH)...	VIEWS	REACTIONS
	5 837	134
	REPOSTS	ER
	56	18.7%

↓20.07 · 06:25TEXT 🎙 Fun & clear on trending topics Just launched a mini-podcast format with short thoughts on interesting topics...	VIEWS	REACTIONS
	2 229	120
	REPOSTS	ER
	16	7.1%

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.



PERIOD START

30 344

NOW

31 225

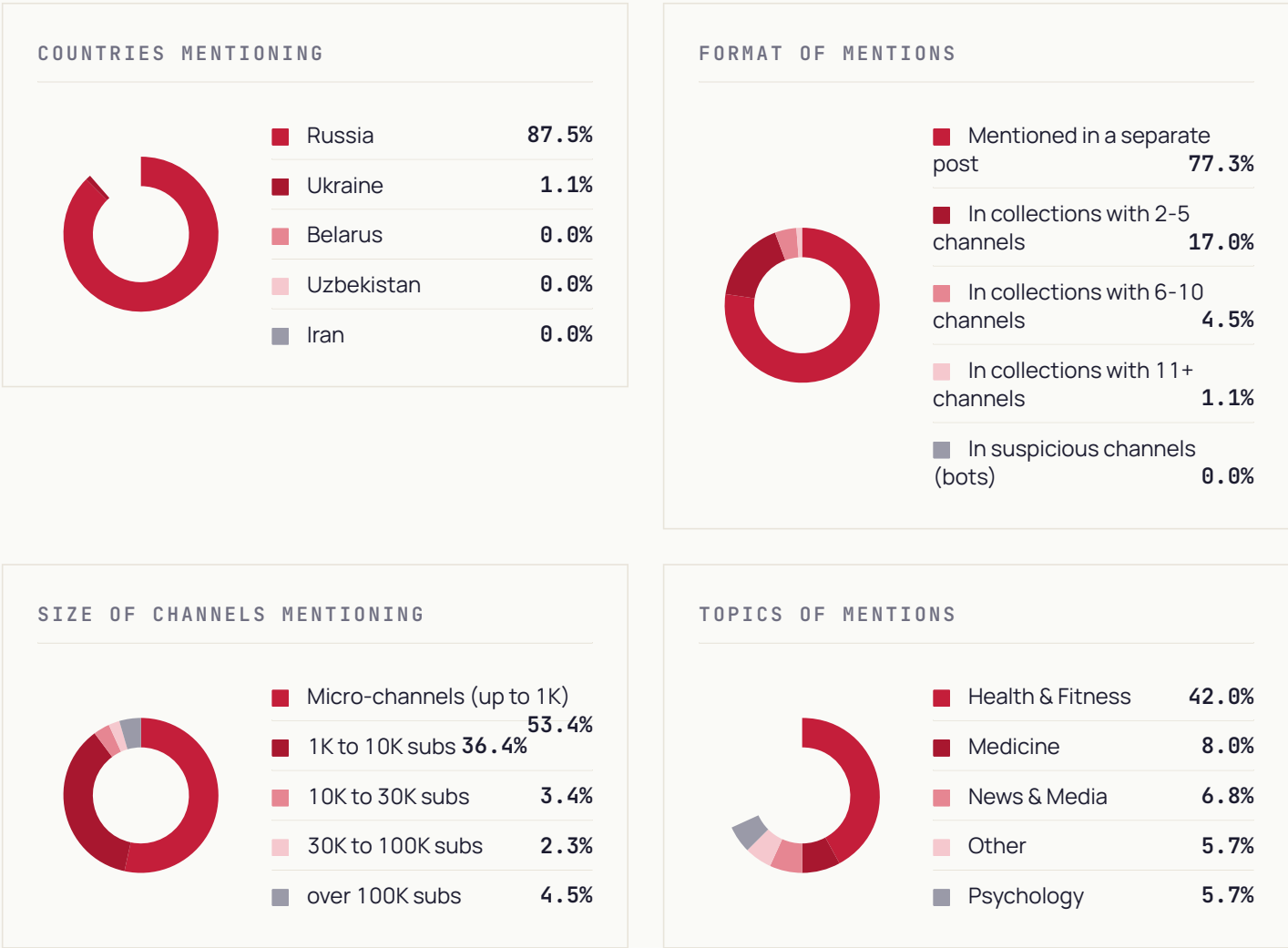
NET GROWTH

+881

SECTION 04 · CITATIONS

Who mentions the channel and how

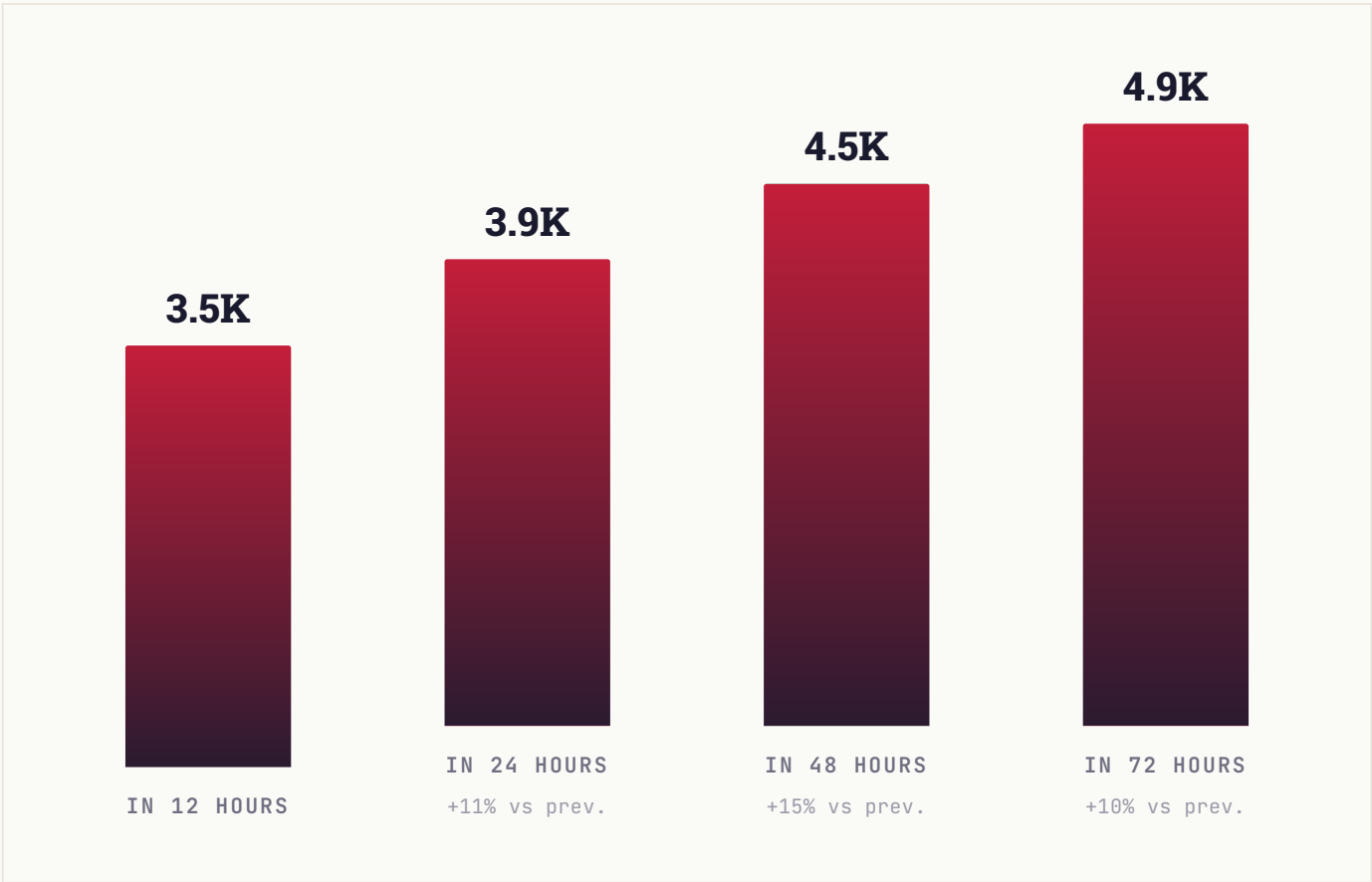
Citation index **15** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel "weighs" more than from a 1K subs channel. All-time channel mentions **94** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can see its place among niche peers.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the grave	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
  Халқ табobati 	235.1K
Health ZdravControl	222.2K
PB Pavel Baranov. Endocrinology/Dietetics. YOU	31.2K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal — enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **20**, they brought **1 240** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	2	2	228	
December 2025	7	5	124	
November 2025	3	3	237	
October 2025	2	2	180	
September 2025	5	5	144	
August 2025	1	1	327	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
20	6	1 240

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Medicine» (Russia) and saw how your channel compares. Gray band — range covering 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 them off and return to this report in a month.

01

Increase posting frequency

Now 1.3 posts/week. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Friday

Audience most active on this day at 09:00 MSK.

EFFECT

**Best window
for important
posts**

03

Increase share of video posts

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

EFFECT

**Video better
retains
audience**

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 give +5-15% to ER.
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 Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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