
PUBLIC REPORT BY PROMTPRESS

Channel audit

Podolog Korneeva Eva | Ingrown nail & nail health | podolog Moscow



@podoLogeva

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Dermatovenereology/podology Book library, link on request <https://t.me/tribute/app?startapp=sIKw> For ads @podoeva #X0PQZ

SUBSCRIBERS

16 229

+67 per month

ERR (% SEE POSTS)

4.0%

per day 1.2%

REACH/POST

620

ad reach 189/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 16 229 —	 SUBS REACH 3.82% avg % subs see post	 VIEWS/POST 620 median 569 · 28 days	 POSTS/WEEK 4.2 for the period
 7D TREND -46.5% vs previous week	 REACTIONS/POST 21.4 only 363 reactions, 44 reposts, 90 comments	 POST LENGTH 744 chars median 879 · 28 days	 POSTS ANALYZED 17 28 days
 AD REACH 189 24h avg	 CHURN / MONTH +67 last month	 CITATION RATE 416 citation index · 902 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 24.02.2022

AI EDITOR SUMMARY

Channel «Podolog Korneeva Eva | Ingrown nail & nail health | podolog Moscow» – 16 229 subs. Each post averages 620 people (4% of subs), reach is low – should grow audience. Publishes 4 posts per week (~1/day) – rare. Week of Jul 6–12 reach dropped -46.5% by week of Jun 29 – Jul 5 – worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 17 posts over 28 days.
- 02 Dominant format — Video (12/17 posts).
- 03 Avg post length — 744 chars (median 879).
- 04 Peak audience activity — Friday, 19:00 MSK.
- 05 Top posts get 3× more views than the weakest (1.1K avg for top vs 319 for worst) — among 17 posts in 28 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 19.06 · 16:52 PHOTO 🤔 abc abc abc abc abc abc abc abc abc Read your nails about your health. How to know why nails change color, shape, structure? What affects nail health: 1...	VIEWS 1 394 REPOSTS 3	REACTIONS 38 ER 8.6%
Nº2 25.06 · 12:22 VIDEO 🤔 abc abc abc abc abc abc abc abc abc YOUR SKIN IS LYING TO YOU? 🤔 Bad news: skin cancer doesn't always look like a 'scary black sore'. Sometimes it's...	VIEWS 985 REPOSTS 1	REACTIONS 24 ER 6.1%
Nº3 23.06 · 07:02 PHOTO 🤔 abc abc abc abc abc abc abc abc abc Your heart will beat longer if you follow just one of these two rules. But let's start from the beginning..... 🙌 You...	VIEWS 865 REPOSTS 2	REACTIONS 30 ER 5.3%

Nº424.06 · 10:31 VIDEO 🤔abc abc abc abc abc abc abc abc abc abc🔥Our duty as parents: tell teens these things! 😎Full list prepared! Made just for teens...	VIEWS 845 REPOSTS 4	REACTIONS 23 ER 5.2%
Nº530.06 · 07:49 PHOTO 🤔abc abc abc abc abc abc abc abc abc abc🔥For the first time in 2026, a product combining two key anti-fungal agents (mycosis...) hits the market.	VIEWS 835 REPOSTS 3	REACTIONS 24 ER 5.1%

|

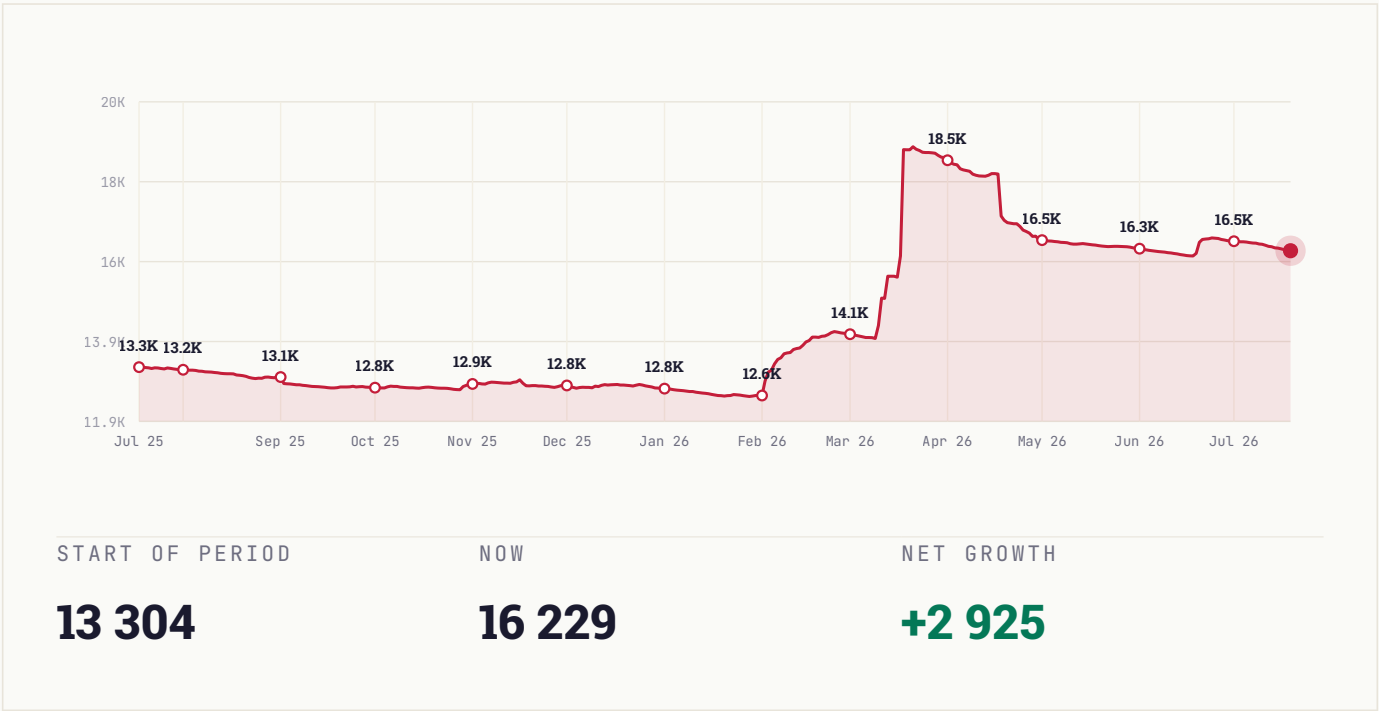
WORST 3

↓11.07 · 16:11 VIDEO 🤔abc abc abc abc abc abc abc abc abc abcHow to know if you're treating toenail fungus correctly? Right doctor? Right product? No need for...	VIEWS 370 REPOSTS 3	REACTIONS 18 ER 2.3%
↓11.07 · 12:04 VIDEO 🤔abc abc abc abc abc abc abc abc abc abc💊Look under the skin: what's hiding in your callus? 📌Ever wondered why one callus heals in days, another...	VIEWS 325 REPOSTS 1	REACTIONS 20 ER 2.0%
↓11.07 · 14:14 VIDEO 🤔abc abc abc abc abc abc abc abc abc abcPinched your finger, what to do? All answers in the video! Don't delay, or 70% chance of crooked nail...	VIEWS 262 REPOSTS 2	REACTIONS 20 ER 1.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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

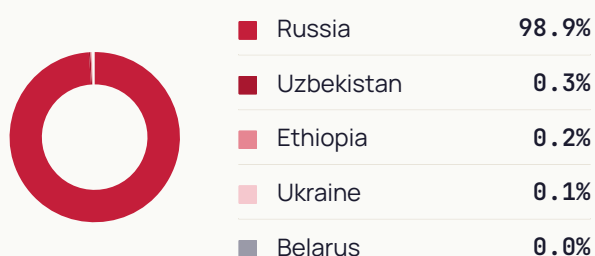


SECTION 04 • MENTIONS

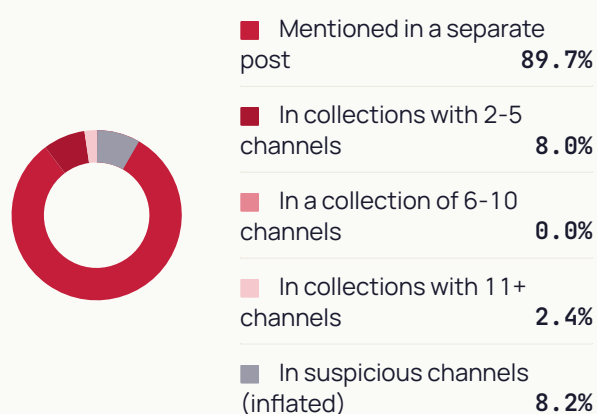
Who & how mentions the channel

Citation index **416** — 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 **902** different channels.

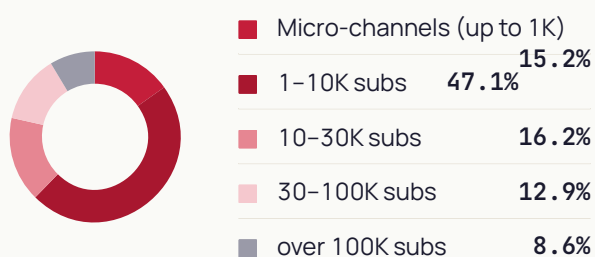
COUNTRIES MENTIONING



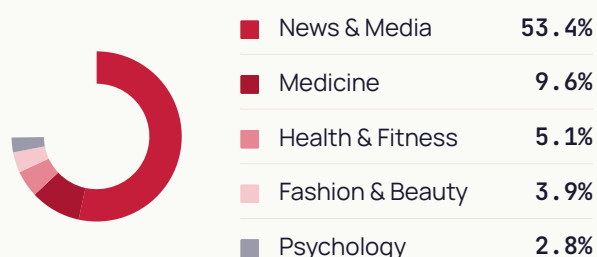
FORMAT OF MENTIONS



WHAT SIZE CHANNELS MENTION



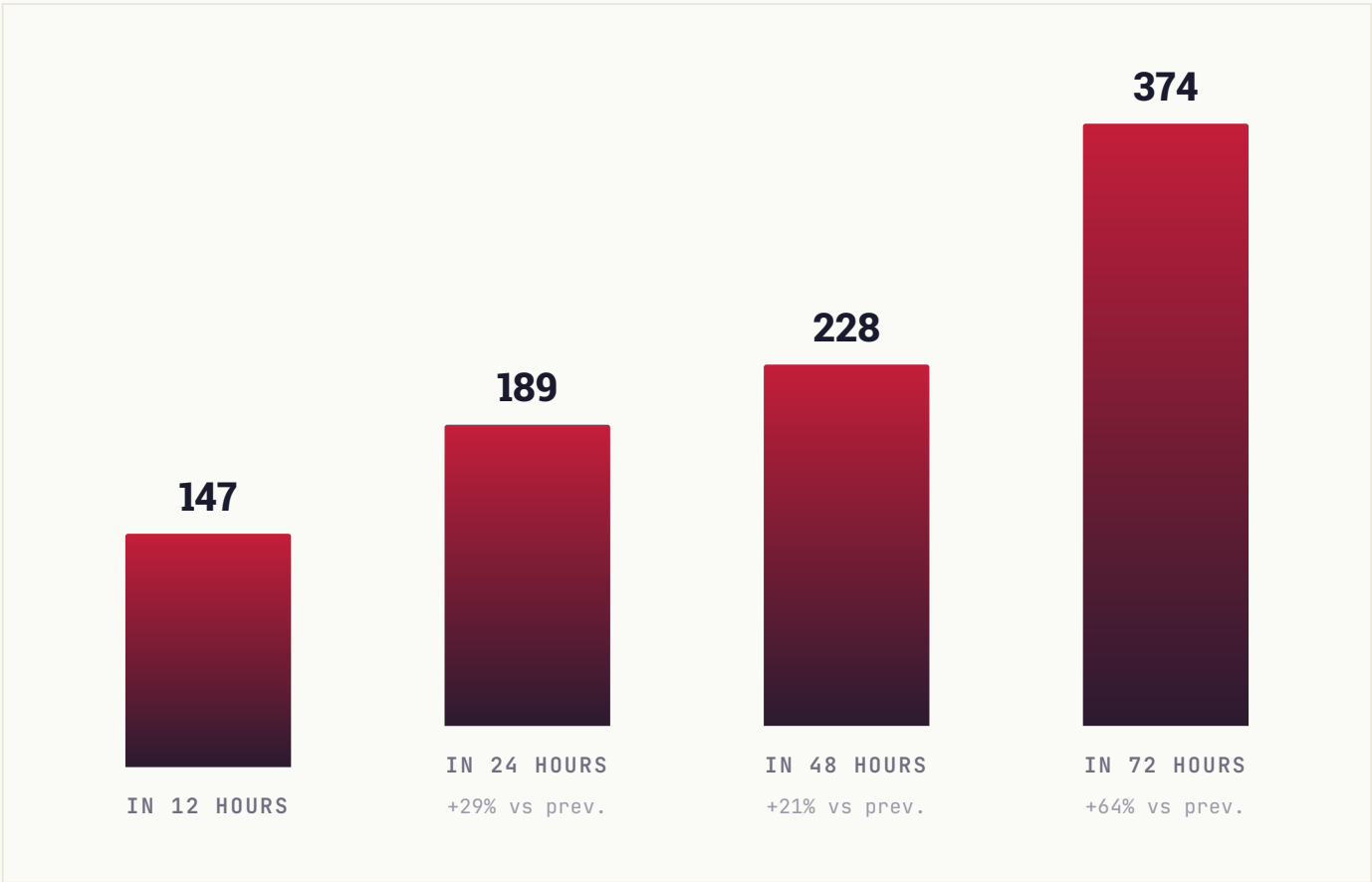
TOPICS MENTIONED IN



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see where it stands among niche peers.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	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
Fashion Moscow Medicine	237.8K
  Халқ табобати 	235.1K
Health ZdravKontrol	222.2K
PC Podolog Korneeva Eva Ingrown nail & nail health podolog Moscow YOU	16.2K

COMPARATIVE INSIGHT

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Dr Tel (755.5K), median top-97: 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 record posts in other channels that mention yours. Over the last **6 months** such mentions were **124**, they brought **782** new subs.

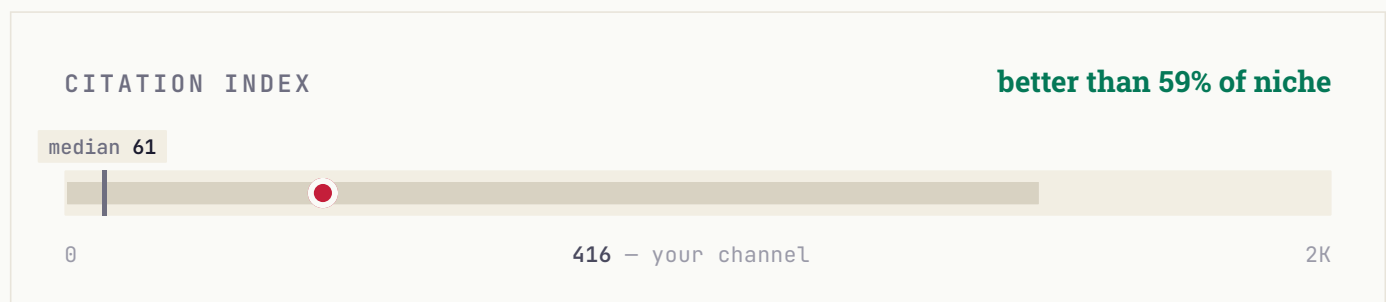
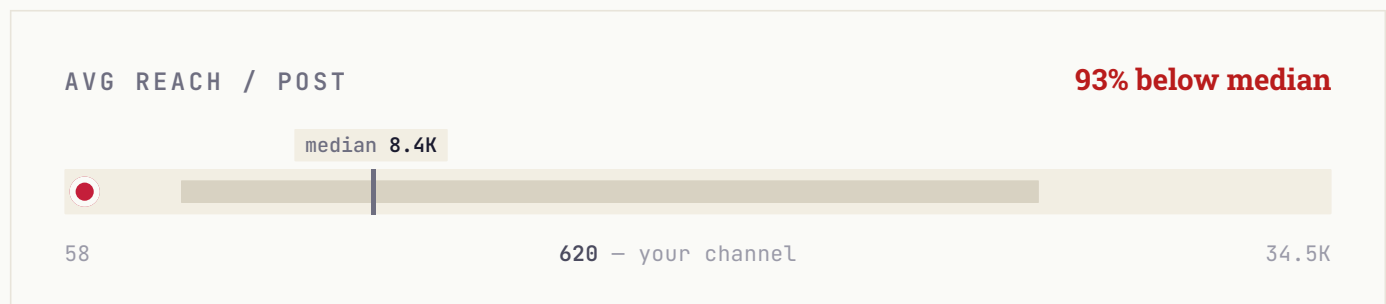
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	4	4	61
December 2025	13	12	166
November 2025	10	10	222
October 2025	72	72	209
September 2025	12	12	52
August 2025	13	13	72
TOTAL MENTIONS	MONTHS OF DATA		ATTRACTED SUBSCRIBERS
124	6		782

Where the channel ranks in its league

SUBSCRIBERS 85% below median

median 105.1K

36.2K 16 229 — your channel 284.7K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off as done and revisit this report in a month.

01

Increase posting frequency

Now 4.2 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 is most active on this day at 19:00 MSK.

EFFECT

**Best window
for important
post**

03

ER below niche benchmark — rethink formats

Current ER 3.82% vs norm 5.5%. Try polls & interactive formats.

EFFECT

+1.7pp ER

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 lever.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want us to do this **PromptPress?**

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

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

02 Contact manager t.me/PromptPress_manager
