

— PUBLIC REPORT BY PROMTPRESS

Channel audit

PRO nutrition & supplements | Dilyara Lebedeva gastroenterologist



@stomach_lebedeva

How to fix your diet, take supplements correctly, and get rid of GI issues? ■■Instructions here ■■https://t.me/stomach_lebedeva/
1709 Channel author: @Dilyara_L80 № 4854331141

SUBSCRIBERS

64 145

ERR (% WHO SEE
POSTS)

REACH/POST

2.2K

-289 per month

4.0%

last day 1.7%

ad reach 1.1K/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 64 145 —	SUBSCRIBER REACH 3.38% avg % subs see post	VIEWS/POST 2.2K median 2.3K · 29 days	POSTS/WEEK 12.8 for period
7D TREND +2.1% vs previous week	REACTIONS/POST 46.1 2,443 reactions, 751 reposts, 115 comments	POST LENGTH 781 chars median 999 · 29 days	POSTS ANALYZED 53 29 days
AD REACH 1.1K 24h avg	CHURN / MONTH -289 last month	QUOTE RATE 26 citation index · 50 channels mentioned ever	CHANNEL AGE 3 years 5 months created 13.01.2023

AI EDITOR SUMMARY

Channel «PRO nutrition & supplements | Dilyara Lebedeva gastroenterologist» — 64 145 subs. Avg views per post: 2.2K people (3% of subs), reach low — consider expanding audience. Publishes 13 posts/week (~2/day) — regular pace. Week Jun 15–21 reach stable (+2.1% vs week of June 8–14).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and laggards – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on **53** posts over 29 days.
- 02 Dominant format – **Photo** (32/53 posts).
- 03 Avg post length – **781** chars (median 999).
- 04 Peak audience activity – **Friday, 06:00 MSK**.
- 05 Top-performing posts get **2x** more views than the weakest (3.3K avg for top vs 1.4K for worst) – among 53 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 03.06 · 04:04 PHOTO HAVE GALLBLADDER ISSUES? SEE HOW YOUR CHOLESTEROL IS DOING! Heaviness in the right side, bitterness in the morning, nausea from egg yolk, removed gallbladder...	VIEWS 3 519 REPOSTS 37	REACTIONS 101 ER 5.5%
Nº2 07.06 · 05:02 PHOTO HOW TO BREAKFAST RIGHT? Check the carousel 📄 I've prepared a mini-guide for you, where I explained: • why you shouldn't skip breakfast •...	VIEWS 3 234 REPOSTS 87	REACTIONS 144 ER 5.0%
Nº3 12.06 · 03:58 PHOTO HOW TO BREAKFAST RIGHT? Check the carousel 📄 I've prepared a mini-guide for you, where I explained: • why you shouldn't skip breakfast •...	VIEWS 3 183 REPOSTS 46	REACTIONS 77 ER 5.0%

Nº4 17.06 • 04:09 PHOTO THE MOST UNDERESTIMATED ANALYSIS for assessing gut health Think you need to spend a fortune to understand your...	VIEWS 3 049 REPOSTS 37 REACTIONS 125 ER 4.8%
Nº5 16.06 • 04:09 TEXT Top GI tests to take: write them down You often ask: how to know what's up with my GI? Here's a basic...	VIEWS 3 034 REPOSTS 38 REACTIONS 87 ER 4.7%

WORST 3

↓ 28.06 • 04:01 VIDEO ☒ SIT-AND-STAND TEST Developed by Brazilian scientist Claudio Gil Araujo. Sit and stand without using hands or leaning on...	VIEWS 1 473 REPOSTS 17 REACTIONS 20 ER 2.3%
↓ 28.06 • 05:03 POLL (post without caption – poll)	VIEWS 1 365 REPOSTS — REACTIONS 11 ER 2.1%
↓ 28.06 • 15:01 PHOTO WHY CAN'T YOU GET SLIM? Girls, let's be honest. What haven't we tried for a perfect figure: strict diets...	VIEWS 1 363 REPOSTS 6 REACTIONS 15 ER 2.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

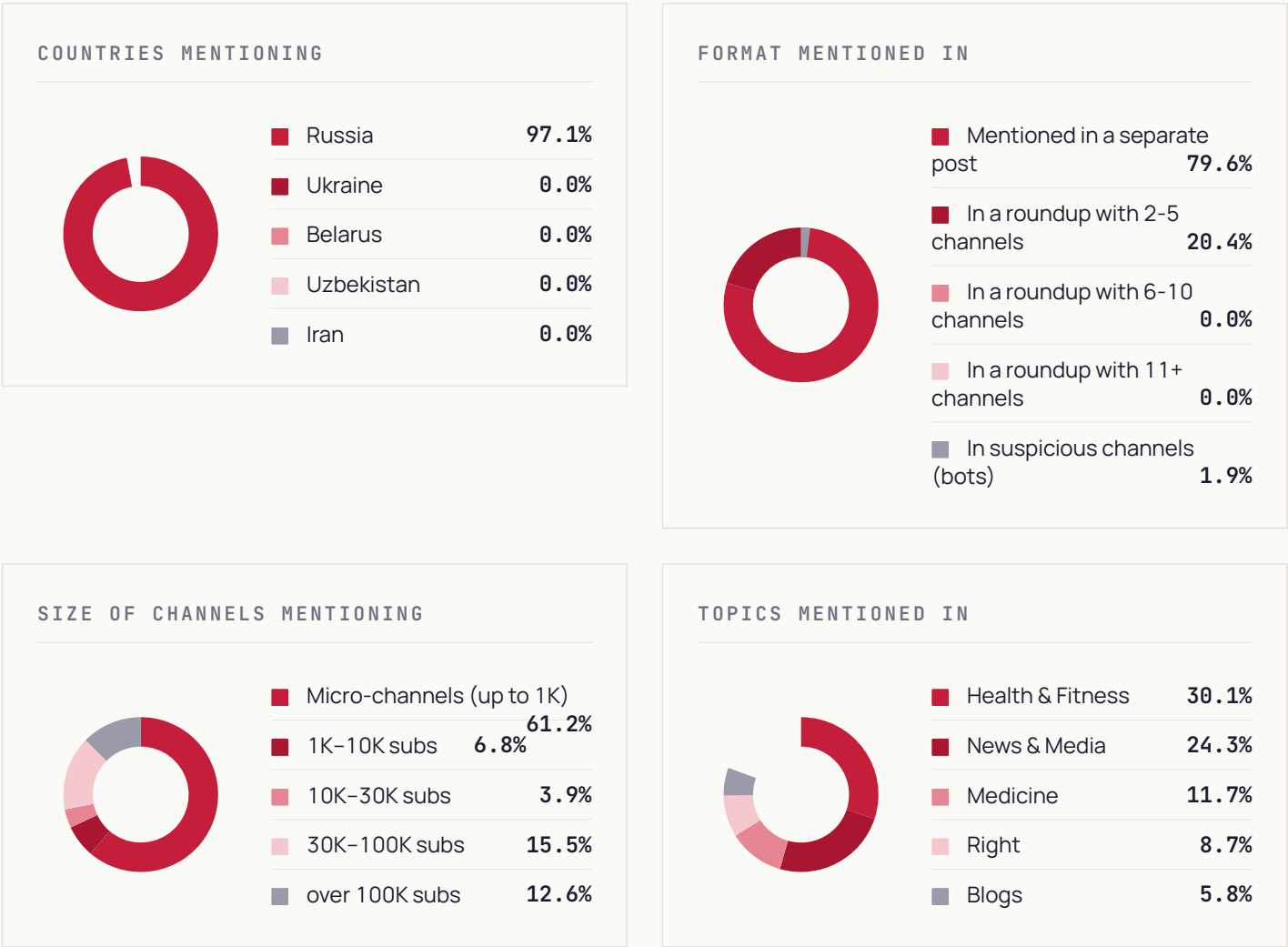
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

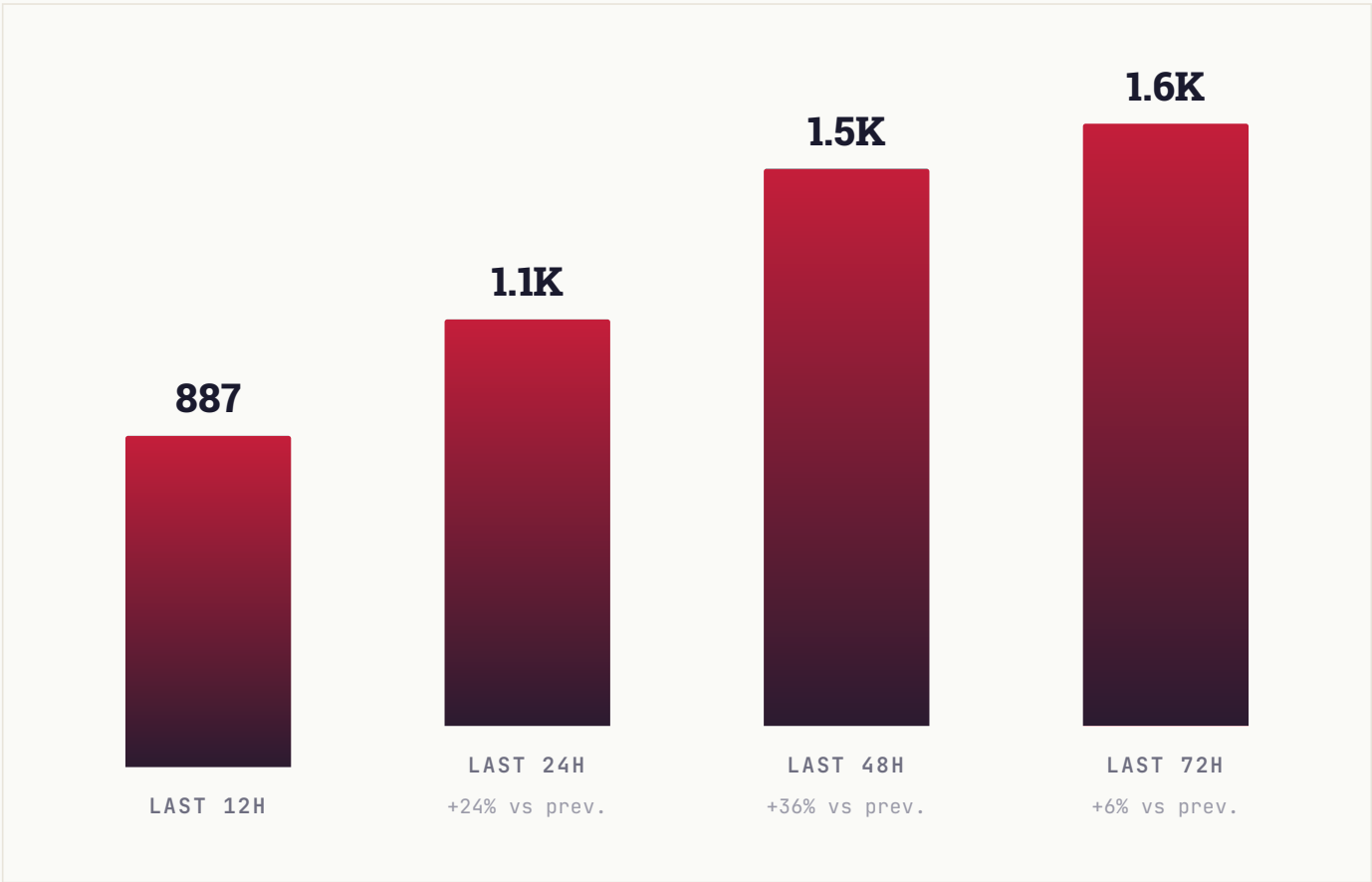
Citation index **26** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **50** different channels.



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 stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DT Dr Tel	697.8K
BI Blog from the morgue	358K
تا تعليم اللغة الإنجليزية	330.7K
إ الجراحة Surgery - Crypto currency	321.9K
ER Endocrinologist Magerya	293.5K
EP EXPERIENCED PHARMACIST	266.5K
AP APTEKA_TV	246.7K
MM Moscow Medicine	241.6K
ف Folk Medicine	240.8K
T Tabnak تابناک	226.6K
ER PRO nutrition & supplements Dilyara Lebedeva gastroenterologist YOU	64.1K

COMPARATIVE INSIGHT

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Dr Tel (697.8K), top-97 median: 99.9K. First goal — enter top-97 through systematic traffic and content work.

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 **2**, they brought **5 793** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	0	0	1 401
December 2025	0	0	27
November 2025	0	0	518
October 2025	0	0	1 398
Sep 2025	1	1	1 692
August 2025	1	1	757

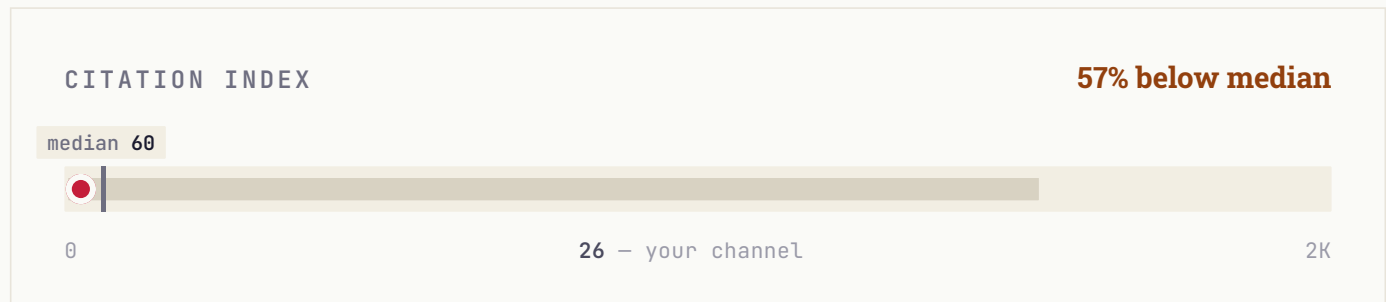
TOTAL MENTIONS	MONTHS IN DATA	GAINED SUBSCRIBERS
2	6	5 793

Where the channel stands in its league

SUBSCRIBERS 36% below median

A horizontal bar chart comparing a channel's subscriber count to a median. The median is 100.9K. The channel's count is 64,145, which is 36% below the median. The chart shows a range from 36.5K to 290.8K.

Metric	Value
Median	100.9K
Channel Count	64 145
Channel Count as % of Median	36% below median
Range Start	36.5K
Range End	290.8K



— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Friday

Audience is most active on this day at 06:00 MSK.

EFFECT

**Best window
for an
important post**

02

Increase video post share

Video in Telegram holds audience longer and is favored by the algorithm. We recommend reaching 15-25%.

EFFECT

**Video holds
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 3.38% vs norm 5.5%. Try polls and interactive formats.

EFFECT

+2.1pp ER

04

System traffic buy

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 and interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic — an easy growth lever.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in 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