

— PUBLIC REPORT BY PROMTPRESS

# Channel audit

## Yusipova - systemic medicine!



@yusipovacom

US doctor-scientist. Here about proper nutrition, longevity, strongly, expertly, with soul! Support: @yusipova\_bot Founder <https://eul.education> Store of dietary supplements from the US...

| SUBSCRIBERS                  | ERR (% SEE POSTS)                                          | REACH/POST        |
|------------------------------|------------------------------------------------------------|-------------------|
| 52 672                       | 19.0%                                                      | 10K               |
| +530 per month<br>02.07.2026 | per day 6.9%<br>HTTPS: // PROMTPRESS.COM/AUDIT/YUSIPOVACOM | ad reach 3.7K/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 tells for which period it is calculated.

|                                                                                                                                                              |                                                                                                                                                                                                    |                                                                                                                                                                                                 |                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div> SUBSCRIBERS</div><div>52 672</div><div>—</div></div>             | <div><div> SUBSCRIBER REACH</div><div>19.05%</div><div>avg % subs see post</div></div>                            | <div><div> VIEWS/POST</div><div>10K</div><div>median 10.8K · 28 days</div></div>                               | <div><div> POSTS/WEEK</div><div>3.0</div><div>for the period</div></div>                     |
| <div><div> 7D TREND</div><div>-13.7%</div><div>vs previous week</div></div> | <div><div> REACTIONS/POST</div><div>306.1</div><div>only 3,673 reactions, 2,440 reposts, 138 comments</div></div> | <div><div> POST LENGTH</div><div>1,000 chars.</div><div>median 1,000 · 28 days</div></div>                     | <div><div> POSTS ANALYZED</div><div>12</div><div>28 days</div></div>                         |
| <div><div> AD REACH</div><div>3.7K</div><div>24h avg</div></div>          | <div><div> CHURN / MONTH</div><div>+530</div><div>last month</div></div>                                        | <div><div> CITATION RATE</div><div>28</div><div>citation index · 134 channels mentioned all time</div></div> | <div><div> CHANNEL AGE</div><div>9 years 3 months</div><div>created 02.04.2017</div></div> |

AI EDITOR SUMMARY

Channel «Yusipova - systemic medicine!» — 52 672 subs. Each post averages 10K people (19% of subs), this is average reach — room to grow. Publishes 3 posts per week (~0 per day) — rare publications. For week 15–21 Jun, reach dropped -13.7% to week 8–14 Jun — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

# What works best

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

WHAT TOP POSTS SHARE

- 01 Analysis based on 12 posts in 28 days.
- 02 Dominant format — Photo (8/12 posts).
- 03 Avg post length — 1000 chars (median 1,000).
- 04 Audience peak activity — Tuesday, 15:00 MSK.
- 05 Top posts get 2x more views than the weakest (13K avg for top vs 8K for worst) — among 12 posts in 28 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

|                                                                                                                                                                                                                                      |                                                                   |                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|
| <div><div>Nº1</div><div>05.06 · 18:11</div><div>PHOTO</div></div> <div>ONE DOSE OF MUSHROOMS AND GRANDMA SPOKE AFTER 5 YEARS OF SILENCE 🍄 Friends, you've probably already seen this headline – it's all over the feeds. NY...</div> | <div>VIEWS</div> <div>14 778</div> <div>REP.</div> <div>333</div> | <div>REACTIONS</div> <div>788</div> <div>ER</div> <div>28.1%</div> |
| <div><div>Nº2</div><div>09.06 · 12:36</div><div>PHOTO</div></div> <div>In 2024, endocrinologists stopped advising healthy people to test vitamin D. Sounds like «it's no longer needed». Actually, the reason is...</div>            | <div>VIEWS</div> <div>12 810</div> <div>REP.</div> <div>195</div> | <div>REACTIONS</div> <div>319</div> <div>ER</div> <div>24.3%</div> |
| <div><div>Nº3</div><div>18.06 · 15:23</div><div>PHOTO</div></div> <div>Friends, I've long wanted to make a separate post about creatine. A big...</div>                                                                              | <div>VIEWS</div> <div>11 364</div> <div>REP.</div> <div>301</div> | <div>REACTIONS</div> <div>310</div> <div>ER</div> <div>21.6%</div> |

|                                                                                                                                                                                                               |                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Nº4</b> 03.06 • 13:35 <span>PHOTO</span><br><b>WHAT TO DROP FROM TESTS IN 2026</b> I reconsidered these markers years ago – not to be against the system, but because I saw...                             | <div>VIEWS</div> <div><b>11 354</b></div> <div>REACTIONS</div> <div><b>308</b></div> <div>REP.</div> <div><b>229</b></div> <div>ER</div> <div><b>21.6%</b></div> |
| <b>Nº5</b> 05.06 • 11:04 <span>PHOTO</span><br><b>Friends, I'll tell you about two books.</b> Both about longevity, but different genres – and you should approach them differently. «Longevity Roadmap» –... | <div>VIEWS</div> <div><b>11 347</b></div> <div>REACTIONS</div> <div><b>328</b></div> <div>REP.</div> <div><b>94</b></div> <div>ER</div> <div><b>21.5%</b></div>  |

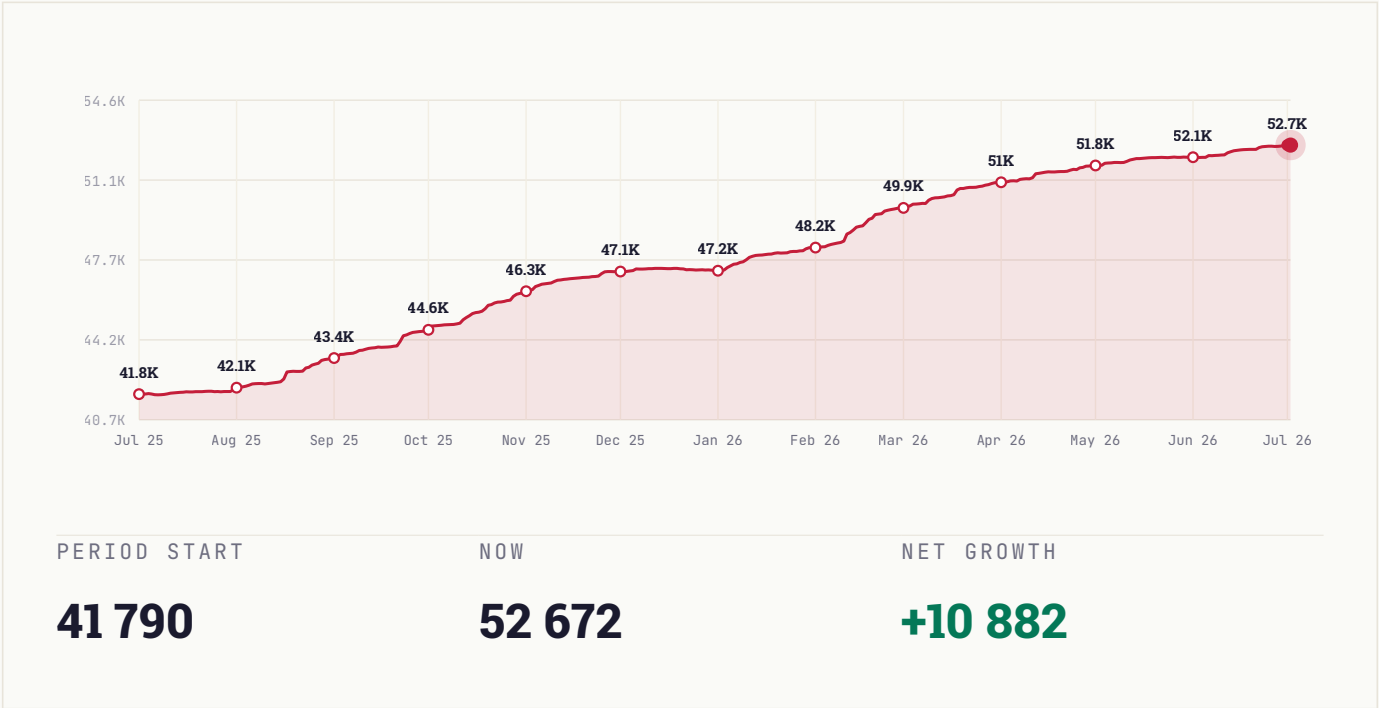
## WORST 3

|                                                                                                                                                                                                                     |                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>↓</div> 23.06 • 13:34 <span>TEXT</span><br><b>We've had a separate channel for a few weeks now – all about lab diagnostics.</b> If you're into understanding tests...                                          | <div>VIEWS</div> <div><b>8 961</b></div> <div>REACTIONS</div> <div><b>157</b></div> <div>REP.</div> <div><b>39</b></div> <div>ER</div> <div><b>17.0%</b></div> |
| <div>↓</div> 21.06 • 12:30 <span>TEXT</span><br><b>"You were told it's normal"</b> This is the most common phrase people bring to consultations. And I understand why it's so draining. A person...                 | <div>VIEWS</div> <div><b>8 372</b></div> <div>REACTIONS</div> <div><b>150</b></div> <div>REP.</div> <div><b>74</b></div> <div>ER</div> <div><b>15.9%</b></div> |
| <div>↓</div> 26.06 • 18:33 <span>VIDEO</span><br><b>Yesterday we held a live stream «Functional assessment of tests».</b> Thanks to everyone who was live – there were so many questions that we went far beyond... | <div>VIEWS</div> <div><b>6 597</b></div> <div>REACTIONS</div> <div><b>160</b></div> <div>REP.</div> <div><b>33</b></div> <div>ER</div> <div><b>12.5%</b></div> |

SECTION 03 · SUBSCRIBER DYNAMICS

# How the channel grew over the year

Subscriber growth chart for the year. On key months, exact subscriber count is shown. It shows which months the channel gained and which months subscribers left.



## — SECTION 04 · MENTIONS

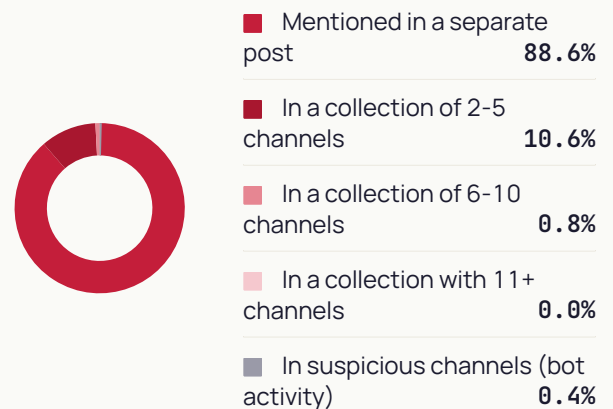
# Who mentions the channel and how

Citation index **28** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a channel with 100K subs weighs more than from one with 1K. All time channel mentioned **134** different channels.

## WHICH COUNTRIES MENTION



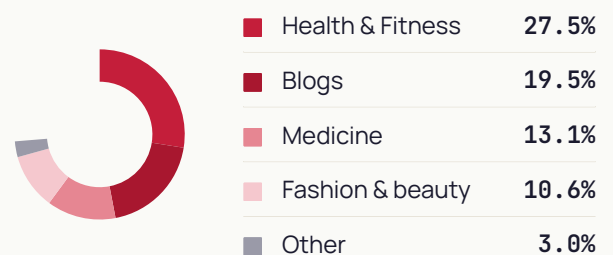
## IN WHICH FORMAT MENTIONED



## WHAT SIZE CHANNELS MENTION



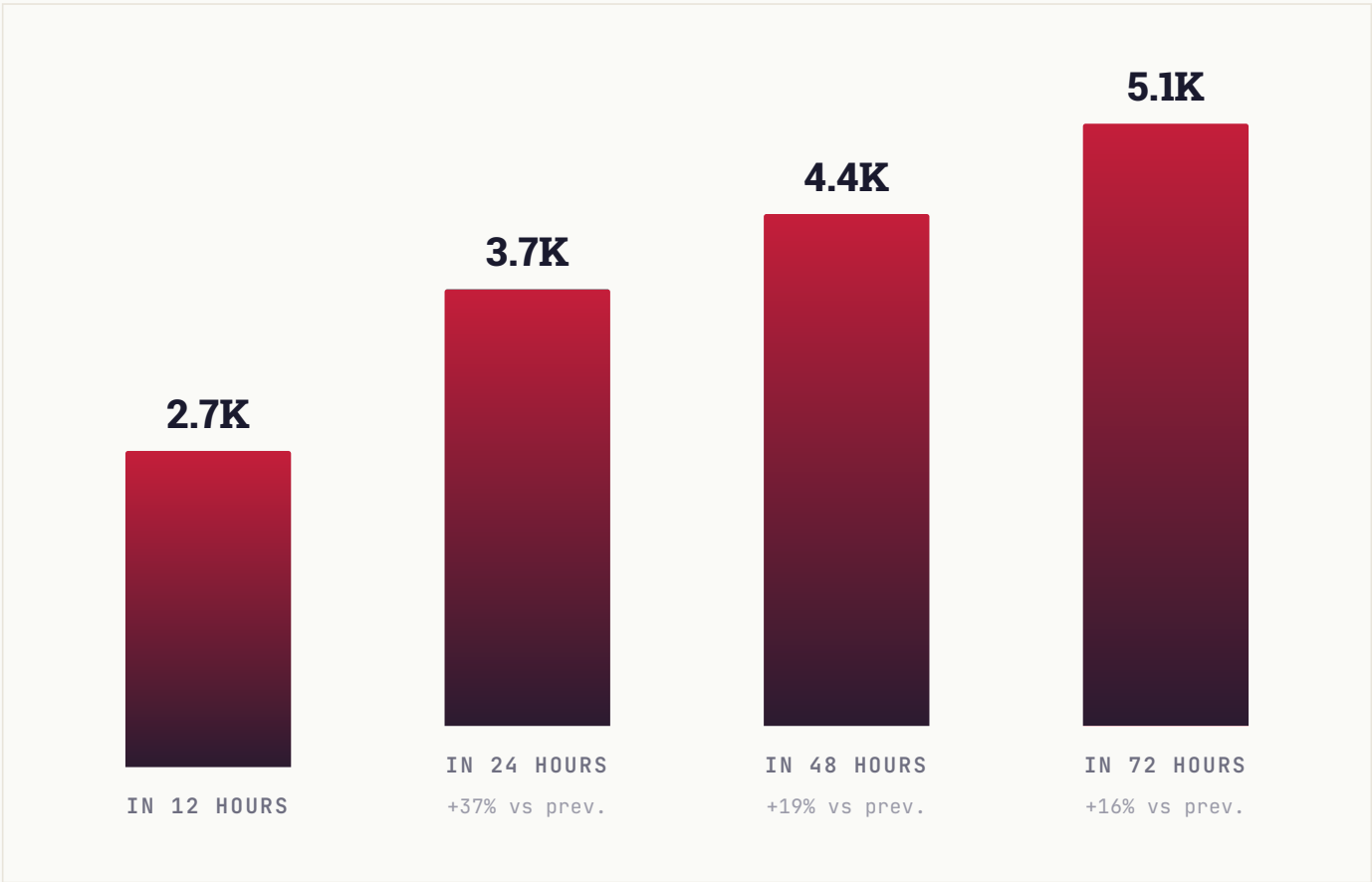
## IN WHICH TOPICS MENTIONED



SECTION 05 · AD POTENTIAL

# How long a post brings reach

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



SECTION 06 · COMPETITORS

# Who you compete with

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

| CHANNEL                                      | SUBSCRIBERS |
|----------------------------------------------|-------------|
| BI Blog from the Morgue                      | 357.1K      |
| EM Endocrinologist Magerya                   | 293.3K      |
| OF EXPERIENCED PHARMACIST                    | 266K        |
| MM Moscow medicine                           | 241.1K      |
| Health HealthControl                         | 223.2K      |
| CD Dr. Shishonin's channel                   | 214.9K      |
| AT Anatomical Theater                        | 201.1K      |
| MR Mikerina. Giving birth? Call the midwife! | 192.2K      |
| DM DOCTOR MYASNIKOV                          | 182.4K      |
| Lifestyle Notes of a forensic expert         | 171.1K      |
| Yu- Yusipova - systemic medicine! YOU        | 52.7K       |

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#76 of 96). Niche median — 68.5K subs. First growth KPI — reach the median. Leader: Blog from the Morgue (357.1K).

SECTION 07 · MENTION DYNAMICS

# How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** mentions found **12**, they brought **6 432** new subs.

| PERIOD         | MENTIONS       | CHANNELS              | BROUGHT SUBSCRIBERS          |
|----------------|----------------|-----------------------|------------------------------|
| January 2026   | 4              | 4                     | 1 030 <div><div></div></div> |
| December 2025  | 1              | 1                     | 198 <div><div></div></div>   |
| November 2025  | 0              | 0                     | 922 <div><div></div></div>   |
| October 2025   | 3              | 2                     | 1 677 <div><div></div></div> |
| September 2025 | 2              | 2                     | 1 224 <div><div></div></div> |
| August 2025    | 2              | 2                     | 1 381 <div><div></div></div> |
| TOTAL MENTIONS | MONTHS OF DATA | ATTRACTED SUBSCRIBERS |                              |
| 12             | 6              | 6 432                 |                              |

## SECTION 08 • NICHE COMPARISON

# Where the channel stands in its league

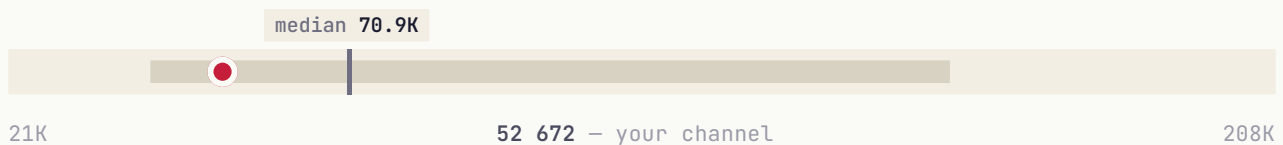
Took top-100 channels in category «**Medicine**» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical line — median. Red dot — your channel.

# #76 /100

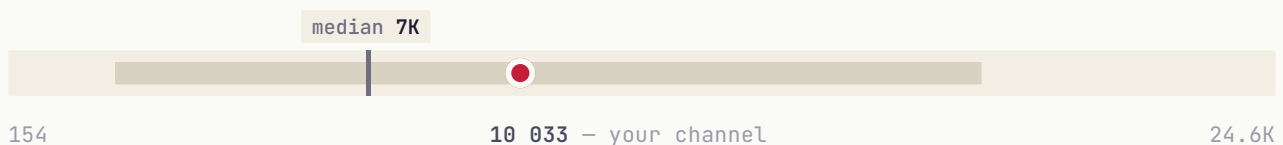
POSITION IN NICHE

## Channel in the bottom half of the ranking

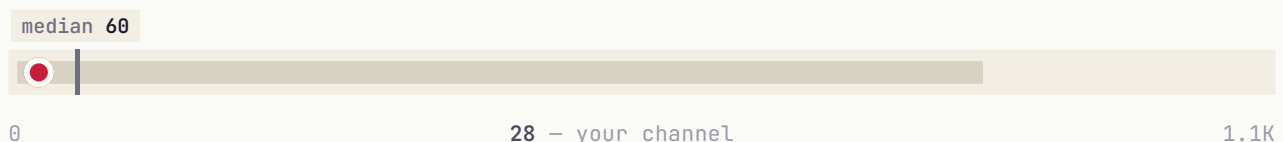
### SUBSCRIBERS

**26% below median**


### AVG REACH / POST

**better than 60% of niche**


### CITATION INDEX

**53% below median**


## — 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

## Post more often

Now 3.0 posts/wk. Active channels do 7-10.  
Consistency is key to retention.

EFFECT

**Consistency >  
volume**

02

## Main post of the week — on Tuesday

On this day at 15:00 MSK audience is most active.

EFFECT

**Best window  
for important  
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 boost ER by 5-15%.  
One poll per week on a hot topic is an easy growth point.

EFFECT

**+5-15% ER**

05

## Cross-promo with nearby channels

Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs bring relevant growth.

EFFECT

**Growth from  
relevant  
audience**

★ WHAT'S NEXT

# Want this done by **PromptPress?**

This audit — what we can do in minutes from public data. Want more? Run ads with us and hit your growth target in a month.

01

**Launch ads on  
Telegram**

<https://panel.promptpress.com/register>

02

**Contact manager**

[t.me/PromptPress\\_manager](https://t.me/PromptPress_manager)