

Your Skin Through the Decades

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1

Introduction

Ronald J. Sulewski, Jr., MD

- Medical school – Loyola University Stritch School of Medicine
- Internship – Resurrection Medical Center (Chicago)
- Residency – University of Miami (Dr. Phillip Frost Department of Dermatology and Cutaneous Surgery)
- Private Practice – Chicago for ~ 10 years
- UNMC/Nebraska Medicine - Assistant Professor/Director of Laser and Aesthetic Dermatology since April 2020

Disclaimer: The material provided in this presentation is for informational purposes only and is not intended as medical advice. If you have specific questions regarding your own health, including whether you should be evaluated by a specialist, please contact your health care provider.



2

2

Disclosures

- No relevant disclosures

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3



3

Introduction

- General aging and the skin
- Common conditions versus medical conditions
- Topical preventative treatments
- Interesting studies
- 20s – 40s – 60s – And Beyond!

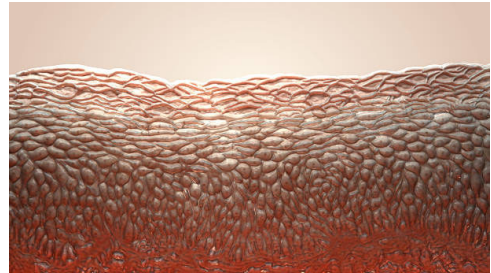
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4

General aging and the skin

Intrinsic and Extrinsic Aging



The skin (epidermis) adds pigment depending on genetics and sun exposure – sun spots/uneven pigment

The skin (dermis) loses collagen and elastin as years go by - wrinkles

We lose Volume (muscle, fat, and bone) as time goes on which can lead to sagging

Extrinsic examples that worsen aging: smoking and sun exposure

5



5

Common Conditions Versus Medical Conditions

Common Conditions defined as common things we see as years go by

Lentigo (sun spots), Seborrheic Keratoses (brown warty growths), Sebaceous Gland Hyperplasias (tiny skin-colored bumps), Cherry Angiomas (red spots), Acrochordons (skin tags), Intradermal Nevi (moles), dry skin

Medical Conditions defined as things we treat (that can affect aging)

Acne, rosacea, infections, scars, skin cancer



6



6

Topical Preventative Treatments

Big Four

As if 4 weren't enough ...

These are of course after Morning SPF and gentle cleanser twice a day.

- 1) Retinol
- 2) Antioxidant
- 3) Growth Factors
- 4) Peptides

7



7

Unilateral Dermatoheliosis



- 69-year-old man
- 28-year history of truck driving
- Thickening of the skin, enlarged pores

8

NEJM 2012



8

Twin Study



- Long-Term Effects of Botulinum Toxin Type A (Botox) on Facial Lines – A Comparison in Identical Twins
- One twin had regular treatment over 13 years, her sister was only treated twice
- “Imprinted lines” were not evident in the regularly treated twin, while untreated areas showed comparable aging
- Archives of Facial Plastic Surgery 2006



9

9



10

10

20s – 30s

- Skin Health, Rejuvenation, Anti-Aging, Preventative
- **Big Four**

These are of course after **Morning SPF** and **gentle cleanser** twice a day.

- 1) Retinol
- 2) Antioxidant
(we'll skip 3 and 4 for later ...)
- Botox as preventative ...
- Fillers / Peels / Lasers for focused areas.



11

11

40s – 50s

- Adding in some Correction to the 20s and 30s
- Stronger preventative treatments – Botox, chemical peels
- 3 + 4 Growth Factors and Peptides
- Dermal Fillers – Typically for eyes and below
- Lasers for pigmentation / colors
 - IPL – reds and browns
 - Vbeam ATV



12

12

60s and Beyond!

- Continue preventative treatments
- Regular skin checks to look for growths (benign and malignant)
- Regular Botox, fillers, lasers
- Consider the strongest corrections: Resurfacing lasers, Instalift (or facelift with plastic surgery), and Liposuction

- Always considering a natural look. We do not want to look 30 when we are +60, just our best +60!



13

13

Sad



Face



14

14



Questions?




Nebraska
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15

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16

Citations

- 1) Gordon JR, Brieva JC. Images in clinical medicine. Unilateral dermatoheliosis. N Engl J Med. 2012 Apr 19;366(16):e25. doi: 10.1056/NEJMicm1104059. PMID: 22512500.
- 2) Binder WJ. Long-term effects of botulinum toxin type A (Botox) on facial lines: a comparison in identical twins. Arch Facial Plast Surg. 2006 Nov-Dec;8(6):426-31. doi: 10.1001/archfaci.8.6.426. PMID: 17116793.

17



17

A graphic with a dark grey background and white text. The text 'Thank you!' is written in a large, white, cursive font. Below the text, the website 'NebraskaMed.com' and phone number '800.922.0000' are displayed in a smaller white font. The background is decorated with a pattern of white medical icons, including a stethoscope, ambulance, heart, microscope, and various medical instruments.

Thank you!

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The logo for Nebraska Medicine, featuring a stylized red 'N' with a white outline.

18