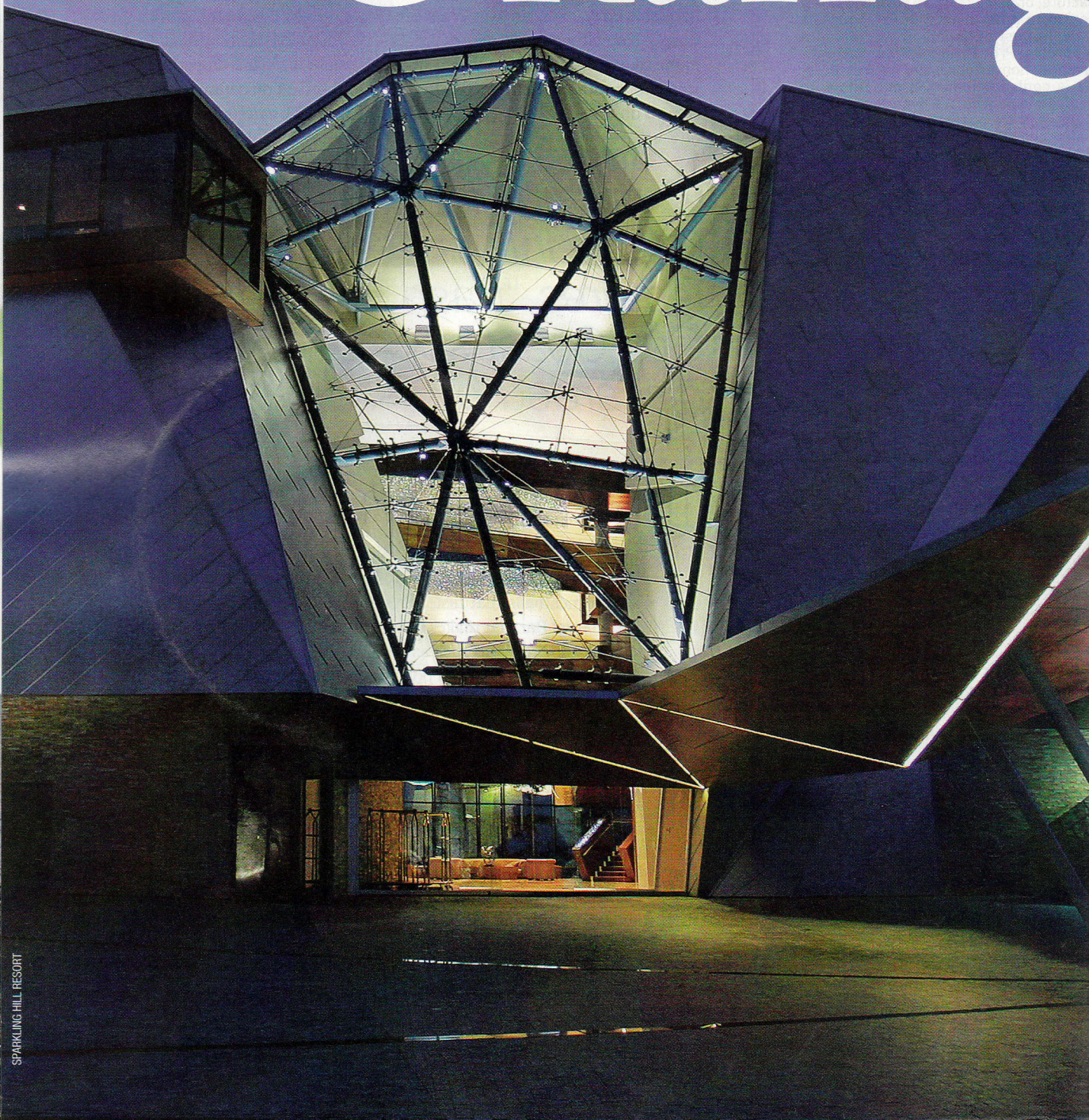


Okanag



SPARKLING HILL RESORT

Set high above Predator Ridge golf course, Sparkling Hill is a luxe resort with a European-style spa.

an sparkle

With award-winning wineries, celebrated golf and a luxe new resort spa, the rustic BC Valley gets a touch of polish

by Anita Draycott

Autumn is a brilliant time to pack your clubs and head to the Okanagan.

Courses are in optimal condition, the days are crisp and invigorating and the trees are flaunting their fall colours. With almost 200 wineries, a string of championship golf courses, sparkling Lake Okanagan nestled between the moody Monashee and Coastal Mountains and 300 days of sunshine per year, the Okanagan Valley is about as good as it gets.

And it's getting better: there's an award-winning spa resort, a new Golf Kelowna online booking system, plus all sorts of accolades for the area's outstanding courses. And in the fall, you can also celebrate the bounty of the harvest from farmers' fields, orchards and vineyards all over the fertile valley.

With the opening of **Sparkling Hill Resort** (tel: 877-275-1556; sparklinghill.com; doubles from \$210) in May 2010, now you can add some bling to your swing. Owned by Gernot Langes-Swarovski (patriarch of the famed Austrian crystal family), the state-of-the-art facility, carved into a hillside overlooking Predator Ridge golf course in Vernon, is unlike any other destination spa resort in Canada. For starters, the organic, airy interiors are embellished with \$10 million worth of Swarovski crystals — from chandeliers in the shape of maple leaves to cleverly illuminated “fireplace” sculptures beside the deep soaker tubs in the 152 rooms.



The Doug Carrick-designed Predator Ridge was voted Best New Course in Canada in 2010 by SCOREGolf Magazine.



Sparkling Hill is glammed up with \$10 million worth of Swarovski crystals.

SPARKLING HILL RESORT

KurSpa's signature treatment is the Cold Sauna where you step into a chamber chilled to -110°C

Unlike most North American spas where pampering is the name of the game, Sparkling Hill prioritizes health and wellness above esthetics. The management is convinced that this European concept will catch on with clients. The resort's 3716-square-metre KurSpa, the largest in Canada, consists of rose, crystal and salt steam rooms and three saunas. The Aqua area features a hot tub, indoor and outdoor salt-water pools and a Kneipp waterway with alternating hot and cool temperatures to stimulate your circulatory and lymphatic systems. In between steams and dips, you can work out in the fitness studio or sip tea and enjoy the view in the Serenity Room.

On the pampering side, Sparkling Hill offers myriad massages, mud wraps, facials and body scrubs. But the KurSpa's signature treatment is the Cold Sauna, the one and only in North America. It's supposed to be good for whatever ails you — from alleviating joint and muscle pain and inflammation to improving athletic performance. The idea being that lowering the temperature reduces swelling.

Sparkling Hill's general manager, Hans-Peter Mayr, explained that professional athletes in Europe regularly use this whole-body cryotherapy to speed recovery, increase oxygen and adrenalin levels.

I decided to give it a try. I was instructed to wear a bathing suit, shoes and socks and to remove all jewellery. After having my blood pressures taken, I was outfitted with a headband, facemask and gloves.

First I stepped into a couple of cold rooms to acclimatize, then into a chamber chilled to -110°C . The key is to keep moving but not to touch the walls. (Remember when you got your tongue stuck to a

Summerhill Pyramid Winery's large restaurant terrace overlooks Lake Okanagan.



CANADIAN TOURISM COMMISSION / KEVIN TROWBRIDGE

For optimum results, 10 or more big chill sessions are recommended. One was enough to make me feel sufficiently exhilarated to tackle The Ridge Course at **Predator Ridge** (tel: 888-578-6688; predatorridge.com) just down the hill. I definitely wanted to bring my "A" game here; it was named Best New Course in Canada for 2010 by *SCORE Golf Magazine*. Architect Doug Carrick's 7190-yard design seamlessly blends eight completely rebuilt holes of the old Peregrine course with 10 new fairways carved through rugged mountain terrain.

"Now we approach phenomenal," remarked director of golf, Richard Zokol, as our cart climbed up to the number five signature hole of the aptly named The Ridge. From the elevated tees of the gorgeous par-three, golfers inhale panoramic views of the violet-tinged Monashee Mountains, granite rock outcroppings and sparkling Lake Okanagan below. A couple of deer bounded gracefully out of the trees for added effect.

Apart from the drop-dead natural beauty of the place, and a four-and-a-half star rating from *Golf Digest*, Predator Ridge now boasts 36 holes of golf — the new Ridge and The Predator that has hosted two Skins Games.

Predator Ridge is a member of a new **Golf Kelowna** (golfkelowna.com) website and booking system that

Popsicle when you were a kid?) While you're in the "deep-freeze," technicians are continually monitoring heart rates. You can escape anytime you want but the goal is to endure three minutes.



Help relieve the symptoms of GERD at night.*

*TECTA® Product Monograph based on pantoprazole sodium data. TECTA® demonstrated comparable efficacy to pantoprazole sodium based on comparative pharmacodynamic effects.

COVERED ON MOST PROVINCIAL FORMULARIES†

TECTA® (pantoprazole magnesium) is indicated for the treatment of conditions where a reduction of gastric acid secretion is required, such as duodenal ulcer, gastric ulcer, reflux esophagitis, symptomatic gastro-esophageal reflux disease (such as acid regurgitation and heartburn) and *Helicobacter pylori* associated duodenal ulcer; combination with clarithromycin and either amoxicillin or metronidazole, for the treatment of patients with an active duodenal ulcer who are *H. pylori* positive.

Contraindications: hypersensitivity to pantoprazole, substituted benzimidazoles, or any ingredient in the formulation or component of the container.

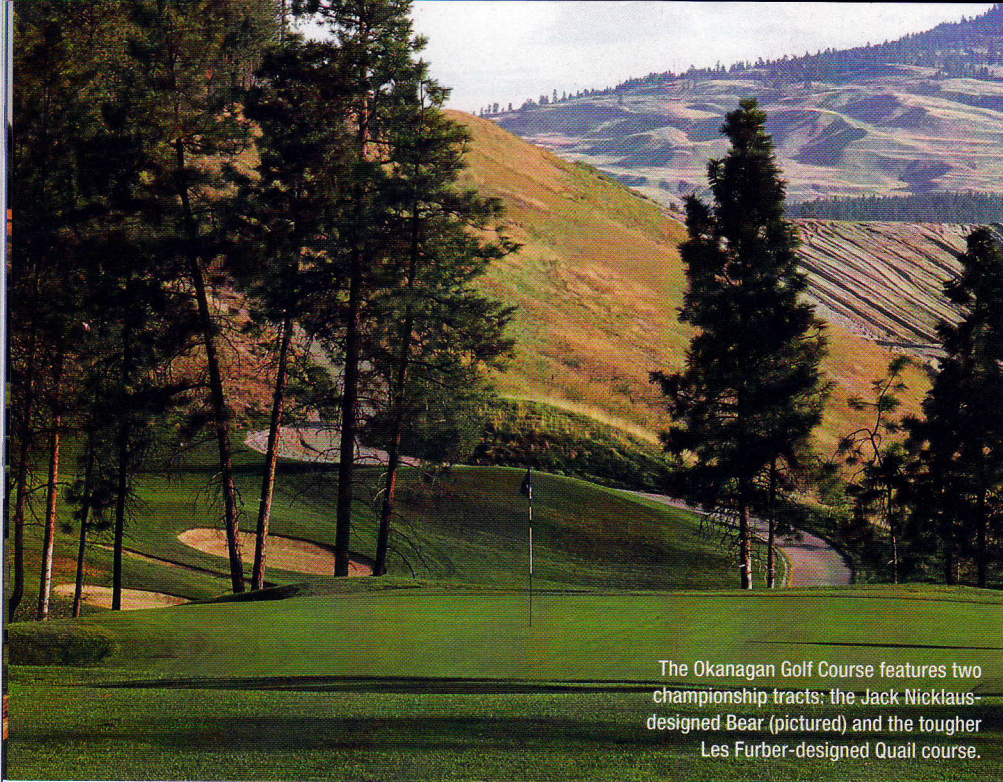
† Excluding MB.



© Registered trademark of Nycomed GmbH. Used under licence.



Pr **Tecta**[®]
pantoprazole magnesium
Once-a-day for symptomatic GERD



The Okanagan Golf Course features two championship tracts: the Jack Nicklaus-designed Bear (pictured) and the tougher Les Furber-designed Quail course.

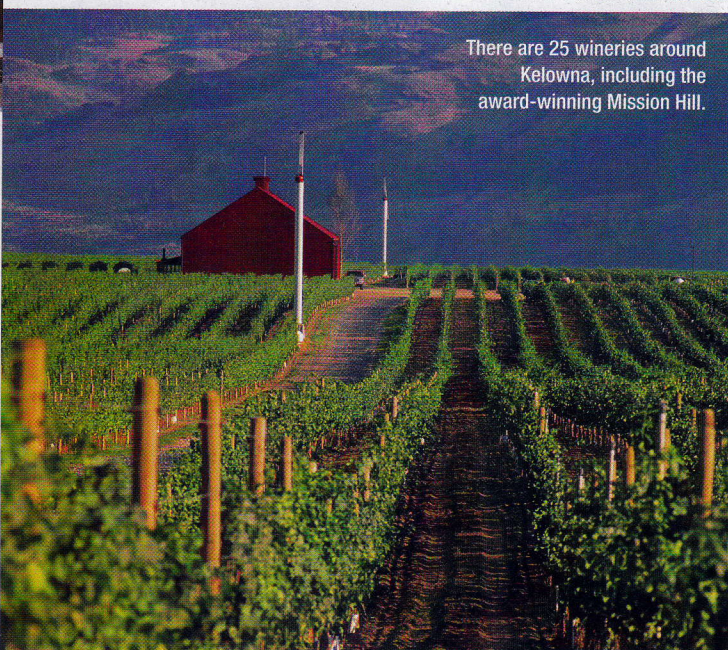


Sparkling Hill has indoor and outdoor salt-water pools with panoramic views.



KurSpa offers 100 European-inspired treatments.

SPARKLING HILL RESORT



There are 25 wineries around Kelowna, including the award-winning Mission Hill.

CANADIAN TOURISM COMMISSION

provides golfers with one-stop shopping and savings on stay-and-play packages for 20 local courses.

Just minutes from downtown Kelowna, **Tower Ranch** (tel: 877-491-8211; towerranch.com) opened in 2009 and was voted one of the Top 10 Best New Courses in the World by *Travel + Leisure* magazine. Canadian architect Thomas Broom transformed a cattle ranch into a rugged gem covered in golden fescue and fragrant wild sage. Plenty of bunkers, including numerous deep ones fringed with wild grasses, are a McBroom trademark. I've been in enough of them to give them my own nickname — McBrunkers.

Golf may be your prime reason for visiting the Okanagan, but try to take in a tour of a winery or two. Though I found all those involved in Okanagan's grape industry to be passionate and innovative, the quirkiest of them all is **Summerhill Pyramid Winery** (tel: 800-667-3538; summerhill.bc.ca), Canada's largest certified organic winery.

Owner Stephen Cipes gave up his real estate business in New York and started planting grapes here in 1986. Five years later, his sparkling Gabriel vintage won the gold medal at the Chardonnay du Monde event, beating French Champagne. And in 2009, Summerhill was named Canadian Wine Producer of the Year.

But what sets Summerhill apart from any other wineries in the region (and possibly the world) is the scaled down replica of Egypt's Pyramid of Giza, where all of the wine is stored for at least 30 days. The guide informed me that the "sacred" or perfect



SPARKLING HILL RESORT

Testers preferred the wines stored in Summerhill's pyramid over those stored in traditional cellars

merhill's pyramid over those stored traditionally. "Mind you," cautioned the guide, "not even pyramid power can turn something like Baby Duck into a fine vintage."

However, with considerable earth moving and a brilliant design by Bill Robinson and Les Furber, you can transform a canyon into a fine golf course. **Gallagher's Canyon** (tel: 250-861-4240; gallagherscanyon.com), named after the hermit who used to live here, has been ranked among Canada's top 50 courses. This quintessential Okanagan golf odyssey swoops in and around the deep canyon.

▶▶ CONTINUED ON PAGE 125

geometry of certain three-dimensional shapes, such as domes, arches and pyramids, have enhancing effects on liquids. In blind tastings over a three-year period, testers preferred the wines stored in Sum-

And help relieve the symptoms of GERD during the day, too.*

*TECTA[®] Product Monograph based on pantoprazole sodium data. TECTA[®] demonstrated comparable efficacy to pantoprazole sodium based on comparative pharmacodynamic effects.

COVERED ON MOST PROVINCIAL FORMULARIES[†]

Most frequently reported adverse events in individuals receiving pantoprazole are headache (2.1%), diarrhea (1.6%) and nausea (1.2%). No differences in adverse reactions are expected between pantoprazole magnesium and pantoprazole sodium.

See Product Monograph for warnings, precautions and adverse events.

ding MB.



© Takeda Company

© Registered trademark of Nycomed GmbH. Used under licence.



1 See prescribing summary on page 134



Pr **Tecta**[®]
pantoprazole magnesium
Once-a-day for symptomatic GERD

Drugs known to inhibit CYP 2C19 or CYP 3A4 or both (such as clarithromycin and voriconazole) may lead to increased esomeprazole serum levels by decreasing the rate of esomeprazole's metabolism. Drugs known to induce CYP 2C19 or CYP 3A4 or both (such as rifampin and St. John's Wort) may lead to decreased esomeprazole serum levels by increasing the esomeprazole metabolism (see DRUG-HERB INTERACTIONS). **Diazepam:** Concomitant administration of EC-esomeprazole (30 mg once daily for 5 days) resulted in a 45% decrease in the clearance of diazepam in healthy male volunteers. Studies in females have not been conducted. Increased levels of diazepam were seen some 12 hours after dosing and later when the plasma levels of diazepam were below its therapeutic range. Therefore, this interaction is unlikely to be of clinical significance. **Warfarin:** Concomitant administration of 40 mg EC-esomeprazole (once daily for 3 weeks) to male and female patients on stable anticoagulation therapy with warfarin, resulted in a 13% increase in trough plasma levels of R-warfarin (the less potent enantiomer) while that of S-warfarin was unchanged. Coagulation times were stable throughout the entire study period. No clinically significant interaction was observed. However, from post marketed use, cases of elevated international normalized ratio (INR) of clinical significance have been reported during concomitant treatment with warfarin. Close monitoring is recommended when initiating and ending treatment with warfarin or other coumarin derivatives (refer to approved Product Monograph for warfarin or relevant coumarin derivative). **Clostrazol (not marketed in Canada):** Omeprazole as well as esomeprazole act as inhibitors of CYP 2C19. Omeprazole, given in doses of 40 mg to healthy subjects in a cross-over study, increased C_{max} and AUC for clostrazol by 18% and 26% respectively, and one of its active metabolites, 3,4-dihydroclostrazol, by 29% and 69% respectively. **Phenytoin:** Concomitant administration of 40 mg EC-esomeprazole (once daily for 2 weeks) to male and female epileptic patients stabilized on phenytoin, resulted in a 13% increase in trough plasma levels of phenytoin. This minor interaction is unlikely to be of clinical relevance as dose reduction was not required in any patient nor was the profile and frequency of adverse events affected. Results from a range of interaction studies with EC-esomeprazole versus other drugs indicate that daily doses of 40 mg EC-esomeprazole, given for 5 to 21 days in male and/or female subjects, has no clinically relevant interactions with CYP 1A2 (caffeine), CYP 2C9 (S-warfarin), and CYP 3A (quinidine, estradiol and cisapride [cisapride not marketed in Canada]). **Antiretroviral Drugs:** Omeprazole, the racemate of esomeprazole, like other acid-reducing agents, has been reported to interact with some antiretroviral drugs. The clinical importance and the mechanisms behind these interactions are not always known. A change in gastric pH may change the absorption of the antiretroviral drug. Other possible interaction mechanisms are via CYP 2C19. Reports indicate that omeprazole has a significant impact on atazanavir exposure, decreasing AUC, C_{max} and C_{min} . This interaction is only partially overcome by the addition of ritonavir to the atazanavir treatment regimen. Similarly, decreased serum levels of nelfinavir have also been reported when given together with omeprazole. Concomitant administration of omeprazole with atazanavir and nelfinavir is not recommended. For other antiretroviral drugs, such as saquinavir, increased serum levels have been reported. There are also some antiretroviral drugs where unchanged serum levels have been reported when given with omeprazole. Due to the similar pharmacodynamic effects and pharmacokinetic properties of omeprazole and esomeprazole, concomitant administration of EC-esomeprazole and antiretroviral drugs such as atazanavir and nelfinavir is not recommended (see WARNINGS AND PRECAUTIONS). **Methotrexate:** When given together with proton pump inhibitors, methotrexate levels have been reported to increase in some patients. This may indicate that esomeprazole could enhance the toxicity of methotrexate. Caution should be used when VIMOVO is administered concomitantly with methotrexate. In patients administered high doses of methotrexate, a temporary withdrawal of VIMOVO is recommended. **Voriconazole:** Concomitant administration of EC-esomeprazole with a combined inhibitor of CYP 2C19 and CYP 3A4 may result in more than double the levels of esomeprazole exposure. As with all drugs that reduce gastric acidity, changes in plasma levels of other drugs whose absorption is pH dependent (e.g. ketoconazole, itraconazole or erlotinib) must be taken into account when they are co-administered with esomeprazole. The absorption of ketoconazole, itraconazole or erlotinib can decrease during treatment with esomeprazole. **Digoxin:** The absorption of digoxin can increase during treatment with esomeprazole and other drugs that reduce gastric acidity. Concomitant treatment with omeprazole (20 mg daily) and digoxin in ten healthy subjects increased the bioavailability of digoxin by an average of 10% (up to 30% in two out of ten subjects). **Other interactions:** As demonstrated with other PPIs, prolonged use may impair the absorption of protein-bound Vitamin B₁₂, and may contribute to the development of Vitamin B₁₂ deficiency. **Drug-Food Interactions:** Concomitant administration of food can delay the absorption of the naproxen component of VIMOVO, but does not affect its extent of absorption. Concomitant administration of food however, does not delay the absorption of the esomeprazole component of VIMOVO, but significantly reduces its extent of absorption (see DOSAGE AND ADMINISTRATION; Dosing Considerations and Product Monograph, ACTIONS AND CLINICAL PHARMACOLOGY; Pharmacokinetics, Absorption, Food Effect). **Drug-Herb Interactions:** Use of St. John's Wort may lead

to decreased esomeprazole serum levels by increasing the esomeprazole metabolism (see DRUG INTERACTIONS, Esomeprazole related Drug-Drug Interactions). **Drug-Laboratory Interactions:** During treatment with antsecretory drugs, chromogranin A (CgA) increases due to decreased gastric acidity. The increased CgA level may interfere with investigations for neuroendocrine tumours. To avoid this interference esomeprazole treatment should be temporarily stopped five days before CgA measurements. (See also WARNINGS AND PRECAUTIONS; Special Populations, Monitoring and Laboratory Tests). **Drug-Lifestyle Interactions:** There are no specific studies about effects on the ability to drive vehicles and to use machinery. It should be taken into account that some of the adverse effects (e.g. dizziness) reported following the use of VIMOVO may reduce the ability to react. Patients who experience visual disturbances or other central nervous system disturbances should refrain from these activities. Concurrent use of alcohol with an NSAID may increase the risk of gastrointestinal side effects, including ulceration and hemorrhage.

DOSAGE AND ADMINISTRATION:

Missed Dose: The missed dose should be taken as soon as remembered, and then the regular dosing schedule should be continued. Two doses of VIMOVO should not be taken at the same time. **Special Populations: Hepatic Insufficiency:** VIMOVO is not recommended for use in patients with severe hepatic impairment (see CONTRAINDICATIONS, WARNINGS AND PRECAUTIONS; Hepatic/Biliary/Pancreatic and WARNINGS AND PRECAUTIONS; Special Populations). **Renal Insufficiency:** VIMOVO is not recommended for use in patients with severe renal impairment or deteriorating renal disease (see CONTRAINDICATIONS, WARNINGS AND PRECAUTIONS; Renal and WARNINGS AND PRECAUTIONS; Special Populations). **Poor Metabolizers:** Dosage adjustment based on CYP 2C19 status is not necessary (see WARNINGS AND PRECAUTIONS; Special Populations and Product Monograph, ACTION AND CLINICAL PHARMACOLOGY; Pharmacokinetics, Special Populations).

OVERDOSAGE:

For management of suspected drug overdose, contact your regional Poison Control Centre.

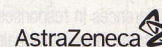
There is no clinical data on overdose with VIMOVO. Any effects of an overdose with VIMOVO would be expected to reflect those of the monocomponents of naproxen and esomeprazole, taken separately. **Naproxen:** Significant overdose may be characterized by drowsiness, dizziness, disorientation, heartburn, indigestion, epigastric pain, abdominal discomfort, nausea, vomiting, transient alterations in liver function, hypoprothrombinemia, renal dysfunction, metabolic acidosis and apnea. A few patients have experienced convulsions, but it is not clear whether or not these were naproxen related. Gastrointestinal bleeding may occur. Hypertension, acute renal failure, respiratory depression and coma may occur after the ingestion of NSAIDs but are rare. Anaphylactoid reactions have been reported with therapeutic ingestion of NSAIDs, and may occur following an overdose. Patients should be managed by symptomatic and supportive care following NSAIDs overdose. There are no specific antidotes. Prevention of further absorption (e.g. activated charcoal) may be indicated in patients seen within 4 hours of ingestion with symptoms or following a large overdose. Forced diuresis, alkalization of urine, hemodialysis, or hemoperfusion may not be useful due to high protein binding. **Esomeprazole:** Limited information is available on the effects of higher doses in man, and specific recommendations for treatment cannot be given. Experience from a patient who deliberately ingested an overdose of EC-esomeprazole (280 mg), demonstrated symptoms that were transient, and included weakness, loose stools and nausea. Single doses of 80 mg EC-esomeprazole have been shown to be uneventful. No specific antidote is known. Esomeprazole is extensively protein-bound and is therefore not readily dialyzable. Treatment should be symptomatic and general supportive measures should be utilized.

Product Monograph is available upon request from AstraZeneca Canada Inc.

Revision date: November 17, 2011.



AstraZeneca Canada Inc.
1004 Middlegate Road, Mississauga, Ontario L4Y 1M4
www.astrazeneca.ca
T 1-800-668-6000 F 1-800-250-1909



VIMOVO® and the AstraZeneca logo are registered trademarks of the AstraZeneca group of companies. © AstraZeneca 2012

Okanagan sparkle

▶▶ CONTINUED FROM PAGE 55

The Okanagan Golf Club (tel: 800-446-5322; golfbc.com) boasts two 18-hole courses that tumble through Ponderosa pine forests, just five minutes from Kelowna's International Airport.

The Bear, designed by Jack Nicklaus, can be as ferocious as a grizzly or almost as gentle as a teddy, depending on which of the four sets of tees you choose to play. Tougher and tighter is Les Furber's Quail course. Bring your camera to take a shot from the elevated tees on the memorable number six signature hole, a devilish dog-leg par five with a raised green surrounded by very effective bunkers.

It's not part of the Golf Kelowna group, but you really must play **Tobiano** (tel: 877-373-2218; tobianogolf.com), near Kamloops. When it opened in 2008, the former site of the historic Six Mile Ranch was named Best New Course in Canada by *SCORE Golf Magazine* and by *Golf Digest*. Rocker Alice Cooper, an avid golfer (who'd have guessed?) also puts it on his top-10 list.

"There is really nothing like it in Canada; there is nothing like it anywhere," says architect Thomas McBroom. "With the mountains in the background, Kamloops Lake and the fissured landscape, it's literally as good as it gets."

Named after the brown and white painted horse of the American southwest, Tobiano mesmerizes from the first hole with an exhilarating view of Lake Kamloops and mountains and then leads you through a giddy sweep of canyons,

From Predator Ridge's number five, golfers inhale panoramic views of the violet-tinged Monashees and sparkling Lake Okanagan

gullies and hoodoos. You won't likely forget the par-three seventh hole requiring a wallop over a gully to a postage-stamp green tottering above the mirror-like lake — a real drama queen.

Just in case you need a reason to return to the Okanagan, there's been a "Shark" sighting. At **Ponderosa** (tel: 250-767-2148; ponderosaliving.ca) in Peachland, about 30 kilometres south of Kelowna, Greg Norman has carved his signature 7100-yard track through forest and rocks around the base of Pincushion Mountain with stunning views of Lake Okanagan 150 metres below. Ponderosa is scheduled to open in 2013 — yet another "bonanza" for the Okanagan-bound swingers. ■